Not to be Missed: Missouri's Magnificent Mingo Mushroom Foray

—Pat Lennon and Ken Gilberg

Register Now for September Outing

The spores have been sown. We've had so much rain that an explosion of fungi is expected at the Fourth Annual Missouri State Foray at Mingo Swamp, September 17-19. Register now.

This is the last issue of the Earthstar before Mingo. Acknowledgments of registration will be made by phone so save this issue for details and the map (see page 7) to the foray.

Updates Since Last Issue

Dr. Andy Methven of Eastern Illinois University will join Dr. Walter Sundberg as professional mycologists for the foray. They are both excited about coming and are great teachers with much to offer. Dr. Sundberg will give a program Saturday evening—Mushrooming in the Aftermath of the Great Flood.

The menu for Mingo is still top secret. Linda Worley, in charge of our meals, will only promise that a variety of mushrooms will appear on the table. Knowing Linda's cooking, we have every reason to look forward to some delicious gourmet meals.

If you have any questions, you may phone organizers Pat Lennon at 725-0064 evenings, or Larry Douglass at 837-3380 (evenings) or 872-7144 (daytime). They do not have answering machines so if you don't get them you may also call Ken at 458-1458.

Marty and Jack Toll are our guides Mingo National Wildlife Refuge. This is the southernmost part of the state and weather can be quite warm. Yes, there will be bugs, snakes, poison ivy, chiggers and ticks. Just be prepared and you will enjoy an area teeming with flora and fauna.

Registration

The limiting attendance factor is the dining hall, which seats 120 people. (More people hunting means more mushrooms collected.) Send in the reservation form on page 7 today. Registration fee is $35.00; children 5 years and under are free; ages 6 thru 12-$15. Camping rates for kids are the same low, low price of $2 per night. Minors unaccompanied by a guardian need special permission—call.

Sign-in at Mingo will begin at 5:00 p.m. on Friday at Camp Latonka.

Food

The registration fee includes four meals—breakfast, sack lunch, dinner on Saturday and brunch on Sunday. This year, as opposed to last, we will have full use of an institutional kitchen so that we may handle our own food preparation. Linda Worley, chairperson of our Culinary Committee, has generously agreed to coordinate and organize our meals for the weekend. Volunteers are needed to help at meals. You will only be asked to help at one meal—please volunteer.

Accommodations

Camp Latonka, a Girl Scout camp, is our headquarters. We will have use of the dining hall, kitchen, and recreation room (for our mushroom display area). Many of us will be staying there. As always, reservations will be on a first come, first served basis. Space is ample but not unlimited: Reserve now. Here are the choices:

Camping: This will cost $2 per person per night. You can camp on the ground or on platforms.

RVers: There is space for a couple of RVs. $2 per person per night.

Screened-in cabins: These are structures with wood floors, wooden walls halfway up, then screens to the roof. They are equipped with cots with metal springs. Bring your own bedding. There are four cots to a cabin. No indoor plumbing. Men and women showerhouses/toilets are in separate buildings. $2 per person per night. Get a group together and get a cabin.

If you would like to stay in a screened-in cabin and don't have four persons, that's okay. Just let us know how many are in your party and we will, depending on demand, either put you with others or you may have a cabin to yourself (yourself). The Cook's cabin and the infirmary have been reserved.

Motels: For those of you who would like more comfort, there are two recommended motels in the area. Please make your reservations directly with the motel.

Twin Oaks Resort (314/222-8733): This one is the closest to the camp, about 2 miles away. It is a half mile north of the dam on Highway DD.

Miller's Lodge (314/222-8579): Some of you stayed here last year. They have some very nice cabins. This is 2 miles south of the dam on Highway T.

Register now for Mingo—don't let the August 31 deadline pass you by.
Mushroom Resources
—Ken Gilberg
This is an ever growing list. If you have anything to add, please inform.

Books

Identification Guides
Arora, David Mushrooms Demystified Ten Speed Press, Berkeley, California
Horn, Kay, Abel A Guide to Kansas Mushrooms University Press of Kansas
Phillips, Roger Mushrooms of North America Little, Brown and Company

Take advantage of the Society’s discounts of more than 15% off list price on many books. Available are (with discounted price): Arora’s Mushrooms Demystified ($21), Phillips’ Mushrooms of North America ($21), and A Guide to Kansas Mushrooms (On its way) and some new titles. You may reserve copies by dropping a card to Don Dill, 1101 Surrey Hills Dr., St. Louis, MO 63117. Ken Gilberg also has a few copies.

If for some reason you don’t have Linoff’s Audubon Guide to North American Mushrooms, Don Dill reports that he saw it at Sam’s Club for $11.95 and it is regularly $16.00.

For used books in your town, consult the Yellow Pages. In Rock Hill, check out The Book House. Currently they have a few books you may be looking for.

