

earthstar

examiner

August 2010

Newsletter of the Missouri Mycological Society



MINGO 2010:



Registration Time!

By John Davis

John Rapp

September 23-26

It's time to finalize your plans for the fall foray at Mingo National Wildlife Refuge in southeastern Missouri. It will begin on Thursday evening and end after brunch on Sunday, Sept. 23-26. Come for all or part of the weekend, but don't miss the chance to meet some great people, pursue your mastery of mushrooms, or just unwind in the woods. It's always a highlight in the club calendar!

What's so cool about Mingo? The Refuge itself is an unusual setting, a giant swamp where you'll likely encounter new flora, fauna, and terrain. It's only with special permission that we're even allowed to hunt here. The time of year is also an advantage. It's cooling off. Vermin are relaxing. The colors are changing; and even in a dry year there are way more species on the display tables by the end of the weekend than probably even the people who are obligated to remember can remember. Latonka Girl Scout Camp is a cool place to congregate. It's a set of forested hills on a cove with a beach on Lake Wappapello; so the downtime is great. There are cabins and tent sites as well as separate restroom/shower houses for men and women. Activities are centered around the dining hall, where five meals are provided, including a sack lunch for the main foray on Saturday. Volunteering at the dining hall or anywhere else around camp is some of the most fun you'll ever have working. You can also take in some great workshops and presentations. It really is the whole package!

Friday night, Illinois Department of Natural Resources outdoor writer Joe McFarland will discuss some of the ancient uses of fungi for fire-making as well as how early humans used a range of fungi for more than just food or medicine. Did you know a specific fungus ash was once mixed with tobacco by natives of the Pacific Northwest and the potent concoction they created was so highly prized that many

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Jim Clark with nice mushroom find, Mingo 2009

educational

Mushroom ID Classes

By Maxine Stone

I am so excited about the classes that MOMS is offering. There has been a fantastic turn out this year, including students from St. Louis Community College at Meramec. If you missed the first two classes, there are still two more to go.

At each class we discuss ten mushrooms, so if you go to all of the classes, this is a very good way to learn 40 Missouri mushrooms. Forty mushrooms is a lot of mushrooms to learn in one year. If you have already taken any or all of the classes you are more than welcome to repeat—and repeat—and repeat. It's good for you to solidify and review what you have learned. And it's good for the instructors, as we appreciate your personal knowledge and assistance.

Each class consists of a presentation in the morning by the instructor and field experience in the form of a foray and identification in the afternoon. Optional take home study work can be completed in one's own time. There is also an optional test on the classroom experience.

For each class completed, homework approved, and test taken and passed, the student will receive a beautiful award pin. It is not necessary to complete all four classes but for those who do, the Harry Thiers Certificate of Achievement will be awarded. And...a lot more knowledge about fungi will be gained.

The remaining classes for 2010 are:

Saturday, August 21 *Common Mushrooms of Missouri – Part 2*

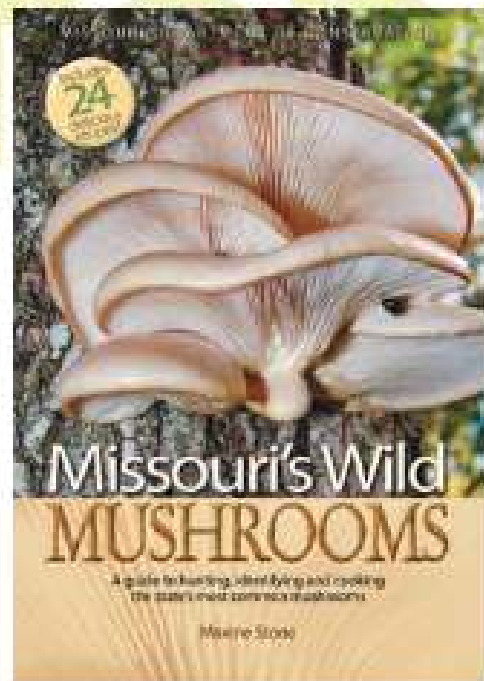
Saturday, October 9 *Common Edible Mushrooms of Missouri*

All classes are held at Babler State Park Visitor's Center and will begin at 10:00. We will break for lunch (byo) and then look for mushrooms in the woods. We will then try to identify our finds. Any class may be retaken—the more participants the better! And if you're like me, repetition is good.

