Fête du Champignons

Malmaison Restaurant, in cooperation with Artisan Publishing and the Missouri Mycological Society, present a six-course mushroom-centered dinner Thursday, July 13, 6:30 P.M. at Malmaison in St. Albans.

The Fête du Champignons has been sparked by the publication of A Cook's Book of Mushrooms, by Jack Czarnecki, chief proprietor of Joe's Restaurant in Reading, Pennsylvania—a restaurant renowned for its dedication to mushroom cookery. The new book contains 100 recipes for "wild" mushrooms now available commercially as well as more exotic varieties found in the fields and also through mail order sources listed in the book. Mr. Czarnecki will be present to speak briefly and sign books which will be offered at 20% off the cover price of $30, $24 each.

The dinner, planned by MMS members Gilbert and Simone Andujar and their son, Chef Norbert, will feature such delights as grilled and stuffed mushrooms, poached Alaskan halibut with chanterelle vodka sauce, rabbit with morel-porcinisauce, pasta with a black trumpet sauce, zucchini sauté and Spanish flan with candy cap mushrooms. Cost is $50 per person. Liquor, tax and tips are extra.

Recent articles in Gourmet and Conde-Nast Traveller magazines attest to the fact that Malmaison is one of the finest restaurants in the country. To make reservations for this special evening call Malmaison at 458-0131.

Jack Czarnecki, author of A Cook's Book of Mushrooms comes to Malmaison for a very special dinner.

NEW IN THIS ISSUE

the cutting edge

Cooking with Claudia Joyce

The Earthstar Examiner is the newsletter of the Missouri Mycological Society and is published approximately bimonthly throughout the year. Subscriptions to the newsletter and mushroom advisories should be sent to Ken Gilberg, 2888 Ostenfort Road, Glencoe, MO 63038.

Editor and President Ken Gilberg
Treasurer and Membership Phi Roos
Foray Coordinator and Book Sales Dow Doll

To become a member of the Missouri Mycological Society (MMS), send $15.00 yearly ($25 for two years) family dues to Phi 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 Phi Roos. Make checks or money orders out to NAMA.

An Exceptional Year to Learn Mushrooms

—Ken Gilberg

With all this rain and all these forays scheduled, this is turning out to be another banner year for mushrooms. We've had our second 500-year flood in two years and fungi are fruiting that, like some bamboo, may bloom only once in a hundred years. What mushrooms were at Robert Beckwith's foray in Callhoun County May 21, we'll never know. Flooding blocked roads to Robert's farm and he was forced to bring pounds of delicious morels to the Hellmuth outing. At the Hellmuth outing, many mushrooms besides shiitake were collected including Cantharellus cinnabarinus.

I tried to get this issue out by the evening "gathering" at Missouri School but without luck. Hope you were there. We'll have another gathering in October, perhaps with Dr. George Kobayashi, an expert in fungal medicine from the Washington University School of Medicine. You'll learn everything you wanted to know about histoplasmosis but were afraid to ask.

Upcoming forays are listed on the schedule on page eight. Leland's forays are always fun. Join him out at Lake Gillespie on June 17. Bet you a nickel we'll find chanterelles at Forest 44 with Gordon White on July 9.

When you come to a foray, bring a basket for collecting, wax bags, wax paper or aluminum foil to wrap specimens. Insect repellents are helpful. Also, please bring me a beer. Details on other outings follow in upcoming order.

Sweat 'n Chanterelles at Babler July 16

Sweat 'n Chanterelles, Sunday July 16, 10:00 A.M. at Babler State Park, is a joint production of the Missouri Department of Natural Resources and the MMS. Last year over fifty people attended. This year reser-Continued on page 7
Stool Samples

—Ken Gilberg

Here are some matters that have mushroomed lately in my fungi-centered universe:

↑ I am continually searching for folkways with mushrooms. I ask people I meet for anecdotes, I get odd phone calls with questions, and several mushroom comments were mailed with orders for the Thompson book. A man from northern Oklahoma told me that he eats “ooogooks” which he said was an Indian name for what I guessed by his description to be bearded tooth, *Hericium erinaceus*. He also collects “hickory beef” (oyster mushrooms) and “wishes” (hen of the woods). In Illinois, hens of the woods are called “corrines.”

