

# earthstar examiner

Issue 140

February 2020



Newsletter of the Missouri Mycological Society

## Morel Madness! April 10-April 12 Roaring River State Park

By Aaron Peters

Come with the Missouri Mycological Society and enjoy the beauty of the Southwest Missouri Ozark hills at Roaring River State Park—one of three Missouri state parks with rainbow trout. The park also features 7 hiking trails, breathtaking scenery and 4294 acres of public recreation land. This is a new location for us and we're excited to see what nature has in store!

Activities include multiple forays, a Morchella/Ascomycetes Presentation, Collection & Identification Class with findings from the main foray, and Sunday morning there will be a cultivation workshop for participants to take home their own mushroom logs. The main foray will be on Saturday morning when the group splits up to traverse the 7 trails around the park: the Deer Leap, Devils Kitchen, Eagles Nest, Fire Tower, Pibern, River, and Springhouse Trails.

Once the main foray is over in the early afternoon, the specimens will be brought to the identification area back at Camp Smokey. If you're still feeling the itch to be out in the field there will be a bonus hike/foray to a nearby cave, where we may find some fungi hiding in the deep dark crevices inside.

Our headquarters and lodging will be at Camp Smokey, which includes a dining lodge, kitchen, sleeping quarters, amphitheater & recreation area. There will be free tent camping in the surrounding area. The camp was constructed in the 1930s by the Civilian Conservation Corps.

Breakfast will be provided Saturday morning and there will be a packed lunch for the main foray. All other meals are potluck. Please bring your own dishware and utensils.



Photo by Stephanie Keil

Join us for any or all of the events, and register at [momyc.org](http://momyc.org). Details on the weekend's schedule will be posted on the Springfield [calendar](#) when they are available.

Please contact Aaron Peters @ 785-331-8081 or [fungi.losophy@gmail.com](mailto:fungi.losophy@gmail.com) if you have any questions or concerns.

# Outgoing President's Notes

By Sonja Pelli



Sonja Pelli

I hope this first newsletter of 2020 finds you well and recharged from time spent with family, friends, and mushroom-inspired holiday meals and with an eye toward a new year of foraging, learning, and time together.

January 2020 brought my tenure as MOMS president to a close and with it a time for reflection. I have been thinking of what worked well and what could have been done differently. I will be sharing my

thoughts with the new president. Stepping into any leadership role can be intimidating, and it certainly was for me. That being said, I conclude my tenure grateful for the opportunity, the many experiences and the learning that came from them.

Boards are dynamic entities with comings and goings, and we have had a number of changes over the past few weeks. As I step down, I am excited to welcome **Stephanie Keil**, MOMS' new president-elect. Stephanie was elected to the board last year and has chaired and co-chaired a number of events and activities. We have new officers in **Ann Horsman** and **Maxine Stone**. Ann is an experienced and active member with the Springfield Chapter and Maxine returns to the MOMS board bringing with her extensive experience, institutional knowledge, and a deep commitment to the club and its mission.

Dan Liles' two terms on the MOMS board ended in January. I want to thank him for his six-year commitment and for always being at the ready when needed. **Malissa Briggler**, president of the Mid-MO Chapter and a board member since 2018, is taking on the role of executive secretary. **Carlos Harjes** was re-elected to a second term

and continues to serve as recording secretary.

The remaining officers on the board are **Kent Lemp**, treasurer, **Brittany Martinez**, with the Kansas City chapter, and **James Savens** and **Judith Thomas**, who are both with the St. Louis chapter.

Springfield has a new Chapter President in **Aaron Peters**. His kick-off activity for the club is taking on Morel Madness and holding the event at a brand new and exciting venue near Springfield. I am counting on a big showing from members across the state.

**Peggy Green**, new to the Foray Coordinator role, is filling up the 2020 schedule with forays and coordinating a rotating schedule for Morel Madness and Brad's Fall Foray for the next five years. Help Peggy make 2020 a great foray year. Email Peggy at [pgreen@momyco.org](mailto:pgreen@momyco.org) with your ideas for foray locations and with your intention to lead one.

I encourage members to reach out and meet the new Earthstar Examiner editor, **Israel Tockman**. You can reach him at [itockman@momyco.org](mailto:itockman@momyco.org). Support him and help him by writing articles and columns, and please feel free to offer suggestions so each new edition is the best one yet. The Earthstar is one of MOMS' most effective ways to keep each other up-to-date with Missouri mycological news and it connects members state-wide.

If everyone remains engaged and committed to contributing ideas, time, and expertise, MOMS will continue to be one of the best and most active mycological clubs in the country.

It's been a pleasure. See you in the woods soon.

Sonja Pelli

# In Memoriam

## Sylvia Hosler

December 24, 1939 - December 13, 2019

Our dear friend and fellow mycophile, passed away on Friday, December 13th after a brief battle with AML Leukemia. Our hearts go out to her husband, Robert; her son, David; her grandchildren, Evan and Caroline; and her sister, Elaine.