Instructors are Brad Bomanz and Maxine Stone. Please contact one of them if you would like more information or would like to register for one or more of these classes. They are free to all MOMS members. Brad Bomanz 636-225-0555 bbomanz@yahoo.com, Maxine Stone, 314-963-0280, VeryMaxine@aol.com



Can you name this mushroom? To reveal its identity and much more go to www.momyc.org



It's here!

It took a couple of years (and then some) but she finally did it. Written by MOMS member and former president, Maxine Stone, *Missouri's Wild Mushrooms, A guide to hunting, identifying and cooking the state's most common mushrooms* is complete and ready for your purchase. If you are very nice to her, maybe Maxine will sign it for you!

This lively and informative guide to the common fungi of the state is the first of its kind for Missouri. A must-have for all outdoor lovers, mushroom enthusiasts and cooks, the book features color photographs and detailed descriptions of over 100 species. It is aimed at the beginner/intermediate mushroom hunter and is very user friendly.

The book includes tips for finding, gathering, preparing and preserving wild mushrooms. An easy visual key aids identification, and clear guidelines help you distinguish edible mushrooms from poisonous ones. As a bonus, there are 24 simple and elegant recipes.

Missouri's Wild Mushrooms is published by the Missouri Department of Conservation and can be purchased at any of their nature centers or at the MDC Nature Shop online (MDCNatureshop.com). The Missouri Botanical Garden gift shop also carries it as does Amazon and other bookstores. The cost is \$14.

Maxine did an excellent job, as usual, and deserves our heartfelt appreciation for this amazing accomplishment.

Mingo 2010

continued from page one

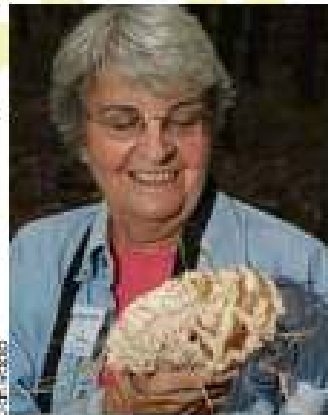
natives carved little boxes from ivory and bone specifically to hold their fungus ash? McFarland will also demonstrate how to start a fire using a primitive bow drill with dried fungi for tinder. Now that's so cool it's hot!

Our speaker for Saturday night will deliver a talk entitled "Ecology and Fungi of the Gulf Coastal Plains" about which fungi are found with different plant associations. David Lewis is a retired chemist and avid mycologist. He is a research associate with the Field Museum of Natural History, where 5000 collections of his fungi are deposited, and an honorary staff member associated with the Tracy Herbarium at Texas A&M University. He is president of the Gulf States Mycological Society, has authored several papers related to mycology, and has discovered many new species of mushrooms, three of which are named for him! In November 2009, he received The North American Mycological Association's award for Contributions to Amateur Mycology, a prestigious award showing appreciation for his many years of dedicated work. He and his wife Patricia live on 65 wooded acres in Newton County, Texas. How cool is it that he's making the trip to Mingo this year?

Still not convinced? What have we missed? How about a Bolete and Amanita workshop on Saturday afternoon given by our dear friend and loyal MOMS mycologist Jay Justice. Jay said that this workshop would mostly depend upon our finds. You won't want to miss this one. Also, on Sunday morning Leon Shernoff, another good MOMS buddy, will give a talk. At this writing we haven't yet decided on the topic, but I assure you, it will be good.

Of course there is also the food, the campfires, the nature, the companionship... Just picture yourself romping around with good company in beautiful natural surroundings and block the time out on your calendar. You don't need much; a sleeping bag, toiletries, and a flashlight are the basics. If you do the whole weekend, you'll want something for lunch on Friday and for potluck meals Thursday and Friday night; otherwise, you're set for food. See the registration form with this article; or call 314-302-6939 with questions.

Confirmation with additional information will follow registration. Thanks largely to the efforts of Sara Yates, John Davis and a few other talented individuals, this will be something to remember once again; we'll see you there!



Mingo 2009 Lu Clark with nice mushroom food

Mingo Registration Form

September 23 through 26

The registration fee to attend Mingo is \$55 for members, \$65 for non-members, \$40 for students, \$30 for children five and younger. **HOWEVER**, if your registration is postmarked by **September 3** you will get a \$10 reduction for each person registered. This fee includes six wonderful meals prepared by some of MOMS gourmet cooks: Friday breakfast, Saturday breakfast, Saturday sack lunch, Saturday dinner, Sunday breakfast & Sunday brunch. Thursday and Friday suppers are both potluck.