↑ Bob Cavender, foreman at the Hellmuth farm near Eminence told me that he and his wife, Shirley, collect morels, chicken of the woods and “elkhorns” which are coral mushrooms, a common edible for people in the Ozarks. They eat several different species of the elkhorn, “even if we do get diarrhea if they eat too many.” They learned which mushrooms were edible from old timers in the logging business. Both Bob and Shirley told me a rule of determining if a mushroom is poisonous or not. “Soak the mushrooms in salted water for 24 hours. If the water turns purple, it’s no good.” Never heard that before. This rule can be added to several other untrue folk tests such as putting a silver coin in the pan and seeing if it turns black. Remember, mushroom edibility is determined species by species with critical observation.

↑ Friday, June 2, I was asked to lead Isy Hennessy and Carolyn Darvish’s Cub Scout pack 623 on another mushroom expedition. The woods had been perfectly soaked and the boys were enthusiastic and keen hunters. These ten- and eleven-year-olds were sharp. One asked if I was a professional mycologist. They all learned how to use a hand lens. Joey, Isy’s son, knows his mushrooms and studies them on his own. He distinguished quickly the difference between the scarlet cups (*Sarcoscypha coccinea*) and beautiful shaggy scarlet cups (*Microstoma fuccosa*) that were found in abundance. Mary Kate, Joey’s 6-year-old, three-foot-high, tagalong sister turned out to be the best hunter. Not only did she spot mushrooms no larger than pins, she found the most specimens including a large chicken of the woods.

↑ Speaking of *Sarcoscypha coccinea*. Don Dill told me he tried them raw in salads. I don’t know how tasty the mushrooms are but Don sure got a kick out of eating them.

↑ Dailee Joyce, 8-year-old-second grader, spotted a cluster of chicken of the woods on her school bus ride home then got mom Claudia to go pick them up later. I got a piece of them and they were nice and tender. In Jack Czarnecki’s new book, he estimates that over half of the chicken of the woods he picks are too tough to eat. He recommends that if they aren’t tender after boiling them fifteen minutes, settle for store-bought.

↑ Joann Pike wrote to tell us of how in Worden, Illinois, “We used to hunt morels while horseback riding. Not only could we see ‘em from the saddle, they were so big we picked ‘em without dismounting.” She also sent this recipe.

**Cheese Stuffed Morels**

1/4 cup dry bread crumbs
1/2 cup grated Muenster cheese
1/4 teaspoon dry basil
1/4 teaspoon bruised fennel seed or toasted sesame seed
12 large morel (blanched)
4 tablespoons butter
Mix crumbs, cheese, herbs. Split morels lengthwise and stuff. Place stuffed morels in baking dish and brush well with butter. Broil six inches from heat (a toaster oven is fine) 5-6 minutes until cheese melts. Serve at once.

↑ I loaned someone my *Au Gratins des Champignons*, the wonderful French book of cartoon fungi and I haven’t got it back yet. Did I loan it to you? If so, please call me.

↑ A man lost his first two wives from mushroom poisoning. His third wife was clubbed to death. She wouldn’t eat the mushrooms.

↑ Elizabeth Lexleigh, an honor student in my recent mushroom class at the Arboretum sent me this note:

“I was delighted to learn the name of the common mushroom sold in groceries. For years I have asked produce managers what its name is, and they always reply, “It doesn’t have a name it’s just a bulk mushroom.” Poor thing, I always thought, ubiquitous yet anonymous. What an odd achievement. And what an absurd claim, that it wouldn’t have a name. Thanks to you, I’m going to relish a duck-soup-and-cream-puffs moment with the next produce manager I see.”

↑ April 8, 1995 at 9:50 P.M. in the pitch dark, Gordon White picked, using a flash light, a black morel half hidden in oak leaves. He had picked from the spot the year before. Brad Bomanz and I witnessed this awesome feat.

↑ Tom Volk of Forest Mycology Research sent several articles he wrote about the morel lifecycle. He explains that morels as well as many other mushrooms form sclerotia, a resting stage in the lifecycle looking like a knot, sort of a tuber of hyphae. The sclerotia effect how morels survive floods, fires, droughts, etc. In the *Earthstar* before next morel season, we’ll run some of the articles.

↑ I dried 38 ounces of fresh morels and the resulting weight was 3.5 ounces. So, the ratio of fresh to dried was about 11 to 1. This information can help to figure the cost fresh of various dried fungi. Right now, there are some nice porcini at Volpi’s for about $60. That’s less than $6 a pound for them fresh.