Sylvia co-hosted the Lower Meramec Park foray with Dennis McMillin for many years in early June and she attended most of MOMS' other forays throughout the season. However, her favorite places to foray were in the mountains of the Southwest ... or any place over 6,000 feet altitude, for that matter: Santa Fe National Forest in New Mexico, Coconino National Forest and the Santa Rita Mountains in Arizona, as well as Rocky Mountain National Park in Colorado and the Great Smoky Mountains in Tennessee.

We will all miss Sylvia's quiet, humble, generous spirit and her keen mind. Before she discovered her love for wild mushrooms, Sylvia had already catalogued over 1,000 plants and flowers which she knew by both their Latin and common names. A walk in the woods with Sylvia was truly an education. She was serious about accurately identifying the fungi she encountered and always willing to mentor those of us who were less experienced. She also had a great sense of humor about some of our woodland finds, like the time we encountered an old clawfoot bathtub deep in the woods at Phantom Forest Conservation Area. We took turns taking photos of each other sitting in the tub in our full winter garb, and we laughed heartily at the ridiculousness of the situation as we headed back to the trail.

We are grateful to Sylvia for the knowledge she so willingly shared with us and for the precious memories she left behind. Sylvia will now rest in peace at East Lawn Palms Cemetery in her beloved Tucson where the Santa Catalina Mountains provide a most beautiful backdrop for the grounds.



Sylvia Hosler

# Recipe: Spicy Noodle Soup With Mushrooms and Herbs

by Allison Roman, *the New York Times*

- YIELD 4 servings
- TIME 45 minutes

Sautéed mushrooms lend extreme and surprising depth of flavor to this clean, spicy noodle soup, which also happens to be vegan. With the addition of soy sauce, the broth takes on an almost beefy flavor; the vinegar helps to perk it right back up for a nearly hot and sour flavor profile. For the best (and most interesting) results, try to seek out a mix of mushrooms for a variety of flavors and textures.

## INGREDIENTS

- 3 tablespoons canola or olive oil
- 4 garlic cloves, thinly sliced
- 2 large shallots, thinly sliced
- Kosher salt and ground black pepper
- 1 1/2 pounds mixed mushrooms, such as maitake, oyster, cremini or shiitake, torn into bite-size pieces
- 1 to 2 fresh red or green chiles, such as Fresno, thinly sliced (or 3/4 teaspoon red-pepper flakes)
- 1/2 cup low-sodium soy sauce, plus more to taste
- 1/4 cup unseasoned rice wine vinegar, plus more to taste
- 8 to 10 ounces noodles, such as udon, soba, rice or spaghetti
- 2 cups herbs (tender leaves and stems), such as cilantro, mint, chives, parsley or a mix, for serving
- Sesame seeds, sesame oil or both, for serving (optional)



Michael Graydon & Nikole Herriott for *The New York Times*.  
Prop Stylist: Kalen Kaminski

## PREPARATION

1. Heat oil in a large, heavy-bottomed pot or Dutch oven over medium heat. Add garlic and shallots, and season with salt and pepper. Cook, stirring occasionally, until shallots start to turn a nice golden brown, 3 to 4 minutes. Add mushrooms and half the chile, and season with salt and pepper.
2. Cook, stirring occasionally, until the mushrooms have softened, released much of their water and turned a deep golden brown, 10 to 15 minutes. (A browned mushroom will have infinitely more flavor than an unbrowned mushroom, because the water inside it evaporates and the flavor concentrates. So do not skip this step.)
3. Add 1/2 cup soy sauce, 1/4 cup vinegar and 8 cups of water. Bring to a gentle simmer and season with salt and pepper. Continue to simmer until the flavors have melded and the broth tastes good enough to drink (you will be drinking it), 15 to 20 minutes. Season with more soy sauce and vinegar as you like.
4. Meanwhile, cook the noodles in a large pot of salted boiling water until just al dente. (The timing will depend on the type and brand of noodles, so consult the package.) Add the noodles to the pot with the broth, and let them hang out in there for a minute or two to finish cooking and soak up all that flavor.
5. To serve, use tongs to divide the noodles and mushrooms among bowls, then ladle the hot broth over the top. Serve with the remaining chile, the herbs and the sesame seeds and oil (if using) for people to dress their own bowls to their liking.

New York Times: <https://cooking.nytimes.com/recipes/1020122-spicy-noodle-soup-with-mushrooms-and-herbs>

# Incurable Epicureans

By Linda Rolby

The Incurable Epicureans are a culinary group of MOMS members who love to cook and to eat. There are three to four dinners a year. Each dinner has a specially 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, working studios and rentable venues that allow self-catering.

