

# earthstar

## examiner

December 2010

Newsletter of the Missouri Mycological Society



### TWO GREAT MUSHROOM EVENTS

## NAMA 2010

By Maxine Stone

What a good time we had. I wish all of you were there with us. It was the occasion of the NAMA (North American Mycological Association) 2010 national conference in Winter Park, Colorado. Totally gorgeous.

Besides myself, other MOMS members that participated were Penney Bush-Boyce, Ken Gilberg, Claudia Joyce, Michael Kuo, Joe McFarland, Walt Sundberg, and Shannon Stevens. Each day we chose from half day or full day forays or any number of classes. Evenings were filled with good speakers, mushroom identification and plenty of socializing. I choose

to go into the woods both days. I learned about and hoped to find Colorado truffles, but alas, did not. A group of MOMS folks decided to go out on our own one day. It was magical. There were mushrooms everywhere. We were in mixed woods with mostly pines. The forest floor was a bed that cradled loads of different species, including the wonderfully edible *Boletus edulis* and the poisonous/hallucinogenic/incredibly beautiful *Amanita muscaria*.

Yes, I said *Boletus edulis* (sometimes known as porcini) and *Amanita muscaria* (those gorgeous red mushrooms with white flecks on the cap). I thought we were in fairyland. *A. muscaria* in a woodland forest is amazing. All I wanted to do was giggle and play. (No, I didn't eat them.) Finding *B. edulis* was heart stopping. Just remembering those moments, spotting them among the pines, gives me an adrenaline rush!

I heard a fabulous lecture on recent poisonous findings given by Denis Benjamin and Michael Beug. The conclusion was that if, in fact, you should be poisoned by a deadly species, e.g. *Amanita bisporigera*, go to the nearest hospital that does NOT specialize in liver transplants, but is NEAR a hospital that DOES specialize in liver transplants.

All in all, it was a fabulous weekend. Please think about going to a NAMA conference in the future. You won't be disappointed.

## Telluride

By Claudia Joyce

Telluride, Colorado is 12 blocks long and four blocks wide. Bear Creek is the northern border, with the Uncompahgre River National Forest rising to the south. East of town stands the towering Mount Snefeels Wilderness. San Juan National Forest closes the valley to the west. It is a remote, secluded and highly desirable destination. In the late summer, the forests explode with mushrooms. For 30 years, it has hosted the Telluride Mushroom Festival.

The festival features a variety of activities during the four day run. Each morning participants can begin the day with

a fun Sunrise Foray. This year, evenings ended with the movie, *Know Your Mushrooms*, featuring many of the festival's mycologists. Between times, there are lectures, forays, cooking and chef demos, book signings, cultivation workshops and identification tables. After forays many hunters hang out in Elk Park to meet people and share mushrooming adventures. Saturday afternoon is the legendary Costume Parade.



Joe McFarland, Shannon Stevens, Penny Bush-Boyce, Maxine Stone and Claudia Joyce at NAMA foray

There were many outstanding lectures presented this year.

Gary Lincoff, author of the *National Audubon Society Mushroom Field Guide*, gave an animated history of mycology, reminding the audience that in 1950 biology departments had no resources for or information about most fungi. He traced the progress of mycology as a science that has led to today's greater awareness.

Paul Stamets spoke of his research, chronicled in his new book, *Mycelium Running: How Mushrooms Can Help Save the World*. One of his recent projects involved oyster mushroom mycelium and myco-filtration. His research showed that by floating large burlap tubes filled with wood chips and oyster mycelium, the ecosystem created can break down the hydrocarbons produced in oil spills. He has had great success in repairing damaged waterways in the Pacific Northwest.

Continued next page

## Telluride *continued from page 1*

Author Elinor Shavit debunked the myth surrounding Zalkouh, a unique plant found in the Middle East. It is touted as Lebanese Viagra for its medicinal qualities and its ability to increase sexual drive.

Daniel Winkler, a mycotour leader and author, gave an overview of Tibet in relationship to native mushrooms. The sale of Cordyceps, a fungus that grows from the head of a caterpillar, and four other species represent 40% of Tibet's national economy.

One of MOMS favorite Mingo mycologists, Britt Bunyard, presented a slide lecture *Beyond SOMA: How to Identify the Species of Amanita from Muscaria to Velvet and Everything in Between*.

Katrina Blair, a teacher of sustainable living, offered a class about wild foods, which included a walk around town where she pointed out over 20 edible plants.

The festival is known for and has a strong emphasis on the entheogenic properties of mushrooms and plants. Speakers provided new information, including topics as "Psychedelics as Prescribed Medicine, Magic: Mushrooms That Heal Body and Soul and Psychedelic Mushroom Art."

In all there were over 20 lectures and 10 organized forays led by prominent mycologists that covered Telluride and surrounding area.