I once read a rule of thumb that said if you think something goes without saying, say it. Another good place for books on mushrooms is the library.

Mushroom Cookery Books
Czarnecki, Jack Joe’s Book of Mushroom Cookery, Atheneum, New York
Grisgon, Jane The Mushroom Feast Penguin Books
Hazar, Marcella More Classic Italian Cooking Alfred A. Knopf, New York (actually not specifically mushrooms, just my favorite cook)

Phillips, Roger Wild Food, Little, Brown and Company, Boston and Toronto

Sources for Books: Mail Order
KenL Questor, 32255N, Hwy 99 W., Newberg, OR 97132, 503 538-2051. Many used mushroom books.
Lubrecht and Cramer, Ltd., Box 244 Forestburgh, N.Y. 12777 914 794-8339, FAX: 914 791-7575. Mushroom and other scientific books from all over the world.
Sutton, Raymond M. Sutton, Jr., 430 Main St., Williamsburg, KY 40769. Fine and illustrated collectibles such as Battara’s 1759 second edition of Fungorum Agri for only $2,200.00. (not required reading)

Book Plates

These handsome bookplates feature a drawing by our own Don Dill of the voluptuous Lepiota americana. They’re available from Don for $6.00 for 24 postpaid. Proceed to MMS. Thanks again, Don.

Societies

NAMA The Missouri Mycological Society is affiliated with NAMA, the North American Mycological Society, a group of amateurs and professional mushroomers. They put on a yearly national foray (this year in Vancouver), publish both a newsletter six times a year and the MacIlvania, a yearly publication for mushroom writings and stories.

Other Mycological Societies If you are interested in other local clubs, NAMA has over 75 affiliated clubs. Our closest clubs are the Kaw Valley club in Lawrence, KS, the Arkansas Mycological Society and the Illinois Mycological Society out of Chicago.

Culinary Society The James Beard Foundation keeps the mission of the “Father of American Cooking” alive, promoting excellence in the culinary arts. I used to listen enviously to my New York friend’s accounts of extravagant multi-course dinners held at the Beard Foundation’s headquarters in New York. A St. Louis group was formed in September, 1992 and currently meets and eats at the Legends in Eureka thanks to a lot of work by Chef Chris Desens. Associate membership is $50. The foundation schedules events which showcase exceptional culinary artists. Their next event is a "Barbecue for Beard and Old Fashioned Ice Cream Social", August 29 at the Legends. Cost is $25 for non-members, $20 for members of Beard and St. Louis Culinary Societies. For more information call Chris Desens 938-6295. Dinners, including wine, are usually $40 per person for members, $50 for non-members.

Magazine

The Wall Street Journal recently ran a front page story on Mushroom, the Journal of Wild Mushrooming—an attractive, informative and utterly delightful quarterly. Subscriptions $16/year, $28/2 years, $39/3 years. Box 3156, University Station, Moscow, Idaho 83843. Back issues are available from their first, in Fall 1983.

Mushroom Cultivation Supplies and Books
Field and Forest Products N3296 KozuZek Road, Peshctigo, WI 54157, (715) 582-4997. Talk to Joe Kratzick.
Hardscrabble Enterprises, HC 71, Box 42, Circleville, WV 26084, (304) 358-2921
Fungi Perfecti, P.O. Box 7634, Olympia, WA 98507

Fresh & Dried Mushrooms
Local Fresh Mushrooms
Daniel and Nicola Hellmuth (MJ members) bring freshly picked, organically grown shiitake from their family farm into St. Louis weekly and would be glad to supply
hungry MMS members. If you are interested in placing an order call 314-531-9935 (St. Louis) on Tuesdays. Orders of 5 pounds or more and can be delivered to the Central West End, Clayton, Downtown, Webster Groves and University City areas by prior arrangement on Wednesdays. Customers outside these areas or those who would like less than 5 pounds are welcome to pick up their mushrooms from their home in the CWE when convenient. Shipping is difficult during the summer months due to perishability unless you pay Federal Express. You can always share a 5 pound box with family, friends or other MMS members. The Hellmuth’s mushrooms are also available (retail) at Straubs, Garden Market, Brandt’s and the Natural Way. Restaurants currently using Hellmuth’s shitake’s include Riddles, Fiore’s, Giovanni’s, Webster Bar & Grill, Cafe Zoe and many others. On October 3rd they will be promoting their mushrooms at the Best of Missouri Markets Show at the Missouri Botanical Garden. They hope their log-grown oyster mushrooms and cave-grown pom-pom du blanc (Hericium erinaceus) will be available then.