↑ Tommy Thompson found 37½ pounds of morel this year. He’s written a nine-page account of his ’95 season. To date, Tommy’s book has made over $1700 (net!) for the MMS. Orders are still coming in. What should we do with our growing funds to effect further understanding and awareness of our fungal environment. THANKS—Mr. Thompson—Phil and Erika for handling the money (a sizable task)—Special thanks to Cindy Howard, my assistant, who filled two thousand orders without a hitch—To all who publicized the book and all readers gave such high praise.

↑ Thanks to the Jay Justice, park naturalist Brian Wilcox and Jim Winn for making Morel Madness a hit. The hats and vests were a smash. I’m taking the last of them to NAMA so if you want one, better call Jim. Thanks to Nicola and Dan for a perfect Memorial Day weekend. Thanks to Jim Bogler of the Missouri Native Plant Society for leading a great foray through Valley View Glades. We saw dozens of plants we’d never seen before. I’ll try to remember that rather than hitting the young buck near Grafton.

↑ I wish to thank the Society for sponsoring me to go to NAMA this year. The board of directors, in a meeting last winter, on a suggestion by Marty Toll, decided to send the president to the yearly national foray. I received $400 towards my trip to Bemijji this August. Make your reservations for NAMA by June 12.
almost forgot it was a shivering 45 degrees in the amphitheater. Especially memorable were his comments on how some fall mushrooms can become confused and pop up in the spring, such as the *Hypsilobium tesulatus* which was found. Some of Jay's slides were taken at '94 Madness, making us feel good that we Missourians are contributing to the Morchella education of the world via the learned Professor Justice.

'95 Madness was full of unexpected delights. Those who camped were treated to a spectacular "light and sound" show on Friday night, but the clouds parted for a spectacular Saturday. How can we ever top that?

**Species List from Morel Madness**

--- *Jay Justice*

The cluster of white mushrooms that I thought might be a *Lyophyllum* species turned out to be *Hypsilobium tesulatus*, which is considered a fall mushroom. The mushroom with a purplish-red cap that Ruth Hoyt found was a *Paxillus*, but whether it was *P. involutus* or another *Paxillus*, I don't know. I am seeking information from Dr. O. K Miller on it.

**SUBDIVISION ASCOMYCETES**

**Order Pezizales**

*Gyromitra caroliniana*

*Gyromitra fastigata* Krombholz

*Helvella aerubalamin*

*Morella crassipes*

*Morella deltoidea*

*Morella esculenta*

*Oxalina crateriana*

*Verpa conica*

**SUBDIVISION BASIDIOMYCOTINA**

**Order Auriculariales**

*Auricularia auricula*

**Order Aphyllorhizales** (polypores and relatives)

*Hericium coralloides*

*Daedelepis confusa*

*Favolasia alveolata*

*Polyporus aurantius*

*Pycnoporus cinnabarinus*

*Schizophymum commune*

*Tranetes hirsuta*

*Tranetes versicolor*

**Order Agaricales** (gilled mushrooms)

*Cortinarius cinnabarinus*

*Galera aurantia*

*Hypocrella minutis*

*Hypsilobium tesulatus*

*Flammulina velutipes*

*Panus striatus*

*Paxillus involutus (?)*

*Pleurotus ostreatus*

*Pluteus cervinus var. scaber*

*Xerula farinacea*

**Order Lycoperdaceae**

*Geastrum succulentum*

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**Phytopathogenic Fungi, an Eyeful as Well as a Mouthful**

This is a letter to Earthstar readers from University of Missouri mycologist Dr. Merton Brown, MMS member and, hopefully, a guest mycologist for this year's regional foray at Mingo.

Dear Earthstar Readers,

I am writing to inform MMS members of an inexpensive publication which illustrates a wide range of plant disease causing fungi and molds which cause problems in mushroom cultivation by means of scanning electron microscopy. Ever wonder what the sporingating structures of such fungi as powdery mildews, damping off fungi, rusts (cedar apple rust, etc.), corn smut, various molds and many others which we all encounter really look like? Not as line drawings or via light microscopic observation but, as they actually appear in 3-D by scanning EM? Fungi are great subjects for scanning EM due to their size and diversity of structure. Readers who would enjoy seeing what the above genera, along with another 100+ genera. can do so for about the cost of a large pizza.