Name(s) _____

Address _____

Phone (day/evening) _____

e-mail _____

Reservations for Lodging:

Screened cabin with cots and mattresses, but no bedding or towel

\$6.00 per night per person. Circle number of people: 1 2 3 4

____ Thursday ____ Friday ____ Saturday Cost for lodging: _____

R.V. or tent site

\$3.00 per night per person Circle number of people: 1 2 3 4

____ Thursday ____ Friday ____ Saturday Cost for lodging: _____

Registration fees: Circle number of adults: 1 2 3 4 Total: _____

Circle number of students: 1 2 3 4 Total: _____

Circle number of children: 1 2 3 4 Total: _____

Grand total registration and per night fees enclosed: _____

I would like to be in a cabin with _____

I am a vegetarian _____

The success of the Mingo Foray depends on volunteer effort.

Please indicate how you will be able to help:

Friday: dinner, clean-up _____

Friday: prep for Saturday lunch _____

Saturday: breakfast, prep & clean-up _____

Saturday: dinner, prep & clean-up _____

Sunday breakfast, prep and clean-up _____

Sunday clean-up: Display Room _____ Dining Room _____ Bath House _____

Clip or copy this form and send it with your check made payable to MOMS to: Chris Umbertino, 1425 Marsh Ave, Ellisville, MO 63011, 314-482-8482, italheart1@yahoo.com. If you have questions about registration or this event, contact John Davis at (314) 302-6939 (shroomman@sbcglobal.net) or Sara Yates at (314) 843-5580 (s2yates@yahoo.com).

On the trail

Mushroom Hunting in Honduras: A Late Winter Excursion

By Christopher Crabtree

Any opportunity that is given to an individual to explore new lands, distant places, and very different scenery from that which the individual is accustomed should be taken at most or all cost. Just such an opportunity arose this past winter for me to join friends and other acquaintances on a journey into the wild heart of Honduras. Along with seven others from Missouri, we met in Tegucigalpa, the capital city, to begin our grand adventure that would lead us into remote parts of the country. Most of those on this journey were traveling to see a myriad of birds, both tropical and migrants, some of which we would be racing back into the U.S. and Canada for their breeding season. On the other hand, I was there to search out

interesting fungi, in addition to everything else that would be filling my senses.

Our plan was to spend a few days around Tegucigalpa exploring the city with small journeys into the countryside, followed by 10 days in the Río Plátano Biosphere Reserve, the largest protected tract of jungle in Central America, followed by a few days at the edge of Pico Bonito National Park. In all, we had 19 days to see all that we could, and we wasted little time.

We began this avian, botanical, and mycological adventure at La Tigra National Park. La Tigra N.P. is a cloud forest dominated by various oaks and a plethora

of trees I could not begin to identify. Then again, the oaks barely resembled any of our Midwestern oaks. This would be the only portion of this trip that contained oak dominated forests, the other areas we would explore would be true jungle with few or no oaks. Within two minutes of stepping out of the van near the small visitor center, we were amazed by a beautiful barred forest falcon that flew within 30 feet and stayed for a long minute. Anything like that gets the adrenalin flowing and begins a great morning, so it was time to hit the forest and explore.

Needless to say, I was at the back of the line of hikers, it seems that even slow birders are faster than mushroom hunters. Initially I wasn't seeing many fungi, but stumbled upon a magnificent plant, a red Indian pipe (*Monarda sp.*). This is worthwhile to mention as this unique plant group attains nourishment from a fungus that takes or trades nourishment from a nearby tree and looks exactly like the *Monarda* we have in Missouri, with the exception of the striking red coloration. Further down the trail I began to encounter more fungi, some of recognizable genera, others that left me laughing and quite puzzled. The forest held various *Mycena* species, Inky Caps, and plenty of wood rotting polypores. The Artist Conk (*Ganoderma applanatum*) was as common in the cloud forest as it is throughout our woods, but it is always nice to see those old friends in different places. One mushroom that makes everyone stop in their tracks at any time is the Indigo Milk Cap (*Lactarius indigo*). We would all agree that it is not as common in Missouri as we would like, and although not abundant in Honduras, it makes its presence known. The Indigo Milk Caps were as fresh as the dew and seemed even more stunning in mid-morning mist of the forest. Not far away was a group of small, delicate, yellow-orange, spatula-shaped fungi springing from a rotting log. It most closely resembled an intermediate between our *Dacryopinax spatularis* and *Dacryopinax elegans*, but had a network of small veins and ridges. What is/was it? I still don't know.