Price List - Bald Eagle Company, Timber Farms the Sinks (The Hellmuth’s)

Fresh Shiitake: $7.00/lb
Dried Shiitake: $2/ounce
Fresh Oysters: $7.00/lb (when available)
Shiitake Log Kits: $15/log (instructions & recipes included)

* indoor sawdust-grown shitake are available in area supermarkets for lower prices but are inferior in taste, texture and have a shorter shelf life

Any “pick your own” shitake customers are welcome at the farm by prior arrangement. Paid accommodation is available on request.

Nicky and Dan also sent this in:
“Would like to thank everyone involved in the recent MMS weekend at the Sinks for being so enjoyable and interesting guests. Hopefully this can become an annual event.”

Local Dried Mushrooms

The Cheese Place in Rock Hill currently offers bulk dried mushrooms. For some reason they’ve priced them all the same, $68/pound. It’s a very good deal for morels and okay for porcini. The cheapest porcini I’ve found in town are at Urzi’s market on the Hill, $48 per pound, almost below wholesale and of good quality. Viviano’s has a dried, smoky unidentified bolete for about $8/pound that’s good in mushroom barley soup.

Mail Order Dried & Fresh Mushrooms

A personal stash of collected mushroom can seem so precious and few. I recently ordered a pound of dried black trumpets from Aux Delices des Bois and felt wealthy in a way I hadn’t before. For $24/pound, it was a good deal (one pound dry weight is equal to 6-10 pounds fresh weight) and not only could I experiment freely with mushrooms in omelettes, meatloafs and pastas, not only could I afford to give a few away to friends, but also I wasn’t compelled to spend the hours and hours hunting that already keeps me away from work I should be doing.

Aux Delice des Bois and Hans Johansson offer a wide range of fresh wild mushrooms (in season) including morels, chanterelles, matsutake, ceps, truffles, lobster mushrooms, fried chicken mushrooms, corals and more. Cultivated mushrooms include crimini, portobello, shitake, white trumpets, enoki, hen of the woods and blue, pink, yellow and the regular blonde-gray oyster. Dried mushrooms offered (cheapest and easiest to ship) are fairy rings, porcini or ceps, mixed boletes, chanterelles, black trumpets and morels.

Aux Delice also offers books, posters, socks and other things of mushroom interest.

At Delice des Bois, 4 Leonard St., NY, NY 10013. Tel: 212-334-1230.
Hans Johansson, Inc., P.O. Box 532, Golden Bridge, NY. 10526-0532 Tel: 914-232-2107

Mushroom Paraphernalia

Artifacts and Baskets

Our own Barb O’Brien and Sue Sommer run The Silver Garden in Old Webster. The shop holds many treasures and with the management’s focus on mushrooms they’re sure to have things of mycological interest. Many of us bought one or more of the beautiful pins from Germany which Barb offered. Barb is now hunting for the best in baskets for foraging.

The Silver Garden, 8146 Big Bend, Webster Groves, MO 63119, 314-962-4550.

Mushroom Brushes

The new Mushroom Brushes Are Us store has opened in the Galleria and offers a whole spectrum of mushroom brushes from ergonomically designed handles of vanadium with pure virgin hog bristles to rustic wooden brushes with authentic Bavarian designs painted around the handle, specifically made for certain Hygroopus species.

How gullible are you? Really, I shopped the gourmet and gadget stores and the cheapest brush was $2.98 and it was too stiff and cumbersome. Schnuck’s had a combination potato-mushroom brush, also too stiff. Williams Sonoma had a little one for $4.98.

I went to an art store and bought, for a buck, a natural bristled paint brush with a handle like brushes are supposed to have.

Mushroom Kitch

Claudia Joyce informed the Earstar about the Magic Mushroom Lamp Company (800-397-7429) which offers touch-controlled lamps shaped like mushrooms adorned with toads, leprechauns, gnomes, etc. They range in size (and price) from a small 8 1/2" table lamp ($30) to a floor model 5' tall, complete with a running waterfall ($990). Be the envy of all your friends! Once you’ve set that up as a centerpiece in your living room, accessories can be bought out at yard sales, Goodwill and other fine junking establishments. Call Claudia if you’re interested.

Floating Foray

—Phil Roos

If you’re interested in floating on Saturday, Oct. 16th (with a rain date for the next week October 23) please call Phil at (314) 636-4596. Or send a card to 2544 Lexington Drive, Jefferson City 65109. Be sure to include whether you have your own (or borrowed) canoe. If enough people have their own canoes, we won’t have to rent.

The Big Piney is an easy float, fairly scenic, and not as far from St. Louis as some of the other streams. We plan a relatively short float to allow time for fishing, mushroom hunting, etc. Camping or motelting and other arrangements are open.
June 25, 1993 Foray at Rockwood Reservation

Leader D. Dill. 6 participants. Foray at 5:30 p.m.

Weather: Heavy rains on the day prior to and on the morning of the foray. Temperatures were in the 75-80° range. The woods, particularly the understory, were saturated with moisture.