Some years ago, a colleague and I produced a book, *Phytopathogenic Fungi: A Scanning Electron Stereoscopic Survey*, which is broad in scope and unique in format. Not only are all the illustrations scanning micrographs, they are all presented as stereo-pairs so, with the viewer, the sporulating structures are seen as truly three-dimensional images. With this format, one gains spatial depth in the image observed or, more accurately, "experienced" visually. Nearly 500 such stereo-pairs are included, illustrating 125 genera of plant disease fungi and common contaminants. The book, formerly sold by the University of Missouri Extension Division, is now available from the graduate students in our department (Students for the Advancement of Plant Pathology) who retain all proceeds and employ the funds for their professional enhancement. The cost for a single copy is $15.95 which includes the book, stereo-viewer and postage. Send check or money order (US $) to: S.A.P.P., Dept. of Plant Pathology, 108 Waters Hall, University of Missouri, Columbia, MO 65211. Add $2.00 (US) for foreign surface mail.

Sincerely,

Merton F. Brown
Professor Emeritus
A Man and His Season

Book Review by Kevin Dixon of the Kaw Valley Mycological Society, Lawrence, Kansas from the Kansas Mycolog. (Thanks for such a great review and your kind permission to reprint.)


"Every spring when the season begins, an inescapable fever overwhelms me and I am off to the woods."

The frontispiece of Tommy Thompson’s Morel: A Lifetime Pursuit brought an involuntary smile to my face. This simple, elegant sentence succeeds in distilling the essence of morel fever better than all the descriptions and enticements I have used attempting to lure friends into joining me in the woods. It works better than the myriad excuses I have given coworkers for my frequent absences in April and May. This beautiful sentence, in just eighteen words, conveys the wondrous awakening of spring, the agonizing anticipation of the hunt, the flood of relief that is the beginning of the hunt, and the race against daylight once the season is underway. At least that is what this sentence does for me, but maybe I spend just a little too much time thinking about morel hunting. At any rate, with this sentence Mr. Thompson accomplishes what I have, until now, been unable to do: He stands naked before his peers and announces with dignity, “Hi. My name is [state your name if you’re no longer in denial], and I am a morellaholic.”

Thompson’s epic begins in a classic vein. He describes hunting with his mother as a child in an old, abandoned apple orchard. I have never hunted old apple orchards because I don’t know where any exist, but the image of picking morels in the manner of walking cornrows has been burned into my imagination by many such stories. My uncle recently told me of an old man he pestered for years for the secret of his morel hunting success. When, near the end of his life, the old man finally divulged his secret spot, it turned out to be a fence row at the edge of an old apple orchard. The fence was apparently not intended to last long; it was made of (you guessed it) apple logs. Thompson’s orchard years were few, and at the tender age of sixteen he was forced by his family’s relocation to Missouri to hunt the forests we are most familiar with: the elm and cottonwood stands of Kansas, Missouri, Iowa and Nebraska river valleys. He soon discovered one of his first “secrets,” that “finding morel around live cottonwoods was only an oddity... cottonwood has to be completely dead—and the apple tree only partially dead” to produce. Perhaps it is appropriate to point out here that, to Mr. Thompson, morel “production” has an entirely different meaning than that to which I am accustomed. His success is measured in bushels and pounds rather than the number of dinners morels might accompany in a season. I have found that close to the Kaw River, morels appear very unpredictably, but often in quantity under live cottonwood and even oak trees, and especially near recently-deceased cottonwood.

In 1955, Thompson moved back to Kansas and met Glen Squires, another “convinced addict” who became his lifelong hunting companion/adversary. Glen appears throughout the rest of the book in a series of charming vignettes which illustrate the brotherhood of the hunt, an order that requires chicanery, lying, deceit and trickery of its faithful members. Early in the story Thompson states that “there are many benefits to be derived from the sport through the physical exercise of hiking through the woods at a time when Mother Nature is beginning to stir, creating a psychological impact that is rather soothing to the soul.” My personal yen for peaceful contemplation supports Thompson’s statement. “I have often said that I would probably hunt even if I knew there were no mushrooms to find.” The spiritual value of hunting cannot be measured or adequately described, and Thompson writes little on the subject. But in describing his relationship with Glen, he reveals the boyish, harmless, yet ruthless spirit of competition that often prevails when two or more mushroom-obsessed people enter the woods together, part for the hunt, and meet again at the day’s end.