It has been noted by many authors that temperate forests are more diverse with mycorrhizal fungi than tropical jungles. During this outing, only a single *Amanita* was found, something in the Section *Vaginatae* and something that was also riddled with insects. Besides the Indigo Milkcap, only one other species of milk cap

A trail in the cloud forest of Honduras



Chris Crabtree

Colorado Bound...

by Shannon Stevens

As you read this, our merry little band will be packing to go to Winter Park, Colorado. This is where the NAMA annual foray is being held August 12-15. I'm not sure of anyone else but I do know at least four from St. Louis, Kenny, Maxine, Penny and myself, are making the trip as well as some other MOMS members from abroad; Britt Bunyard, Michael Kuo, Joe McFarland and perhaps our good friends, Walt Sandberg and Andy Methven.

I have only attended one other NAMA foray, it was in Pipestem, West Virginia back in 2007. I had a very enjoyable time meeting and foraying with other enthusiasts from around the country, not to mention attending some incredible workshops and lectures given by the country's top mycologists, both professional as well as amateur. I know I can look forward to repeating that experience at this year's gathering in Colorado and will let you know all about it when I get back.

Would you like to lead a foray?

Keep our foray calendar full. Do you have a place in Missouri or Illinois that you would like to explore? It's easy and fun. And if you forget to tell people, "Do not get lost," Maxine usually steps up to the plate. Contact Foray Coordinator, Steve Booker, 618-346-1740 or arohd2@aol.com with your ideas and request a list of simple guidelines.

Calendar

- 8/12-15** NAMA Foray, Colorado, www.nammyco.org
- Sat 8/21** 10:00 am, Class, Common Mushrooms of Missouri Part 2, Maxine Stone, 314-963-0280, VeryMaxine@aol.com or Brad Bomanz, 636-225-0555, brad_bomanz@yahoo.com
- Sun 9/5** 10:00 am, Foray, Rockwood Reservation, Charlie Raiser, 314-821-6768, Charlieraiser@aol.com
- Sat 9/11** Noon-2:00 pm, Book signing for *Wild Mushrooms of Missouri* by Maxine Stone at Missouri Botanical Garden by gift shop in Ridgway Center. VeryMaxine@aol.com 314-963-0280
- Tues 9/14** 7:00 pm Bi-Monthly, Powder Valley Nature Center, Ken Gilberg, 314-822-7827, kengilberg@charter.net
- Thurs-Sat 9/23-9/26** MINGO - SAVE THE DATES
- Sun 10/3** 10:00 am, Foray, Hazlet State Park, Carlyle, Illinois, Leland Von Behren, 618-259-8517
- Sat 10/9** 10:00 am, Class, Edible Mushrooms of Missouri, Maxine Stone, 314-963-0280, VeryMaxine@aol.com or Brad Bomanz, 636-225-0555, brad_bomanz@yahoo.com
- 10/29-10/31** Fri-Sun, The Hawnting, Hawn State Park, Shannon Stevens, 314-481-4131, sporeprince@sbcglobal.net
- Sun 11/7** 11:00 am, Wild Times at Babler, Foray and Food Fest, Babler State Park, Steve Booker, 618-346-1740, Arohd2@aol.com or Jan Simons, 314-773-4551, jan.simmons@mobot.org
- Tues 11/9** 7:00 pm, Bimonthly, Powder Valley Nature Center, Annual Photo Show, Ken Gilberg, 314-822-7627, kengilberg@charter.net

MOMS members will need to notify the leader of the foray they wish to attend before the evening prior to the foray or the very latest. Please meet at the visitor's center, unless otherwise specified, 15 minutes prior to the time listed.



Chris Cocchiarelli

Artist Cook in La Tigra National Park, Honduras

and one *Russula* were found. Just like in Missouri, Illinois, and most of the U.S., it was a non-descript red *Russula*. Only two mushrooms of the *Boletaceae* were found, one was similar to our *Boletus ornatus* and the other was small and rotting. The bright and striking Orange Peel Fungus (*Alexoria aurantioides*) was found growing in the rocky trail that led us into the mist and clouds. The last magnificent fungus found at La Tigra was a bright orange resupinate fungus that was similar in growth and habit to our *Plebeia cremellosa*. As with so many other fungi I would be encountering during this trip, I have yet to identify it.