The highlight event is Saturday's Mushroom Parade. Over 100 festival participants dress as mushrooms, the most common costume is the *Amanita muscaria*. Accompanied by the drone of bagpipes and the rhythm of drums, attendees walk the length of Main Street to Town Park where they congregated to participate in a drumming and dancing circle. This is a joyful event and a highlight for everyone.

This year's rainy summer gave birth to an enormous crop of *Boletus edulis*. The forests were full to the brim with many beautiful edible and nonedible species.

Next summer, when the heat of Missouri has you defeated, consider the cool, bug free state of Colorado and the Telluride Mushroom Festival, August 25-28, 2011. Save the date!

# Incurable Epicureans

By Linda Rolby

The Incurable Epicureans are a culinary group of MOMS members who love to share their friendship around the gastronomic table. There are usually four dinners a year. Each dinner has an especially planned theme and menu where the group may explore various regions of the world, culinary époques, or whatever else they think of that sounds intriguing. Usually the group gathers in the home of a member, but they also have used park shelters and working studios.

Our opening event of 2010 offered the exotic recipes of *My Bombay Kitchen* and was held at the equally exotic Herbaria owned by Ken Gilberg. Special guests from our St. Louis Zoroastrian community authenticated our Parsi dinner. This spring we dined out of doors amidst the newborn flowers on the cuisine of the Netherlands. Classic Dutch cooking reflects the tastes of a seafaring, trading nation, with a strong preference for fresh vegetables and a passion for all things sweet and spicy. We explored the rich tradition of Dutch food and its various international influences at the lovely home of Claudia and John Joyce. In August, the group feasted on a menu of choices from Alice Waters, a champion of locally grown and fresh ingredients. She, along with Jeremiah Tower, (chef of Chez Panisse in Berkeley from 1972-78), have been credited with creating and developing California Cuisine. She has continually promoted organic and small farm products heavily in her restaurants, as well as advocated eating locally produced foods that are in season. Our hosts for this event, Karen and Bruce Lowry, offered their farm and garden at the peak of freshness for all of us to practice with Alice's principles. Our final event, held November 20 at Linda and George Rolby's home, *The Spirit of the Harvest* was dedicated to the First Americans whose ability to live in harmony with nature continues to inspire. Before Columbus, before the Pilgrims, our First Americans used indigenous plants, seafood, and game in cooking traditions that are still very much alive. Our menu featured recipes that present the distinctive food of North American Indians from coast to coast.

In 2011, whatever culinary adventure awaits, our creative and daring members are prepared to concoct and consume with flair.

Because we meet most often in member's homes, the club must limit membership to 35. Dues are \$15 per person payable the first of each year. The Incurable Epicureans is open to only MOMS members. The first 35 to pay their dues form the group for that year. Prior to each dinner a menu is emailed and every member who plans to attend signs up to bring one of the menu's dishes. They each research and prepare their chosen item as a means to learn more about the world of food. If you wish to join, please send your \$15 per person check, made out to Incurable Epicureans, including your email address, and mail to:

**Linda Rolby 10533 East Watson Road St. Louis, MO 63127**

*Amanita muscaria* from Telluride Festival Loaded specimen tables at NAMA



Claudia Joyce



Shannon Stevens

# 22nd Annual Winter Luncheon

Sunday, January 30, 2011, Noon to 6 pm

Soulard Preservation Hall, 1921 South 9th Street, St. Louis, MO 63104

By Barb O'Brien and Ken Gilberg, Luncheon co-chairs

Building on the raving success of the past 21 luncheons, we're excited about the fresh features planned for our 2011 event. We're in a stylish new venue with more time for socializing, a silent auction, music, and lively mushroom games.

As always, the Winter Luncheon is on a Sunday afternoon. Come and enjoy our tasty potluck meal and free flowing wine. Admission price is the same as last year. The luncheon is typically the club's most attended event of the year. Be quick to reserve your place by mailing the reservation form in this issue. Space is limited.

## Entertainment

Join us at the Soulard Preservation Hall. From its stage you will see and hear the fabulous Earthstars, composed of our own Julie Cole, Maxine Stone and Barkha Bullin. They promise us some new songs but will encore their smash hit, *Show Me the Mushrooms!* The Earthstars will back up Larry Evans, one of our guests of honor this year, on tunes from his CDs, *Mushroom Boogie* and *Mushroom Boogieman*.

Larry is a member of the Western Montana Mycological Society. He's a world traveling morel hunter and a genuine fungal character ([www.fungaljungal.org](http://www.fungaljungal.org)). Larry starred in the 2008 blockbuster movie, *Know Your Mushrooms*. His brother, Don Evans, is a MOMS member and Kirkwood resident.

But wait! There's more! Dr. Britt Bunyard, editor of *Fungi* magazine and a good friend of MOMS from Wisconsin, will add to the high spirits. Always amusing and enlightening, he'll be the MC in a thrilling mushroom trivia challenge.