The early 1970s, the period to which most of Thompson’s story is devoted, was a turbulent time for Midwestern naturalists. You can almost feel Thompson’s giddiness as he writes the words, “Dutch elm disease.” For most of the population, the disease and its amazing conflagration was a tragedy of biblical proportion. As a product of the mid-1960s, I probably remember the bright orange spray-painted markings on doomed trees and the ominous explanations from my parents more clearly than mushroom hunting, even though that was when I was first introduced to morels. The loss of mammoth trees in my childhood Des Moines neighborhood left me with a distinctly sad impression, although I also remember many happy hours playing in the woods while my parents and grandparents picked mushrooms. For avid morel fans like Thompson, the bust in the elm realm must have been far overshadowed by the stupendous boom in morel production. My guess is that the Dutch elm disease years in the Midwest were even more bountiful than the fabled European forest-torching days of Medieval morel matriarchs. Whatever might be the mysterious duty of the morel in the ecology of the forest, the deaths of thousands of elms brought their fruit to the surface in unprecedented numbers. Tommy and Glen picked 1500 pounds of “morel” in 1972.

Thompson describes the rainy springs of the early 70s in detail. He also details many of the hunting habits he developed, many of which I have also discovered to be useful in the relatively morel-sparse Kansas river draws and valleys in recent years. Having hunted almost exclusively among dead and dying elm in hills and bluffs along rivers, he describes the phenomenon of finding morels earliest on south-facing slopes, then on east and west, and finally north slopes. Around here, I have also noticed that elevation plays a role, with mushrooms appearing earlier atop somewhat shadeless hills. Undoubtedly these phenomena are a function of soil temperature, and Thompson gives an admonishment probably derived from experience: “By waiting for the sun to heat the ground after a rain, the mushrooms will be larger and lighter in color—if they are still there! Your favorite hunting spot may have already been plundered. At that time, morel become easier for anybody to see.” It is noteworthy that Thompson’s favorite hunting grounds during the bonanza years were in Indian Cave State Park in southern Nebraska - site of many historic morel legends and a KVMS foray last year. Although I did not make it to the foray, my opinion is that it occurred too early in the season for a large haul of morels.

"The bonanza came to an end in 1977, the last year I was able to find over a hundred pounds." Thompson reluctantly began searching the ground for mushrooms (instead of scanning the tree lines for dead elm) among cottonwoods in river bottoms after the disease had relieved the landscape of nearly every old elm tree. Here he developed sights and skills more applicable in our environment and time, even though no degree of
skill could bring back the bountiful seasons he had known. Mention is made of the beautiful and fascinating "beefsteak mushroom" (usually *Gyromitra fastigiata*, which may be poisonous, is found locally). I often find *G. fastigiata* just before the true morels arrive and they are sometimes huge. I ate them once on the advice and reassurance of a friend who had shown me a great morel area. He is a wonderful old man who has eaten the "beefsteaks" for years and who also refers to Pleurotus ostreatus as "elephant ears." I found the *Gyromitra* delicious (but nowhere near morel-quality) and suffered no ill effects, but after learning more about them, I decided to stick to photography of the species.

Thompson addresses the problem of flooding thus: "...mushrooms will not grow where there has been recent flooding." I found myself tearing through the book for more information on hunting in the flood plain, only to find that Thompson picked 31 pounds of mushrooms in 1993, the year of the Great Flood. That year I had been doing well along the Kaw east of Lawrence when the flooding began and prematurely ended my season. That year Tommy Thompson was hunting the Missouri River bluffs and hills at Indian Cave, keeping his feet dry and bagging pounds of mushrooms. Even more interesting to me would be his assessment of the 1994 season, the year after the terrible floods. Having had moderate success hunting along the Kaw since I moved to Lawrence in 1984, the beginning of spring, 1994 saw my favorite spots languishing under several inches to several feet of mud, silt and sand left behind by the receding waters. Woods where acres of trees were as familiar to me as my own backyard were desolate, ravaged and confusing. I found a few morels struggling to the surface atop rises where the mud had cracked deeply, and I found myself scrambling to find new hunting grounds. Meanwhile, approaching 75 years of age, Tommy Thompson was racking up 34 pounds of morel mushrooms at Indian Cave, utilizing the skills and methods he acquired over a lifetime and sharpened during the years when I was more interested in climbing trees and checking toads for warts.