This foray turned out to be a good one for edibles. Craterellus fallax was found in fair numbers as was Cantharellus cibarius, C. cinnabarinus and Lactarius velutinus. K. Gilberg and D. Dill both found an unusual variation of Craterellus fallax in which the fruiting bodies were either thick and meaty as opposed to the usually fragile C. fallax. In addition, the body of the mushroom was less funnel shaped and tended toward a more-or-less tubular shape. David Aurora mentions in Mushrooms Demystified, under C. corneocipoiodes, that deformed club-like specimens occasionally occur alongside normal ones. This may also be true of C. fallax.

Species List

<table>
<thead>
<tr>
<th>Species</th>
<th>Synonym</th>
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<tbody>
<tr>
<td>Agaricus placomyces</td>
<td>Lactarius hygrophiroides</td>
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<tr>
<td>Amanita bisporigera</td>
<td>L. piperratus</td>
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<tr>
<td>Boletus radicatus</td>
<td>L. velutinus</td>
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<tr>
<td>Boletus subulatipes</td>
<td>L. z storyean</td>
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<tr>
<td>Cantharellus cibarius</td>
<td>L. piriferas</td>
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<tr>
<td>C. cinnabarinus</td>
<td>Russula emetica</td>
</tr>
<tr>
<td>Clavariopsis fuscata</td>
<td>L. morten</td>
</tr>
<tr>
<td>Clitocybe zollinger</td>
<td>L. lutea</td>
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<tr>
<td>Hygrophorus purpuratus</td>
<td>L. velutinus</td>
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<tr>
<td>Lactarius hygrophiroides</td>
<td>L. piperratus</td>
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<td>L. velutinus</td>
<td>L. z storyean</td>
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<td>L. piriformis</td>
<td>L. morten</td>
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</tbody>
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Also found, but not pinned down to species were Boletus (3), Russula (2), Cortinarius (2) Lactarius (1) and Marasmius (1). The usual litter of L.B.M.'s were also abundant.

July 3, 1993 Foray at Engelmann Woods Foray

Though the attendance of this hot and muggy day was only eight people, when you read this account, you will wish you had been one of them, unless of course, you were one.

We had the pleasure of having as guide Jim Bogler, President of the Missouri Native Plant Society and an expert on Engelmann Woods.

Jim explained that Engelmann Woods is the largest tract, 145 acres, of virgin Mesic forest in the state of Missouri. Mesic describes a state of being continually wet, enabling trees to reach near champion proportions. Some of the trees were 350 to 400 years old with trunks 3-4 feet in diameter. The woods appeared much the same as the early settlers saw them.

The mesic parts of the forest were surprisingly sparse of mushrooms. Why, we don't know. However in the drier parts of the park, which in the past have yielded little more than some Lactarius piperratus, this day were full of a large variety and quantity. We identified as many as we could over beer and sandwiches in St. Albans.

July 11, 1993 Foray at Pere Marquette

Cancelled due to flooding.

July 18, 1993 Foray at Emmenegger Park

Barb O'Brien led us to her usual stomp-ing grounds only to find the path submerged a little way in. We combed the hills for the following species. The chanterelles were mostly played so Gordon White took us to a gold mine not far from his house (location secret) where everyone picked all they wanted. Thanks also for the beers, Gordon!

Amanita flavoconia  C. mina
A. rubescens       C. velina
A. vaginata        Hymocybe conica
A. verna           Lactarius piperratus
Boletus campestris L. velutinus
B. chrysenteron    L. z storyean
B. crenatus        Russula emetica
C. cinnabarinus    Russula cinnamomaea
C. minor           Sarcoscypha occidentalis
Clitocybe zollinger | Schizopyllum commune |
Clitocybe purpurea  | Stolbomycetes floccopus |
Clitocybe purpurea  | Tremellodendron pallidum |
Lactarius piperratus | T. fomentarius |
Lactarius purpurea  | Xerula radicata |
L. velutinus         | Xylaria polymorpha |

July 31, 1993 Sweat'n Chanterelles Foray

Over fifty people attended this program put on jointly by the Missouri Department of Natural Resources and the MMS. We watched a NAMA slide show on boletes, polypores and chanterelles. Many in attendance were novices, attracted to the program from announcements in various calendars of events. Hunting was fair but there was enough representation of the kingdom to turn on a few to mushrooms. Swimming was cut short by a storm and tornado warnings and most picnics were rained out. By the time we got to Stovall's, our numbers were down to six but we had a great time watching Joan, Dianne and Gordon doing line dancing to Rocky Top.

Still Raining in St. Louis

Having witnessed some of the tragedy and disaster of the flooding in our area, I feel somewhat pensive in taking pleasure in all this rain.

To say this is an exceptionally wet year is a once in a hundred year understatement. The National Weather Service reports that the rains started in November and December and have yet to let up. It's the first of August and we're 9" over the normal year-to-date level and just short of total normal yearly rainfall.