## Silent auction

Renee Bomanz, our auction organizer, is counting on you to bring the dried morels, field guides, baskets, artwork, jewelry. We'll also have donated items such as restaurant gift certificates, wine, soap and more. When the bidding closes, if you're the highest bidder for

an item, you'll own what you fancy. Don't forget your checkbook or cash with which to purchase your winnings.

## Potluck

Please contribute to our traditionally extravagant potluck. Bring an appetizer, salad, entrée or dessert. On an index card, name the chef and list ingredients to alert people with dietary preferences. If wild mushrooms are included, be sure to identify the species. If your dish is in a crock-pot or the like, bring an extension cord. There's no cooking on site – do not plan to prep your dish at the event. Homemade beer and wines are welcome.

For beverages, the club will provide iced tea, coffee and wine. Ice and water will be available. We ask you to bring your own tableware, silverware and glassware. It's sustainable and it's fun to see the mix of china. No doubt you all have a basket to carry it all in.

## Reservations

Reserve your admission by January 12, 2011, and pay \$15 for MOMS members, \$20 non-members. After the 12th, it's \$20 for members, \$25 for non-members. You'll get an email to confirm receipt of your reservation. At the luncheon, we'll check you in as you arrive.

Volunteers are needed to set up at 10 am. If you'd be so kind, on the reservation form, please indicate your willingness to help.

## Directions

Soulard Preservation Hall is three blocks south of the Soulard Market in the heart of the historic Soulard neighborhood. It's close to the downtown area and easily accessible from all major highways. Our Illinois members won't have far to go.

**From the East, Illinois:** Take 64/40

West and exit 7th Street, go south to Geyer Ave. Turn right (east) and go to 9th Street. Turn left (south) to 1921 S. 9th Street.

**From the West, 64/40:** Exit 38A Jefferson Ave. and go south to Lafayette Ave. Take Lafayette to South Ninth. Take S.Ninth south 2.5 blocks to 1921 S. 9th.



Ken Gilberg at NAMA 2010 in Colorado

## From the North (or West) take 70

**East:** Exit 7th St. and go south on 7th St. past the Soulard Market. Turn right (east) on Geyer and continue to 9th St. Turn left (south) on 9th St. and go 1/2 block to 1921 S. 9th St. on the west side of the street.

**From the South take 55 North:** Exit 207A Russell Blvd., turn right on Russell (east) and go to S. 9th St. Turn left (north) on S. 9th St. Continue north just past Allen Ave. to 1921 S. 9th St. on the west side of the street.

## Wrap-up

A quick review: buy your ticket, bring your potluck dish and its description, your eating utensils, contributions to the silent auction, and check or cash to buy your winnings. Any questions? Send email to [kengilberg@gmail.com](mailto:kengilberg@gmail.com) or call 314-629-4686.

*RSVP*

MOMS members \_\_\_\_\_ x \$15 \_\_\_\_\_

Non-members \_\_\_\_\_ x \$20 \_\_\_\_\_

Add \$5 each if past January 12

\_\_\_\_\_ I'll help set up at 10 am

\_\_\_\_\_ I can help during the event 12-6

\_\_\_\_\_ I'll help clean up when it's over

\_\_\_\_\_ I will donate an item for the silent auction. (Great! Just bring it with you.)

Name \_\_\_\_\_

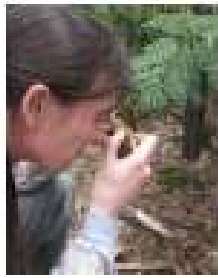
Email \_\_\_\_\_

Phone \_\_\_\_\_

Names of other attendees

Make checks payable to **Missouri Mycological Society**. Send this form to:  
**Barb O'Brien**  
**523 Woodard Ave.**  
**St. Louis, MO 63122**

You will be notified of the receipt of your payment by email.



# Mushroom Hunting in Honduras:

Part 2 of 2 Article and photos by Cbris Crabtree

So where did this story last end...ob yes, journeying into the Rio Platano Biosphere for adventure and exploration.

After a very long and bumpy ride in the back of a truck we came to the village of Bonanza, the last village accessible by vehicle and at the edge of the vast jungle. The children of the village joined us for a short hike outside the village to see what we could find. They were more than happy to point out birds, flowers and interesting fruits to us and had big smiles when our entire group paid attention. There were no mushrooms to speak of around the village, but the inquisitiveness of the village children, the soft glow of the fire in the kitchen, and the sheer number of stars overhead after dark made our evening and night at Bonanza a great experience. The next morning, the horses and mules were packed with our food supplies and rafts that we would need for the next ten days, and after the two cups of the freshest coffee imaginable we walked out.