Between the epiphytic orchids and bromeliads covering in the trees, the club mosses and tree ferns, the myxomycetes, lichen and fungi, and the butterflies and other insects, we were stumbling and mumbling like kids in a candy store. And this was only our first outing! We had not even begun the longest and main part of this journey in the Rio Plátano Biosphere. What more could lie in store for us during this adventure? Be sure to check out the second chapter of this story in the next *Earthstar*.

Do Not Go To...The Hawnting!

Hawn State Park, October 29 - 31

By Shannon Stevens

Whatever you do, be sure to miss this awful weekend event. We never have any fun anyway, ever, really. We hardly ever find any mushrooms, so be sure to leave your baskets and books at home. Heck, we probably won't even go foraging, so don't bother to bring appropriate clothing and insect repellent, compasses, water and snacks. The temperature is always 72 degrees, so be sure and bring your beach attire, don't bother with long pants or shirts, sweaters and jackets, you won't need them. Flip flops are fine, no need for boots either. Oh, and it never, ever rains on this particular weekend, so just leave that raingear at home. As far as shelter and bedding, shoot, who needs it! Absolutely no reason for a tent and warm sleeping bag with pad.

Campfire, campfire! I can't imagine why we would need one of those. I mean what are we gonna do, sit around and sing Kumbaya while sharing hot toddies, as if anyone ever brings an instrument to play or even alcoholic beverages to share for that matter. Next thing you know you'll be expecting John Denver songs and ghost stories and even poetry readings! Gee wiz, gimme a break!

If you just have to come down for this event please, please, do not bring any food or beverages, especially to share. The fare has been, to say the least, pretty crummy these past few years, so everything will be catered this time around by Billy Bob's Bonefish Shack. Also, don't forget to leave all those pesky plates, cups, utensils, paper towels, pots & pans, stoves, coffee pots and marshmallow roasters at home, you won't need them, no way, no how.

So, you have absolutely nothing else to do with your time this weekend and you're bound and determined to join us for what I'm sure will be a most mediocre event, hardly worth mentioning here at all and taking up Jane's valuable time to print it, so don't forget that it is **Halloween Weekend**. Whatever you do, don't bring any pumpkins to carve (Where's the fun in that.) It's not like there will be any prizes or anything. Costumes, don't even think about it! I mean, what do you think, you can dress up and run around the lower campground, frolicking with all the other Obama's and Dracula's, collecting free sweets and treats...please!

Don't forget, if you aren't coming to Hawn Friday or Saturday, then you certainly won't want to foray on Sunday at Pickle Springs. (10:00 AM)... and don't bring any lunchables to share on this day, because we're never hungry and the food stinks anyway! I mean it, especially anything with mushrooms in it, say like chanterelles or trumpets or even morels! God awful stuff, that.

All right, all right, have it your own way, but don't say I didn't warn you! If you must come, here's some info.

Our campsite at Hawn is the group/scout site at the top of the hill just before the shower house at the far end of the main campsite loop. Look for the red mushroom MOMS sign. Camping fee is a whopping \$2 per

night. Most people think that Hawn State Park and Pickle Springs are both off highway 32 between I-55 and Farmington, but they really are not. Check a map, you'll see! Don't look for any signs directing you to either site, there aren't any, I swear! We get together to leave for forays around 9:00 am Saturday. Good luck and if you need any more information don't call me at 314-481-4131 or email at sporeprince@sbcglobal.net.

And if you really want to know about this weekend, check out some previous years articles in the newsletter archives on our website. www.momyco.org

Here's hoping I don't see anyone there, cheers!!



Julie Rickert

events

You are invited to a fun, fabulous, foodie foray

Wild Times at Babler 2010
Sunday, November 7, 11:00 A.M.

By Jan Simon Raiser

Join your friends for a relaxing walk in the woods. We will be looking for hens and bluets and *Hericium* (but no lions, no tigers, and hopefully no bears). Who knows what else we will find in the woods! But we do know what we will find in the shelter – great wild foods, tempting libations, and conversation with friends new and old! This is often our last foray of the year and it's nice to be out in the woods with our mushroom friends sharing good food and good conversation. So don't miss out on the fun! Join us on Sunday, November 7 from 11:00 A.M. on at the Cochran Shelter. Bring a prepared dish or cook it there (fireplace and two charcoal grills available), something to drink, any cooking equipment that you need, and table service. Firewood will be provided; charcoal will not. Contacts: Jan Simons at jan.simons@mobot.org or 314-773-4551 or Steve Booker at arohd2@aol.com or 618-980-0866.