The book ends with a handful of recipes which, if God’s willing and the creek don’t rise, I’ll be trying many of this spring. Most of the dishes come from restaurants and hotels in Missouri, and all sound delicious. It is obvious, however, that Epicurean concern is not what has fueled the fire in Tommy Thompson - not once in the text does he mention eating morels. Sprinkled throughout the book are poorly reproduced photographs of Thompson, his friends and their mushrooms - but you don’t need a magnifying lens to know you are looking at simply unbelievable quantities of morels. The back cover contains the classic shot: Thompson and two buddies, the great white hunters, on bended knees holding their kill for the camera. Before them rests a prize a thousand times better than any ferocious feline: bag after bag of morels. It is enough to drive any certifiable morel nut to a new level of craving. My thanks to Skip and Ron for sharing this little gem! The pictures may not win any prizes and the language may be colloquial, but this book was not written for the Columbia Library staff. It was written by and for card-carrying morcellaloholics, and to me, it reads like Hemingway.

If you still don’t have Morel, A Lifetime Pursuit, send $5 (includes shipping) to MMS, 2888 Essenfort Road, Glencoe, MO 63038.

**Respiratory Illness Associated with Inhalation of Mushroom Spores**

From the Morbidity and Mortality Weekly Report, a publication of the Centers for Disease Control and Prevention (CDC), July 29, 1994 / Vol. 43 / No. 29. Submitted by MoMyco member Brad Bomanz.

Wisconsin, 1994—During April 8-14, 1994, eight persons aged 16-19 years from southeastern Wisconsin visited physicians for respiratory illness associated with inhalation of *Lycoperdon perlatum* (i.e., puffball mushrooms). On April 19, the Bureau of Public Health, Wisconsin Division of Health, was notified of these cases. This report summarizes the case investigations.

On April 3, the adolescents attended a party during which they inhaled and chewed puffball mushrooms. It was unknown whether other persons at the party participated in this activity. No illicit drugs were reportedly used at the party. Three persons reported nausea and vomiting within 6-12 hours after exposure. Within 3-7 days after exposure, all patients developed cough, fever (temperature up to 103 F (39.4 C), shortness of breath, myalgia, and fatigue.

Five persons required hospitalization; two were intubated. Two patients had a history of asthma and were using steroid inhalers. Chest radiographs on all hospitalized patients indicated bilateral reticulonodular infiltrates. Two patients underwent transbronchial lung biopsy, and one had an open lung biopsy. Histopathologic examination of the lung biopsy specimens revealed an inflammatory process and the presence of yeast-like structures consistent with Lycoperdon spores. Fungal cultures of the lung biopsy tissue were negative.

All hospitalized patients received corticosteroids, and four received antifungal therapy with either amphotericin B or azole drugs. All patients recovered within 1-4 weeks with no apparent sequelae.

Editorial Note (from original publication, not the Earthstar): Lycoperdonosis is a rare respiratory illness caused by inhalation of spores of the mushroom Lycoperdon. Puffballs, which are found worldwide, grow in the autumn and can be edible then. In the spring, they desiccate and form spores that can be easily released by agitating the mushroom (1). One puffball species (L. marginatum) can produce psychoactive effects (2). Only three cases of Lycoperdonosis have been reported previously (1.3)—two in children and one in an adolescent. These three patients had inhaled large quantities of puffball spores, one unintentionally and two deliberately (as a folk remedy to control nosebleed). All patients had evidence of bilateral infiltrates on chest radiographs.

Whether the pulmonary process results from a hypersensitivity reaction, an actual infection by the spores, or both is unknown. The efficacy of using antifungal agents to treat Lycoperdonosis is unknown. Physicians should be aware of this illness, especially in children and young adults presenting with a compatible clinical history and progressive respiratory symptoms.


**References**

Welcome to the Cutting Edge.

One of the benefits of teaching kids mushroom identification is many times they are in a better position to see them. On her bus tour of Webster Groves from the bus stop to school Dailee, my daughter cornered some Laetiporus sulphureus freshly emerged from the base of an oak. As the chicken mushroom is among her favorites, the time was short before it was harvested and awaiting its fate in the fridge. With the eruption of the glorious chicken mushroom comes the opportunity for Harjit Bhatti’s Chicken Korma from the Delmarva, Delaware Chicken Festival. Mark and Mary, this is the one you asked for.