The hike to the headwaters of the Rio Platano, our jump-off point, was a full day's hike from the village. I stayed at the back end of the group (once again) as I was inspecting all of the flowers, trees, and looking for fungi. One of our guides, Jorge, quickly became my best friend as he knew many of the plants and some interesting natural history aspects of them (food, medicine, poison, etc.). We were still passing by little cottages for the first few hours of the morning and the old fence posts around their abodes were speckled with various lichens, those of the genus *Usnea* and *Cladonia*. I took photographs and continued down the trail, trying to make sure we didn't get too far behind the rest of the group. Near a low area and small stream we found a log with a number of fresh *Lentinus crinitus* or *L. bertieri*. I have never found them in the Missouri, but had seen their picture enough in books to know what they were. As to the difference between *L. crinitus* and *L. bertieri*, I have no idea, the former can be found in *Mushrooms of the Southeastern United States* by A. Bessette et al, the later name can be found in *Mushrooms of Hawai'i* by D. Hemmes and D. Desjardin.

By late morning we had entered the thick jungle, ascending and descending steep terrain and enjoying great weather. Needless to say that I missed many great birds sightings because I was constantly looking down, but others in the group would call to the back of the line to point out interesting fungi and other mushrooms. Just like back home, I would see an interesting polypore or parchment fungus, tear it from its log or tree, inspect it, and go "huh, that is similar to this fungus I know" and would proceed to throw it over my shoulder. As I wasn't going to be able to bring the fungi across the border, didn't have access to a microscope and wasn't going to pack one out on this trip, and did not want to overload my pack with fungi during the first few days, I simply wrote notes about them, photographed them, and left them a little further down the trail from where they were found. The entire group was quite fascinated with a cluster of red slimy-stalked puffballs (*Calostoma cinnabarinum*) that grotesquely protruded from the edge of the trail. A little farther down was another puffball growing from a rotting log. It was probably of the genus *Lycoperdon*, but was colored unlike any I have seen. This puffball was a deep reddish-purple or crimson, but lost all color in age.

On a side note, the only field guide I took was *Common Mushrooms of the Talamanca Mountains of Costa Rica* by R. Halling and G. Mueller. As I had

never used the book, I didn't realize that it only had gilled fungi and boletes and at that point it was just unnecessary weight in my pack.

The mushrooms and fungi were not abundant on the hike into the headwaters, but everything around kept me busy and intrigued. Mid-day a group of howler monkeys began their eerie calls at a great distance. I stood and enjoyed their chaos, not realizing it would be the only time their voices echoed and roared during the expedition. We passed massive mahogany trees, thorn-riddled tree ferns, cascading streams, trees loaded with the hanging nests of *Oropendolas*, trees loaded with bromeliads and orchids, plants and vines that would shred the skin, and vines that would give sweet water, and let me not forget the insects, flowers, and vistas of dreams.

During the next nine days (I think it was nine, but it could have been eight or ten, it didn't matter) we floated down the Rio Platano, navigating through long rapids, occasionally portaging around impossible areas, moving into slow waters and ultimately heading for the Atlantic, though nobody cared to make it that far. Each day we would take time to explore a little way into a valley or walk up an incoming stream, noting the differences as we progressed down river. It was during these little excursions that I would chance upon some interesting fungus to admire for a



*Cookeina sulcipes*



*Cookeina tricolorata*



# A Late Winter Excursion

short time. Some of the ascomycetes were common and quite striking. The two most common were *Cookeina sulcipes* and *C. tricoloroma*. My initial guess was that they were some type of *Sarcoscypha*, as *C. sulcipes* resembles our Stalked Scarlet Cup (*Sarcoscypha occidentalis*), but has concentric rings of minute hairs along the outer surface. *Cookeina tricoloroma* is another small, stalked cup fungus but is covered with long, fine hairs and is a soft orange or peach in coloration. These cup fungi are apparently very common in the tropics.



Fungus from tapir dung

At camp I attempted to dry some the mushrooms from the previous day for the possibility of smuggling them home to inspect in more suitable surroundings. Our fire at each camp, which was purely for cooking, was surrounded by wet shoes, wet clothes, and me attempting to dry mushrooms. What did I learn from this trip? In the jungle, nothing will stay dry very long and anything you want to keep has to be dried constantly or it will mold. Needless to say, after a few days I gave up trying to keep any collections from becoming infested with mold and decided that smuggling these fungi wasn't worth the risk.

Mushroom hunting in the jungle was both exciting and at times, slightly scary. We were warned constantly not to wander off and not to go bushwacking because jumping vipers, eyelash vipers, and the fer-de-lance were not to be taken lightly. Our

chances of making it out of the jungle after being bitten by a fer-de-lance were not even slim-to-none, they were just none. You don't make it out of the jungle if bitten. So with that at the front of my mind, I carefully inspected the ground and vegetation many times over before I plucked a mushroom or sniffed a flower. Needless to say, we never saw any of those snakes, but did see a few very large boas and some other snakes. We really didn't see the animals we so hoped for: the leopard, the tapir, or lots of monkeys. However, we did set up camp in an area where tapirs had been just hours or a day before. The next morning, their fibrous dung covered in with soft dew had sprouted a *Parasolus* or *Pseudocoprinus* species.