It's been a bumper year for mushroom forays. Forays are finding species previously unseen and the chanterelle surplus has forced many to learn new dishes and preservation techniques. —K.G.
Mushroom Advisors

When you see a "↑" on this membership list, it indicates a designated Mushroom Advisor. These people have volunteered to accept mushroom inquiries over the phone and may even accept arranged visits. They cannot identify any mushroom over the phone. Even on a visit, they may tell the inquirer what they believe the mushroom to be but decisions of edibility must be made by whoever ultimately eats the fungus.

James Byrnes
6873 Gashing Sprgs Dr.
Edwardsville IL 62025
(618) 656-1429 (H)

Suzanne Byron Byrnes
10 Lawn Pl.
St. Louis MO 63110

Paul Cenciolo, DVM
1114 Olive Blvd.
Creve Coeur MO 63141
(314) 997-0920 (W)

Jim / Jane Cade
4B 135
Eldon MO 65026
(314) 392-3738 (H)
(314) 751-8938 (W)

Joseph Capuano
12622 Bellefontaine Rd.
St. Louis MO 63138
(314) 653-0366 (H)

Rusty Carmichael
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Farmington MO 63640
(314) 756-8237 (H)

Nicole Carpenter
1722 Menlo
St. Louis MO 63113
(314) 997-0495 (H)

Robert / Jessica Blackwell
1057 North Dr.
Waron Woods MO 63122
(314) 821-7476 (H)

Gregg Bogosian
262 Village Mound
Ballwin MO 63011
(314) 227-4600 (H)
(314) 537-6149 (W)

Mike Bobman
1330 Schwabert
Chesterfield MO 63017
(314) 332-3001 (H)

Tara Bailey
3 Box 6-32
Tecumseh MO 65760
(660) 679-4628 (H)

Toni Bennett
151 Twin Sprs Rd.
Pavilkie MO 64132
(816) 741-6260 (H)

Herm Begley
4508 Dawson
Little Rock AR 72116

James Byrnes
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Edwardsville IL 62025
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Mary J. Breit
Addie Hill Rd.
Belleville IL 62223
(618) 397-3138 (H)

Bruce / Jeanne Brocks
P.O. Box 427
Clarksdale MO 63336
(314) 243-1965 (H)
(217) 222-2114 (W)

Merton Brown
5 West Blvd S.
St. Louis MO 63020
(314) 442-3668 (H)

Joseph / Judith Brunk
1335 Wilderness Dr.
Hillsboro MO 63050
(314) 789-2938 (H)
More On Tick Prevention and Removal
—Ken Gilberg

In the last issue I mentioned how I pick off ticks and burn them in a Sterno can. Since then, I have adopted Pat Lennon's method of tick prevention and murder.

Pat tucks his pants into his socks and then seals them with duct tape. Upon undressing from a foray, removing the tape will reveal the ticks that tried to climb in through your pant legs, stuck to the adhesive of the tape. The tape then is useful for picking up even the tiniest ticks crawling on you. Surprisingly, even on a hairy guy like me, this method is ounceless.

I tried a product from Cutter called "Tick Repellent". I sprayed heavily and after a few hours collecting black trumpets, returned to find 63 ticks on me. Barb O'Brien and others swear by Skin-So-Soft by Avon as an insect repellent. I don't need the oil but I'm trying it in addition to a good dose of insect repellent.

For chigger removal, try rinsing with white vinegar just before taking a hot and soapy shower as soon as possible after returning from the woods and picking off the ticks.

'Stool Samples
—Ken Gilberg

Got a call July 28 from member Jim Cooper in Kirkwood who reported having corn smut (Ustilago maydis) in his 8' x 8' corn patch. This is a delicious edible known to Mexican cuisine as huitlacoche. Jim didn't have enough for me to make the recipe in David Arora's All That the Rain Promises, adapted from Dianna Kennedy's famous book on Mexican Cooking.

I asked, by phone, the folks at a local roadside stand if they had any. They had and invited me to pick all I wanted. (Today they are 10 feet under water.) Meanwhile I talked to our new members Gloria and Lourdes from The Happy Taco restaurant on Delmar. They love huitlacoche and Lourdes told me how to fix it. Her and Kennedy's recipe called for epizote or Mexican Tea which Lourdes said was growing in the alley behind her house. I figured I must have it growing around here (I'm too lazy to go to LaTropicana Food Store in South St. Louis to buy it) so then I had to call the Missouri Botanical Gardens to find out what epizote was. It is Chenopodium ambrosoides, related to lamb's quarters.