September Bimonthly features Lichenologist Doug Ladd

By Ken Gilberg

Attendees to the bimonthly meetings say they "learn a great deal" and "enjoy the format" of these meetings. At the May meeting, we looked at mycological resources on the web. July was our annual evening chanterelle foray. November will be the great photo share. September we welcome lichenologist Doug Ladd on September 14, 2010 at Powder Valley Nature Center at 7PM.

From Mr. Ladd's bio: Douglas Ladd is Director of Conservation Science for the Missouri Chapter of The Nature Conservancy, where he directs a 14 person staff based in five sites across the state. He has been involved with conservation planning, natural area assessment, management, restoration, and research for more than 25 years, with particular emphasis on vegetation, ecological restoration and fire ecology. Recent work has concentrated on vegetation and fire ecology of Midwestern prairies and woodlands, developing assessment and ecological monitoring protocols for terrestrial vegetation, and ecoregional conservation planning. He has also worked on lichen floristics and ecology in the Midwest for over a decade and is currently collaborating with Richard Harris of the New York Botanical Garden on a treatment of the Ozark lichens. He has undergraduate degrees in botany and chemistry, and a master's degree in botany from Southern Illinois University, where his thesis research was conducted under Dr. Robert Mohlenbrock on the flora and vegetation of north-central Vermont. In addition to numerous articles and reports, he is the author of two plant field guides, *North Woods Wildflowers* and *Tallgrass Prairie Wildflowers*, and coauthor of *Discover Natural Missouri* and *Distribution of Illinois Vascular Plants*. A research associate at the Missouri Botanical Garden in St. Louis and the Morton Arboretum in Chicago, Ladd resides in Webster Groves with his wife Deborah and daughter Melica.

Featured web site:

A pdf file of common and Latin names. You'll soon see why Latin is a bit more unambiguous, at least for the names that aren't changing!

<http://www.mushroomhunter.net/common%20names.pdf>



Featured recipe:

"Chicken" Enchiladas

by Tracy Sarver Yates

6 servings

- 2 cups Chicken of the Woods, (*Lactiporus sulphureus* or *Lactiporus circinnatus*), cleaned and cut into small pieces
- 3 onions, thinly sliced
- 2 Tbs. olive oil
- 12 tortillas
- 1 can crushed tomatoes (15 ounce)
- 1 can tomato sauce (15 ounce)
- 1 can chipotle peppers in adobo sauce (found at international grocery stores)
- 2 cloves garlic
- 1 tsp. paprika, preferably "smoked"
- 1 tsp. chili powder
- 1/2 tsp. ground cumin
- Salt, pepper
- 1 cup mozzarella or jack cheese, grated
- Sour cream & diced green onion for garnish

Saute mushrooms and onions in oil for about 5-10 minutes until liquid evaporates off. Divide mushroom mixture into 12 and put in each tortilla. Roll and put in baking dish, seam side down.

Puree in food processor or blender: tomatoes, tomato sauce, chipotle peppers (start with one pepper, adding more to taste), garlic and spices. Pour sauce over tortillas and sprinkle cheese over all.

Bake at 350 degrees until golden and bubbly, about 1/2 hour. Serve on plates with dollop of sour cream & green onion garnish.

Note Usually the entire *Lactiporus circinnatus* can be eaten as it is tender all the way through. Often only the outer edges of the *L. sulphureus* are tender.



Missouri Mycological Society

2416 Clayton Pointe Court
Chesterfield, MO 63017

www.MoMyco.org



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Officers and Directors:

Shannon Stevens, President (11)*
4642 Rosa Avenue,
St. Louis, MO 63116
314-481-4131
SStevens@momyco.org

Patrick Harvey, Executive Secretary (11)

Chuck Yates, Recording Secretary (12)

John Davis, Treasurer (12)

Directors: Brad Borman (11), Steve Booker (13),

Chris Crabtree (13), Jane House (12), Maxine Stone

(13), John Davis (12)

*year that term will expire

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Research: Brad Borman

Speakers: Maxine Stone

Toxicology: Don Dill & Ken Gilberg

Communications:

Webmaster: Brad Borman, Webmaster@momyco.org

Earthstar Editor: Jane House, jane_house@subglobal.net

Earthstar Designer: Julie Ridge



Microstroma floccosa

Barb Stepe