The list of fungal species I amassed during the expedition was not impressive by any standards. Most of each day's notes looked something like: March 10 - large polypore, possibly of the Hymenochaetaceae, perennial, on a large dead tree at camp. *Xylaria* species #4, similar to *Xylaria* species #1, small and rounded with a short stalk. *Pycnoporus* species, most similar to *P. sanguineus*. For the really interesting fungi I would attempt to write better descriptions, but at the end of the day, it all amounted to very little.

Our last leg of the trip was spent at the edge of Pico Bonito National Park. It was during this time that I happened upon a massive, grotesque fungus that is either the world's biggest *Tremella* species or something entirely different. I passed photos around the internet, but nobody had a good idea as to what it was. The fungus was cadmium yellow, convoluted and brain-like, and as big as cantaloupe. It was left to degrade on the rotting log along the trail.

The time spent on the Rio Platano, though not filled with massive numbers of fungi and mushrooms, was full of great adventures, amazing scenery, and a lifetime of memories. I look forward to other great tropical excursions and hope that all of you make the time to get away and see what other parts of the world have to offer, not only in types of fungi, but in landscapes and cultures. There are mushrooms everywhere, so why stay at home!

# Memories from Mingo

Shannon Stevens



Tracy Sarser Yates with our youngest (and cutest) member, Benjamin

Jane House



Marty Toll and Cici Tompkins with *Pleurotus dryinus*

Jane House



Rachel Slightom and Maxine Stone participated in the popular microscopy class conducted by Andy Methuan, PhD.

# Wondering about Dripping Polypores

by Joe McFarland

For years I've been fascinated by the droplets of liquid known as exudate that appear on the fresh, still-growing surfaces of many polypores and other fungi. All of those flowing droplets seemed to bear witness to the efficient marvel of the miles of tiny fungal threads known as hyphae that branched out underground or within the wood, extracting specks of moisture and piping it to the fruiting body being developed. It's truly amazing during dry weather, when no mushroom anywhere would seem to be able to scrounge enough moisture to develop. I recall seeing one of my favorite polypores, *Hapalopilus croceus*, dripping rivers of exudate during a severe late-summer drought several years ago in southern Illinois. Where did this brilliant fungus manage to tap into so much water?

But a more intriguing question to me remains: what is the nature of the fluid itself. Sometimes amber-colored or faintly milky, the precious drops that keep the exterior of the developing fruiting body moist resemble, to me, a drop of liquid one might see illustrated in a medical journal someplace, along with a caption proclaiming a breakthrough in the battle against leukemia or Parkinson's disease.

I imagined test tubes in laboratories filled with a similar liquid and serious researchers with furrowed brows holding up specimens to the light.

I love to wonder: Is there anything potentially important to medicine in those unexamined droplets we see falling from mushrooms? I still wonder. Clearly, something in those droplets attracts insects. So the manufacture of these droplets benefits more than just the fungus. But I'm not the first to

Joe McFarland



*The droplets of exudate are coming out of *Inonotus hispidus*...the so-called Shaggy Polypore. David Lewis shown in background.*

wonder. A bit of testing has been done on the sugars and carbohydrates that are being manufactured and dripped away by various fungi in their exudate. So far, no breakthrough has been announced in any medical journal. But, as we know, there still remains a universe of unexplored and untested substances in the many thousands of species of fungi out there. So who knows what potential is contained in an untested droplet?

Thus, every time I pause to admire a dripping polypore, such as when David Lewis pointed out to me the dripping *Inonotus hispidus* at Mingo 2010, I can't help but wonder if we are standing before one of the greatest medical marvels that has yet to be discovered.

It could be nothing more than water with a few other ordinary sugars and minerals. Secretly, I almost don't want to know the answer.

## Shannon, Shannon, Shannon

We will sorely miss Shannon Stevens as president of MCOMS. The by-laws state that he must step down at the Annual Board Meeting in January. Shannon has taken the job of THE PREZ to the next highest level. His enthusiasm, generosity and "attention to detail," not to mention his fun-loving spirit, have been contagious. Shannon has been our fearless president for four years and has continued to be a responsible and caring guide to all. From presiding over meetings, to innovating in his special style, to never forgetting monster pan, he hasn't missed a thing during his tenure. Yes, we will miss our dear Shannon. Fortunately, he'll still be here as a friend and fellow mycophile.

## "So Long, and Thanks For All The Fish..."

by Shannon Stevens

You *Fitchbiker's Guide to the Galaxy* fans will recognize this from the book and movie. It is what the alien dolphin species were singing when it was their time to leave planet earth.....not that I'm leaving planet earth.....or that I'm an alien dolphin! Nope, I've just always wanted to use that phrase in writing and here was my chance! No hidden meaning really, I'm just weird that way.