Harjit Bhatti’s Chicken (Mushroom) Korma

for four
8 ounces plain yogurt
2 teaspoons curry powder
1 teaspoon salt (optional)
1 teaspoon ground coriander
1 teaspoon minced fresh ginger
4 cloves garlic, minced
¼ teaspoon cayenne pepper, or to taste
½ teaspoon lemon juice
2 to 3 cups chicken mushroom
2 tablespoons vegetable oil
1 medium onion, chopped
1 large tomato, chopped
2 bay leaves

Start rice simultaneously. Mix first eight ingredients into marinade. Set aside. Clean and cut mushroom into bite size pieces. Add mushrooms to marinade. Coat well. Cover and let stand at room temperature a half hour. (This mixture can be prepared somewhat ahead and refrigerated.) Warm oil in large skillet. Cook onion until brown approximately 5 minutes. Add tomato and bay leaves, cook for 5 minutes. Add chicken and marinade. Mix well. Cover and simmer 10 minutes or so until mushroom is cooked but still tender. Remove bay leaves. Serve over hot rice.

With the coolness of spring still combining the air, Seven Happiness Soup becomes even happier with the addition of the easily found tree ear, Auricularia auricula. If your basket comes up empty shiitakes are also an excellent addition to this wonderful low fat soup.

Seven Happiness Soup

for four
4 cups defatted chicken stock or vegetable stock
2 slices fresh ginger
½ cup shredded cabbage
¼ cup thinly sliced carrots
¼ cup thinly sliced mushrooms
¼ cup thinly sliced onion
¼ cup thinly water chestnuts
¼ cup thinly sliced bamboo shoots
¼ cup minced tofu
minced chives, parsley or cilantro for garnish

Combine all the ingredients, except the garnish, in a large saucepan and bring to a boil. Reduce heat and simmer uncovered for about 20 minutes. Remove and discard the ginger and serve hot, sprinkled with the chives. Great with a side of Chinese spring or egg rolls.

Choosing a Field Guide

—Don Dill

I wonder how many of you are like me when it comes to purchasing new guide books. I thumb quickly through the photos or drawings trying to decide if they look promising and will help me make identifications, pretty much making my decision based on that cursory examination. Dumb, huh? Maybe, but that’s my method (I have to confess, though, I’m not always right about my buys.) Last winter, I’ve been thumbing through a few of my guides at a more leisurely pace and have discovered some very interesting stuff:

• Better ways of hunting for mushrooms
• Additional places to look for them
• Hints about mycorrhizal associations.

• New ways to determine a genus.

Some of the guide books can be pretty heavy going. However, it’s going to be a long winter, especially after the holidays and the really cold weather sets in. Why not set aside some time, camp out in a good comfortable chair, read the front end of your guide as well as eyeing those interesting pictures and come to next years forays armed and ready for a really productive hunt? Here are a few guides I’ve found particularly rewarding: Fungi of Britain and Europe S. Buczacki Mushrooms, MacMillan Field Guide A. Bessette, W. Sundberg Mushrooms Demystified D. Arora Mushrooms and other Fungi G. Kibbey

A Guide to Kansas Mushrooms Horn, Kay and Abel

By the way, there is a danger here. You may not, in fact, be bored at all and instead discover that there is a whole lot more to amateur mycology than pot hunting.

I don’t recall, off hand, ever reading a field guide which didn’t mention somewhere in it’s text that you should never store your fungal finds in plastic bags. On the other hand, I also don’t remember ever seeing grocery store ones (Agaricus bisporus) being offered in anything, other than plastic containers. Am I missing something here? Maybe somebody should talk to somebody else because it sure seems like mixed signals to me!
Exceptional Year for Mushrooms

continued from page 1

Reservations are necessary and participants are limited to eighty. Reservations, accepted beginning July 1, can be made by calling the Babler Park office at 458-3813. Meet at the air-conditioned Visitors Center. There, I will give a slide show and talk about summer mushrooms. We'll forage an hour or so and then gather again to go over finds and eat lunch (bring your own). If it's good and hot like the chanterelles like, you'll really appreciate the swimming pool at Babler, not to mention their showers in which to drown the ticks and chiggers.

Babler's pool is open from noon to 7:00 P.M. They charge adults $2.50, children 5-12 $1.50. Hope to see you there!

Foray at Rock Bridge State Park with Walt Sundberg Saturday, July 29

Hey y'all in mid-Missouri! Here's a good chance to get together and learn lots from a great teacher, Dr. Walt Sundberg. Here's a chance to get together with Phil and Erika as well. The Roos aren't going to make it Mingo this year. They plan to take a special advanced mushroom course in the Black Forest in Germany, not too far from Erika's hometown of Ghengenbach.