Then my brother Doug came by and I related to him most of the above. He said that he probably wouldn't eat the smut from farmers' sweet corn because to kill corn ear worms they must use residual insecticides such as Lannate, Sevin and other different carbamates. Safe insecticides like pyrethrins don't stick around long enough to kill the larvae of the worms. Normally the corn kernels are enclosed by the husks but when "pork on the cob" develops, it breaks out of the husk and would likely be sprayed. He recommended finding out about toxins used.

Shucks!
An Account of a Fabulous Dinner Party Whose Theme was Mushrooms and Cheese
—by Claudia Joyce

We've all experienced great culinary moments—from that exceptional fresh peach pie with a crust that literally melts in your mouth, to a wine marinated squid stuffed with fresh herbs and porcini. Imagine an entire meal orchestrated with such care and quality that it will be savored forever. Such was the private dinner party arranged by Fio and Lisalotte Antognini at their restaurant, Fio's La Fourchette on June 27th, 1993. They invited six couples and asked each couple to be responsible for one course, pairing food with wine. The theme of the dinner was mushrooms and cheese, both ingredients needed to be used in each course. Courses included a cold appetizer, two warm appetizers, entree, salad and dessert. Knowing the cooking skills and developed palates of the other guests, the pressure was on!

John and Shirley Nash started the meal with a Cheese Terrine Stuffed with Morels and Fresh Herbs, surrounded by red peppers and spinach with a slab of homemade pumpernickel bread. As the manager of The Wine Merchant Ltd., John found a flamboyant 1990 French Alsace Gerwurztraminer, sweet and fruity to the nose but dry and smooth on the palate, as an excellent accompaniment.

Next, our very own Ken Gilberg and Ellen Menown disappeared into the kitchen to put the final touches on their fabulous Cheese Ravioli with Morels and Chanterelles, simmered with sage in a Madeira wine sauce and sprinkled with pine nuts. Ken bested his effort with the addition of *Cantharellus cinnabarinus* to the sauce and Ellen brought a unique flavor of fresh fried sage to the plate as a delicious edible garnish. A 1990 Seghesio Pinot Noir paired well, the fruit of the wine enriching the Madeira and sage flavors.

Another delicious, though more full bodied Pinot Noir, this time from Acacia brought Brain Stapleton and his wife Dale into the limelight. As head chef at the Ritz Carlton's Grill, we knew when Brian served his Wild Mushrooms in Phyllo we wouldn't be disappointed. Morels, shiitakes, oysters and porcini sautéed with basil, garlic and a French Nicoise type olive served warm in phyllo pastry played nicely against a creamy, slightly tart chilled goat cheese. The presentation was exceptional as Brian had striped the plates with an almost lime green herb butter.

At this point in the evening we were all thankful for a short breather and a chance to stretch our legs (with luck our stomachs), as we awaited Fio's entree. It also gave us time to admire Lisalotte's creative table sculpture. The long roomy dining table was covered in starched white linen with apricot-peach napkins. Down the entire length of the table was an arrangement of various mushrooms, a variety of leaves ranging in color from pale delicate Peruvian lilies to heavy black-green oaks, and rocks embedded with crystals and fossils. The entire display was sprinkled with deep pink gordesia. The table looked good enough to eat and toward the end of the evening someone did attempt to eat a rock!

We quickly found our seats, as we heard the kitchen door swing open and Fio began to present his incredible contribution for the evening, Texas Longhorn Tenderloin, a free range, hormone-free, lean, rich tasting meat was dusted with portobello mushroom powder, then sautéed. A thin piece of Brie was set atop and melted, layered over a sauce of herbs, peppercorns and cream. Accompanying were sautéed, herbed fresh porcini, a perfect shiitake set over a fresh fig and to delight us Fio carved new potatoes into the shape of a porcini, grilling them to perfection. While Fio served, Lisalotte poured the big wine of the evening, a 1989 Napa Valley Corison (from a talented woman vintner). This rich, full Cabernet Sauvignon pulled the finest flavors of the tenderloin and the subtlety of the fig into a fabulous combination of tastes and textures.

In the European style, the salad course followed. It bore the interesting title of Oysters Rice-A-Feller. Rick and Copy Forrestal blended wild rice, oyster mushrooms, green beans, asparagus, teeny tiny red and yellow tomatoes and Parmesan cheese with homegrown herbs in a vinaigrette. They combined a 1989 Alsace Riesling from the Bergheim Vineyard, a vendange tardive (late harvest) with their offering. Not as powerful as an Eiswein, yet a late grape, the wine lent a fine hand in pulling the sweetness from the vegetables and rounding it with the sweetness of the Riesling.