As I started to write this 'farewell' I decided to go back and reread my 'hello' article in the Earthstar Examiner from March 2006, boy was I ever wordy! (I promise, however, to keep this as brief as possible). I was looking to see what kind of, if any, promises I may have made and see whether or not I had lived up to them. Well, like most politicians, I really wasn't very 'specific' about anything but rather more 'general' in my approach. Here's a quote from that article that pretty much sums up what I did say and hopefully lived up to...only history will tell;

*"So here I am, not claiming nor striving to be a Ken or a Maccine but just me. I am at peace in the knowledge that my leadership style will be different from those before me and I hope you all will rest assured that my efforts as president are always with the best intentions for the continuation and hopefully betterment of an already terrific society full of fascinating folks with wonderful gifts and talents".*

And yes, I did stumble and perhaps fall a time or two along the way but as anticipated, there were helping hands waiting to pick me up and I do wish to continue the journey with you in the years to come, albeit in a different capacity. I really have enjoyed being on the Board for the past eight years and serving as your President for the past five. I couldn't have done it without the help of everyone, especially my fellow Board members. I wish nothing but the best for them in the future. I hope everyone will give the new Board the same support that I received and perhaps even consider running yourself.

Best of luck to all and, "Don't forget your towel!"

## FEATURED RECIPE



Lu Clark

# Chinese Lettuce Wraps

Our great Mingo mycophagists, David and Tracy Yates, adapted recipe from *Ultimate Recipes – Chinese*  
Serves 4\*

9 oz finely chopped (1/16" to 1/8" dice) mushrooms\*\*  
1 tbsp finely chopped water chestnuts or jicama root \*\*\*  
pinch sugar  
1 tsp light soy sauce  
1 tsp Chinese rice wine or dry sherry  
1 tsp corn starch  
2-3 tbsp vegetable oil  
½ tsp minced ginger root  
1 tsp finely chopped green onion  
1 tbsp finely chopped Szechuan preserved vegetables (optional)\*\*\*\*+  
1 tsp oyster sauce \*\*\*\*  
a few drops of sesame oil  
salt and pepper  
8 crisp lettuce leaves, to serve – preferably Boston lettuce

Mix the chopped mushrooms, water chestnuts, salt, pepper, sugar, soy sauce, rice wine and corn starch. Blend well until thoroughly combined.

Heat the vegetable oil in a preheated wok or skillet. Add the ginger and green onions, followed by the mushroom mixture. Stir fry for 1 minute. Add the preserved vegetables (if using) and continue stirring for 1 more minute. Add the oyster sauce and sesame oil, blend well and cook for 1 more minute. Remove the mixture to a warmed serving dish.

To serve: Place about 2-3 tablespoons of the mixture on a lettuce leaf and roll it tightly to form a small parcel. Eat with your fingers.

### Notes

- \* Sized to be a "nibble" of an appetizer. Multiply for a more substantial dish.
- \*\* We used a mixture of wild Oyster and Chickens. Store bought would work just fine. Since mushrooms vary greatly in moisture content, you may need to increase/decrease accordingly.
- \*\*\*Jicama is an awesome, fresh substitute for canned water chestnuts; and much cheaper than fresh water chestnuts!
- \*\*\*\*Available at any Asian or international grocery
- +We did not use these at Mingo.

## Speaking Engagements

Speaking engagements are becoming commonplace for MOMS. We've had about a dozen this year, and plans for many more in 2011. People on the committee are Maxine Stone, Joe Walsh, and Chuck Yates and all three do a pretty darn good job of capturing the interest of their audiences. We've spoken at garden clubs, nature clubs, nature centers, camps and other interested groups. Would you like to be on the committee? Would you like a speaker for your group? Contact Maxine Stone at [VeryMaxine@aol.com](mailto:VeryMaxine@aol.com) or 314-962-0280.



Hericium from Mingo

Joe McFarland

## Education

Our classes have really taken off. The last class had around 50 students! They are so lively and interesting. I must say, Brad and I thoroughly enjoy teaching them. More and more students are doing the optional homework and taking the optional tests. Three cheers for them. Others are quite happy just attending and enjoying. We'll be doing the series of four classes again in 2011. Looking forward to seeing you there.

## Published

A recent accomplishment by board member, Chris Crabtree, is the published article, "Macrofungi Associated with Vegetation and Soils at Ha Ha Tonka State Park, Missouri," co-authored with Harold W. Keller and Joseph S. Ely. It appears in the current issue (November-December) of *Mycologia*: 102(6) 2010. pp 1229-1239. If you wish to follow Chris's wonderful scholarly contributions, go to <http://scholar.google.com/scholar?q=%22author%3AC.%20D.+author%3ACrabtree%22>

## FEATURED WEB SITE

By Patrick Harvey

There is a new bulletin board for mushroom enthusiasts at [www.wildmushroomhunting.com](http://www.wildmushroomhunting.com). You will find discussions there on hunting mushrooms, cooking with mushrooms, ID suggestions for fungi, and photos of members' recent discoveries. It's very informative and there are already a good number of members from a previous incarnation, [mushroomhunting.org](http://mushroomhunting.org) (which is now offline).