In the past year we visited Iceland at Alanna and Jerry's home for a Viking adventure in dining. Icelandic food is special in the culinary world as the raw material is obtained from unpolluted natural resources. Our menu abounded in seafood as well as a hearty venison stew. We then traveled to exotic Persia at Ken and LaRee Gilberg's equally exotic Herbaria store to sample the truly enticing flavors and textures of the lands between the Caucasus Mountains in the north and the southern tip of Iran, between the Black and Caspian Seas. Persian ingredients and culinary wisdom have influenced cuisines from India to Morocco to northern Europe, and our group reveled in the colorful diversity of our picnic. Enjoying a wee grazing on Scottish traditions at Bill and Mary Kaye's home was a spectacular finish to our 2019 year of culinary adventures. Tartans, bagpipes, whisky and superb scenery are not the only reasons to visit Scotland. Our members did a fine job on Scotch rarebit, Finnan Haddie, Salmon and Trout dishes, Tatties and Neeps, and

Sticky Toffee Pudding among other treats.

Our menus are always in the planning stages at the beginning of a new year, but on the line-up as potentials for 2020 are Mrs. Au's Cantonese Kitchen, honoring a founding member Jeri Au and the legacy of food she brings from her mother's heritage. A German and Belgian style Beerfest is under consideration for summer, and possibly we'll try a winter holiday experience with the dishes of Canada.

Because we meet most often in members' homes, the club must limit membership to 35, with each being a member of MOMS. Dues are \$15 per person payable the first of each year. The Incurable Epicureans group is open to all 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.

Please send your membership dues with your check made out to The Incurable Epicureans for \$15.00 per person, and mail to:

Linda Rolby  
649 North Harrison Ave.  
Kirkwood, MO 63122  
[lrolby@hotmail.com](mailto:lrolby@hotmail.com)

## NAMA - North American Mycological Association



The [North American Mycological Association](#) (NAMA) promotes, pursues, and advances the science of mycology. NAMA has 78 affiliated clubs across North America. The members are amateurs and professionals that are passionate about mushrooms. NAMA organizes annual and regional forays with affiliated clubs.

The 2020 NAMA annual foray will be right here in Missouri at Trout Lodge in Potosi on October 8-11, 2020. We're calling it MO-NAMA 2020. This will be an amazing event for us. We will have lots of out-of-town mycologists, fabulous forays, an excellent location, etc. Watch for more information and join NAMA now! Since this event is occurring in October, we won't have our annual Brad's Fall Foray weekend. We will resume this fun event in 2021.

You can see the list of [Affiliated Clubs here](#). NAMA produces both a newsletter, The Mycophile, and the *Mcllvainea* journal.

MOMS is an affiliated club with NAMA and this allows you to join NAMA at a reduced rate of \$25. See the [Join NAMA page](#) for details. You may pay dues online or send dues directly to the NAMA Membership Secretary. Be sure to include your club name to receive the discounted rate.

### Calendar:

To see the full calendar of event please click here:

<https://momyco.org/calendar.cshtml>

To see events for a specific chapter you may click on it below:

[St. Louis Chapter Events](#)

[Mid-MO Chapter Events](#)

[Springfield Chapter Events](#)

[Kansas City Chapter Events](#)

[SEMO Chapter Events](#)

### We Teach Mushroom Classes...want to learn?

These classes are held at all chapters...check the web calendar for more dates...and are free to MOMS members

St Louis:

Classes are held at Powder Valley Nature Center, 11715 Cragwold Rd, Kirkwood, 6pm

March 24	Poisonous Mushrooms of Missouri
June 9	Common Mushrooms of Missouri, Part 1
August 11	Common Mushrooms of Missouri, Part 2
October 13	Edible Mushrooms of Missouri

Mid-MO:

Classes are held at Missouri Department of Conservation Headquarters, 2901 W. Truman Blvd. Jefferson City, MO, 6pm

March 31	Ten Common Poisonous Mushrooms of Missouri
June 16	Ten Common Mushrooms of Missouri, Part 1
August 11	Ten Common Mushrooms of Missouri, Part 2
October 13	Ten Common Edible Mushrooms of Missouri

The Mid-MO Chapter will also offer a presentation on "Common Lichens of Missouri" by Tyler Wright on May 20 at 6pm. The event will take place at Missouri Department of Conservation Headquarters, 2901 W. Truman Blvd. Jefferson City, MO.

### Bi-monthly Meetings

MOMS Bi-monthly meetings are held on the odd month of the year.

March 10	Speaker: Malissa Briggler, The Relationship of Orchid and Fungi, Powder Valley Nature Center, 6:00pm
May 12	Speaker: TBA, Powder Valley Nature Center, 6:00pm
July 14	Foray and Food Fest, Babler State Park, COCHRAN SHELTER, 4:00pm
September 8	Speaker: TBA, Powder Valley Nature Center, 6:00pm
November 10	Annual Photo Show, Powder Valley Nature Center, 6:00pm

### MOMS BOARD OF DIRECTORS:

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## MOMS MISSION STATEMENT

- Foster and expand the need, understanding and appreciation of mycology.
- Provide education and training for the proper collection, identification and documentation of fungi.
- Provide a means for sharing ideas, experiences, knowledge and common interests regarding fungi.
- Support efforts to preserve natural environments in the State of Missouri.

# Thank you for supporting the Missouri Mycological Society!

**Missouri Mycological Society**  
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