Woven throughout the conversation all evening was the question of dessert... How could the challenge of the mushrooms and cheese be met and still be palatable? In jest one participant suggested a mushroom shaped Jello mold infused with a mixture of lime jello and cottage cheese. My husband, John and I called the (rather rowdy) diners together, requesting they sit across from their significant other. Then Ken read the dessert card: Chanterelle Apricot Mascarpone Cream and Morel Hazelnut sauce with Flan. The presentation was completed with marinated chanterelles on top of the flan and a live, edible daylily perched over the sauce. The guests were still wondering why they were seated across from their mates, until the wine was served. Two bottles of 1989 Chateau Rieussec Sauterne were served. The ladies were served the wine from a freshly opened bottle, the men were poured the same wine only with Trumpets of Death marrying the bottom! After copious tasting, consensus leaned toward the Trumpet of Death Sauterne. The caramelized flan distinguished itself by enhancing the apricot and caramel characteristics of the wine. Even after all that food one nameless participant (F.A.) ate two desserts and another (K.G.) licked the plate clean.

The evening wound down with rich, steaming coffee and good, although perhaps a bit slurred, conversation. We agreed the culinary experience was unforgettable and we should do it again... and again... and again.

Next time your harvests are bountiful, think about going beyond the normal buttermilk garlic sauce. Let your imagination soar.

BON APPETITE!

An apology for the recipe in the last Earthstar "Golden Griddle Cakes". It came from an apparently good cookbook from an apparently reliable source. We wasted about two pounds of chanterelles on that dish. Not only would the patties not hold together, the mushrooms got a bitter taste when they browned. Did anyone else try this recipe? —K.G.
Culinary Corner

—by Erika Schneider-Roo


"In the eighteenth century, a half bushel of horns-of-plenty sold at Covent Garden, London's produce market, for two shillings. We know that they were eaten in England then, but how much earlier these tasty fungi were eaten is not easy to say. Ancient Greek and Roman recipes call for boleti, truffles, and suillus, but don't mention chanterelles. Yet they were classified as esculent by herbalists in the Middle Ages, so cooks of that period must have known that chanterelles were edible. If they were eaten then, how were they prepared? Were they "soused" with oriental spices or sweetened with honey and almonds? The fact is, we can't be sure how any particular mushroom was treated. The Forme of Curys, a fourteenth century manuscript compiled by "the cheff Maister Cokes of Kyng Richard the Secunde," calls only for fanges","leaving the cook free to use what he could find."

Preserving Chanterelles

1. Freezing. Use clean mushrooms. Put them in a covered pan with a small amount of butter over very low heat. They are done when limp. Take the batch out with a slotted spoon, leaving most of the liquid. Place in small freezer containers (yogurt cups with tight lids are good). The second batch will go faster because there is already liquid. After all mushrooms have been cooked, distribute the liquid over the mushrooms evenly in the different containers. Close, seal with tape, label and freeze. They are now available for any chanterelle recipe.

2. Canning. (Use this method if no freezer is available.) Bring young mushrooms to a boil in a small amount of water. Take them out and pack them tightly in jars with fresh water. Place in hot water bath (208 F or 98 C) for two hours. Two or three days later place in cold water bath for one hour at the same temperature.

3. Drying. Dry as usual. Use pieces in sauces with a lot of liquid such as soups and stews or pulverize and use powder as a seasoning.

Cooking with Chanterelles

1. Basic recipe for chanterelles. Use high quality (smoked) bacon if available. Place bacon or butter in a frying pan at low heat. Add chopped onions and fry until clear. Add clean mushrooms and put lid on pan. After 5 minutes, add whipping cream to taste and cook covered for another 5 minutes. Add chopped parsley before serving. Proportions: For one lb mushrooms, use one slice bacon, 1/4 large onion, about 5 tablespoons heavy cream, 2 tablespoons chopped parsley. Garlic is optional.

2. Chanterelles with shrimp. Cook and peel the shrimp. Place them in a marinade of olive oil, lemon juice, fresh (preferably, or dried) basil, oregano, and garlic. Allow to marinate at least one hour. Grill on a hot barbecue until done (about 5 minutes). In the meantime, prepare chanterelles, using basic or other recipe. Serve with fresh baked French bread, butter and champagne as an antipasto.

3. Baked chanterelles on toast. Ingredients: 1/2 lb. cleaned chanterelles; 2 slices bread; 2 pats butter, 1 slice high quality bacon, 1 small diced onion, 2 oz. young Gouda, mozzarella (or other very mild) cheese, 1 teaspoon lemon juice, salt, pepper, parsley. Mix the butter, salt, pepper, lemon juice and part of the parsley. Toast the bread, allow it to cool, and spread with the herb butter. Cube the bacon and fry it. When the bacon is done, add the onion and cook until clear; then add the cleaned mushrooms and cook slightly. Put the toast in a baking dish, spread with the mushroom mixture, and top with cheese. Bake at 300° until the cheese melts. Sprinkle with parsley before serving.