Come and join us for lots of good information, beautiful pictures, and fun. Karoketake, anyone? (Karoketake: songs about mushrooms)

# Calendar

- Tues. 1/4** 7:00 p.m. MOMS Annual Open Board Meeting, Powder Valley Nature Center, Shannon Stevens, 314-481-4131, sporeprince@sbcglobal.net
- Tues 1/11** 7:00 p.m., Bi-Monthly, Powder Valley Nature Center, Mushroom Nutrition, Ken Gilberg, 314-629-4686, kengilberg@gmail.com
- Sun 1/30** 12:00, Annual Winter Luncheon, Souard Preservation Hall; Ken Gilberg, 314-629-4686, kengilberg@gmail.com
- Tues 3/8** 7:00 p.m., Bi-Monthly, Powder Valley Nature Center, topic tba, Ken Gilberg, 314-629-4686, kengilberg@gmail.com
- Sat 3/27** 10:00, Class, Poisonous Mushrooms of Missouri, (tentative) Babler State Park, Maxine Stone, 314-963-0280 VeryMaxine@aol.com or Brad Bomanz, 636-225-0555, brad\_bomanz@yahoo.com
- 4/22-4/24** Morel Madness, Cuivre River State Park, (tentative) Shannon Stevens, 314-481-4131, sporeprince@sbcglobal.net
- Tues 5/10** 7:00 p.m., Bi-Monthly, Powder Valley Nature
- Tues 7/12** 5:00 p.m., Bi-Monthly, Foray & Potluck, Babler
- Tues 9/13** 7:00 p.m., Bi-Monthly, Powder Valley Nature
- Tues 11/8** 7:00 p.m., Photo Bi-Monthly, Powder Valley Nature

# Bimonthlies

by Ken Gilberg

Dr. Millie Mattfeldt-Beman, Chair of the Nutrition and Dietetics Department of St. Louis University will speak on mushroom nutrition at the next bimonthly meeting, January 11, 2011.

We plan another year of our bimonthly get-togethers. They're held 7-9 pm every second Tuesday of odd months. Five of the six meetings will be held at Powder Valley Nature Center in Kirkwood. In July, we cash in our Daylight Savings and spend it on an evening foray with summer fun and fungi at Babler State Park. Check the calendar and write down the dates.

Sometimes we have a presentation, sometimes we just share mushroom tales and bring in our finds. We welcome more ideas for speakers and activities. November is our annual photo share. Often times, we go to a public house to continue the conversation. Growler's Pub is nearby and they've got a nice beer collection.

# Annual Open Meeting

**Tuesday January 4, 2011 6:30 - 9pm**  
**Powder Valley Nature Center**

By Shannon Stevens

Come one, come all! This is your chance to be part of the process. The annual board meeting is open for any member of MOMS so don't miss the opportunity to see us in action. Find out who your elected officials are and what they do.

We'll be conducting business, planning events for the year and going through the election process. Patrick Harvey is up for reelection and Brad Bomanz and myself will be departing since our two consecutive 3 year terms are over.

New board nominees are Rachael Slightom and Claudia Joyce. Jane House is the nominee for president.

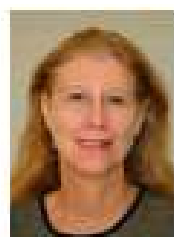
Brad Bomanz has served on the MOMS board of directors off and on since even before I came back into the fold in 1997. He has served as director, executive secretary, membership chair and treasurer. Along with Don Dill, Brad has also spearheaded our research efforts with the utmost enthusiasm and continues this work today with the voucher program and other projects at Wash. U's Tyson Research Center. By the way, you can check out those vouchers on our super fantastic website that Brad just happens to have created and continues to maintain!

Although Brad cannot serve as a director, (right now), I know he will continue to be an integral part of the MOMS community in many ways for years to come. His dedication should be an inspiration to us all, and what better way to show that inspiration than by dedicating some of your own time and talents!

As members of MOMS you are entitled to vote at this meeting. Don't forget to nominate someone for consideration as a board member. Nominations will *not* be taken during the meeting, so be sure to contact me beforehand. This really is a great opportunity to serve MOMS, so step on up and submit your own name as well!

The meeting will begin at 7pm sharp but we have the room starting at 6:30, so let's get all the catching up and socializing out of the way, so we can get down to business and perhaps even wrap up early, so we can grab a bite at PJ's afterwards.

Directions to Powder Valley can be found by clicking 'maps' on our website, [www.momyc.org](http://www.momyc.org) Enter through the side door. Hope to see you there!