Native Plant Conference

Scott Woodbury, horticulturist at the Arboretum and conference coordinator, invites you to attend the 1995 Native Plant Conference at Shaw Arboretum Sept. 9, 1995. This all-day event promotes native plants through their use in rural and suburban landscaping in Missouri. The conference will offer a wide selection of native plants from local vendors. For more information call 451-3512.

The Weather—Wednesday to 2000

—Via Bottom Line—Personal Magazine

This winter's strange weather—both warmer and wetter than normal in most of the US—is part of an evolving pattern that could persist for three to four more years. We hear from Paul Handler, Ph.D., editor of Atlas Forecasts, a newsletter for businesses that depend on weather trends. Cause: Ultrafine debris thrown into the atmosphere by the massive 1991 eruption of Mount Pinatubo in the Philippines and by volcanic eruptions in the New Guinea area. Rains will taper off this spring with mild temperatures. If no further eruptions occur, our weather could return to normal by the end of the century.

Julia Child's Last Meal

—from the NY Times Magazine, sent by Keith Patten

Julia Child was asked, "If you were going to be executed, what would you want as your last meal?" She answered, "A very nice meal. Foie gras, oysters and a little caviar to begin with. Let's see, what wine? Some Champagne, I think. Next, some kind of duck dish. I'm working right now on a pan-roasted duck—very nice—accompanyed with little onions, chanterelle mushrooms and little potatoes, with a sauce made out of the carcass, a delicious sauce, a reduction with Madeira wine. After that, some asparagus or a very small salad. Not much of a dessert—maybe chocolate Malakoff. It's mostly cream, butter and chocolate, very light. Very good coffee—not espresso—real coffee. With the duck I'd have a 1962 Romanée Conti, but it would have to be very well kept. It's $700 a bottle. Even though I know the wine make, I've only had it once. And, with dessert, I'd have Château d'Quem, 1975 or 1976. That's $450 a bottle. But it would go with the chocolate. I know, we could have Le Cirque's crème brûlée. That would go well. What would you have?"

That beats a Tombstone.
New membership list enclosed!

1995 Event and Foray Schedule

All forays at parks meet at visitors' center unless otherwise specified. An asterisk (*) indicates a new listing.

**Sunday, June 11** - 7:00 p.m. - 9:00 p.m. - “Mushroom Gathering” at Missouri School for Doctors' Assistants. See details on page 1.

**Saturday, June 17** - 10:00 a.m. - Foray at Lake Gillespie II. Leader: Leland Von Behren

**Sunday, July 9** - 10:00 a.m. - Foray at Forest 44. Leader: Gordon White

**Thursday, July 13** - 6:30 p.m. - Special mushroom dinner at Malmaison Restaurant in St. Albans. Reservations required. See p. 1.

**Sunday, July 16** - 10:00 a.m. - “Sweat 'n Chanterelles” at Babler State Park. Reservations required. Leader: Ken Gilberg

*Saturday, July 29* - 9:00 a.m. - Foray at Rock Bridge State Park near Columbia. Leader: Dr. Walt Sundberg

**August 24-27** - Telluride Mushroom Conference, Telluride Colorado. Contact: Fungophile, PO Box 480503, Denver, CO 80248-0503. Phone/fax 303 296-9359. Gary Linoff will be here, not at NAMA, sad to report.

**August 24-27** - NAMA foray at Bemiji, Minnesota. See article on page 6. Hosted by the Minnesota Mycological Society

**Tuesday, Sept. 5** - 10:00 a.m. - Rockwood Reservation. Leader: Don Dill

**Saturday, Sept. 16** - 10:00 a.m. Lake Greenville II. Leader: J. Ferrill

**Friday-Sunday, Sept. 22-24** - Regional Foray at Mingo. Chairman: Barb O'Brien

**Sunday, Oct. 1** - 7:00 p.m. - 9:00 p.m. - “Mushroom Gathering” at Missouri College, formerly Missouri School for Doctors' Assistants, 10121 Manchester Road, Warson Woods.

**Sunday, Oct. 8** - 10:00 a.m. - Foray at Greensfelder Park. Leader: Gordon White

**Sunday, Oct. 15** - 10:00 a.m. - 3:00 p.m. - Foray at Hazlet State Park. Bring sack lunch. Leader: Leland Von Behren

**Oct. 21-22** - “Hawnting” at Hawn State Park. Leader: Claudia Joyce

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Thanks to Claudia and Linda for mailing, Barb Lawton for proofreading and all who sent in letters and articles.