4. Chanterelles with venison steak. (Venison without chanterelles is like borscht without sour cream.) Ingredients: Venison steaks, chanterelles, heavy cream, butter, dried juniper berries, salt, pepper. Proportions are as available or to taste. Squeeze juniper berries with the flat of a knife. Brown peppered venison over medium heat in a little butter. (In an old cookbook, I read that venison is best with butter.) The meat should be on the rare side now. Add a small amount of heavy cream and brown cream until it evaporates. Repeat this with the cream four or five times to make a modest amount of sauce. You may the remove the steak any time after the sauce gets started. Overcooking will make the meat tough. Add chanterelles, salt and crushed juniper berries to the sauce. Serve with spazette or pasta of good quality, cranberry sauce and red wine. This recipe does not work if you try to make a large amount of sauce.

Missouri State Foray at Mingo Reservation Form

Deadline: August 31. The deadline will help us get a stable headcount for the food. A little elasticity may apply.

Cancellations and refunds If registration is cancelled before Sept. 7, $25 returned. After Sept. 7, no refund.

Motel reservations: Make directly with the motel.

Make checks payable to: Missouri Mycological Society

Send to: Larry Douglass PO Box 97 Florissant, MO 63032

Name(s)_________________________________________

Address ________________________________________

City, State, Zip __________________________________

Phone (day, evening)_____________________________

☐ I (we) want to help with cooking/cleanup at one meal

Registration fee: adults $35.00, children 6-12 $15.00 ____________________________

Accommodations

☐ Camping ($2 per person per night) ____________________________

☐ RVing ($2 per person per night) ____________________________

☐ Screened in cabins (Cabins hold four but you may elect to be assigned roommates, $2 per person per night) ____________________________

Total enclosed ______________________________________

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page 7
Schedule of Forays and Events

Foray Coordinator: Don Dill. (* denotes previously unlisted event)

**Saturday, August 7** - 9:00 a.m. - 1:00 p.m. *Beginning Mushroom Identification* at Rock Bridge State Park (near Jefferson City)
Bring a lunch. Leaders: Phil and Erika Roos

**August 26-28, Telluride Mushroom Conference. See Earthstar #30.**

**Saturday, August 28** - 9:00 a.m. - 1:00 p.m. *Beginning Mushroom Identification* at Rock Bridge State Park (near Jefferson City)
Bring a lunch. Leaders: Phil and Erika Roos

**Thursday, September 2** - 10:00 a.m. Foray at Rockwoods Reservation. Leader: Don Dill.


**Sunday, September 12** - 10:00 a.m. Foray at Emmenegger Park. Leader: Barbara O’Brien

**Friday - Sunday, September 17-19** - Missouri State Foray at Mingo National Wildlife Refuge. (See details in this issue)

**Sunday, October 5** - 10:00 p.m. *Mushrooms: Appreciation and Awareness* class and foray at Shaw Arboretum led by Ken Gilberg. Reservations required. Call Ignace at 1-742-3512

**Saturday, October 9** - 9:00 a.m. - 1:00 p.m. *Beginning Mushroom Identification* at Rock Bridge State Park (near Jefferson City)
Bring a lunch. Leaders: Phil and Erika Roos

**Tuesday, October 12** - 10:00 a.m. Foray at Busch Wildlife. Meet at visitor center. Leader: Don Dill.

**Thursday, October 21** - 10:00 a.m. Foray at Busch Wildlife. Meet at visitor center. Leader: Don Dill.

**Saturday, October 30** - 9:00 a.m. - 1:00 p.m. *Beginning Mushroom Identification* at Rock Bridge State Park (near Jefferson City)
Bring a lunch. Leaders: Phil and Erika Roos


**Sunday, November 14** - 10:00 a.m. Foray at Gillespie Lake. Leader: L. Von Behren

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The *Earthstar Examiner* is the newsletter of the Missouri Mycological Society and is published approximately bimonthly throughout the year. Submissions to the newsletter and mushroom advisories should be sent to Ken Gilberg, 2888 Ossefort Road, Glencoe, MO 63038. Fax: 314 458-1458

Editor and President: Ken Gilberg
Treasurer and Membership: Phil Roos
Foray Coordinator: Don Dill

To become a member of the Missouri Mycological Society (MMS), send $15.00 yearly ($25 for two years) family dues to Phil Roos, 2544 Lexington Dr., Jefferson City, MO 65109. Include your name, full address, and home and work phone numbers (optional, of course).

MMS is affiliated with the North American Mycological Society (NAMA). MMS members receive a $3.00 discount on NAMA’s current $15.00 yearly dues. MMS members should send their NAMA dues to Phil Roos. Make checks or money orders out to NAMA.

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**MISSOURI MYCOLOGICAL SOCIETY**
c/o Ken Gilberg, Editor • 2888 Ossefort Road • Glencoe, MO 63038

**Felicia Bart at Mingo last year with a... hey what was that thing?**

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Brad Bomanz
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