Jane House



Patrick Harvey



Claudia Joyce



Rachel Slightom



# Wild Times at Babler 2010

by Jan Simons

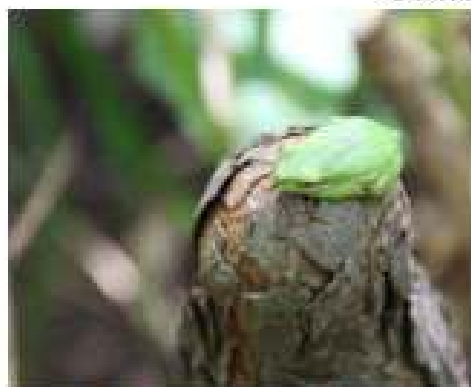
Once again we had a beautiful fall day for Wild Times. Unlike last year when we had record rainfall in October, this year we have had virtually no rain since mid-September. Most of us didn't even go out looking for mushrooms. There were about thirty people who joined us at Babler at least four of whom were new to MOMS.

And the food...wow! Smoked Northern pike and venison hot dogs (Willie), sausage casserole and German potato salad (Leland), venison chili, fried snapping turtle with hen of the woods mushrooms (Steve), elderberry syrup, pear crisp (Jane), lots of nuts including chestnuts to roast (Chuck), persimmon pie cake (Sara), Goatsbeard blue cheese with lemon curd, bangers in blankets, eggplant dip with zatar and parsley oil (and more from Julie Ridlori), tuna salad (Ken and LaRee), dried fruit and cheeses (John Joyce), pickled hens and pickled okra (Jan and Charlie), chanterelle combread (Barbara and David), butternut ravioli, mushroom chili, crab Rangoon and eggplant. I am sorry I can't identify who brought each dish. We feasted! Oh and there was lots of wine, so we drank too!

It was our last official foray of the season. We have lots of good memories to savor until the winter luncheon. Thanks to all who came for the fun and the food!

*And thanks to Steve Booker, who organized a great series of forays this year.*

Janie Houde



From another wild time. A tiny, bright green frog on a cypress knee at Mingo.

# Membership Renewal

by John Davis

It's time to renew your membership. Fifteen dollars covers you and your family for the calendar year. So act now. Get each of the quarterly newsletters, and look for something of interest on the website to enhance your quotidian schedule. As you are contributing to a higher cause, you won't likely fixate on the cost. Still, the cost is quickly outweighed by member discounts and superb programming.

Take advantage of the many events through the year; Morel Madness, the weekend at Mingo National Wildlife Refuge, and the Winter Luncheon are just the tip of the iceberg. As I write this, a healthy crew of celebrants returns from another magical Halloween weekend in the woods at Hawn state park. In between the big events, volunteers lead many forays throughout the year, which typically start at 10 a.m. on a Saturday or Sunday and conclude with a potluck lunch. There are also classes and social outings. It is a vibrant organization unlike any I've experienced, and it's all made possible by your small annual contribution.

You will meet an interesting mix of people, from those there simply to put a smile on your face to those whose obvious drive will inspire you to reach your potential. It is a chance to network. It is a chance to mingle with eminent mycologists and stay abreast of the latest scientific findings. It is a chance to broaden your perspective by interacting with people of all ages and all walks of life. You are an important part of this picture and can participate at any level.

Just being in the woods with friends is an invaluable benefit. It provides an opportunity for exercise and spiritual healing and calls to mind innocent days of youth when mama would have to call you home, when her displeasure over your filthy clothes was dwarfed by lingering ecstasy. I roamed the woods alone for years and can tell you that it is infinitely better with supportive, like-minded people.

The Missouri Mycological Society guarantees a return on your dues. Attend one event, and you will notice a curious sense of abundance. So put the cheese curls away, turn Oprah off, and stop Porky Piggini' your life away on the couch. Get your dues in the mail today (see form), and plan your next encounter with MOMS.

## Missouri Mycological Society and NAMA 2011 Membership Form

All memberships end on December 31.

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

E-Mail (only one please) \_\_\_\_\_

**Missouri Mycological Society family membership:** 1 year/\$15\$ \_\_\_\_\_

Make your check payable to Missouri Mycological Society.

**North American Mycological Association Membership:**

NAMA dues are due concurrently with MOMS dues. To keep your NAMA membership current or to become a NAMA member, send an additional check for \$32 made out to NAMA (This reflects a \$3 discount from the \$35 regular membership).

NAMA Affiliated Club Members: 1 year/\$32 \$ \_\_\_\_\_

Send both checks to:

John Davis, 777 Juanita Ave, St. Louis, MO 63122



**Missouri Mycological Society**  
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 Chesterfield, MO 63017

[www.MoMyco.org](http://www.MoMyco.org)

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 Chris Crabtree (13)  
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 Education: Maxine Stone  
 Foray Coordinator: Steve Booker  
 Incurable Epicureans: Linda Rolby  
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 Research: Brad Bonanz  
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Mingo 2010

Linda Mueller