On Sunday, February 7, 2010, eighty members and guests of MOMS were treated to a very entertaining and informative presentation by Tradd Cotter, founder of Mushroom Mountain in South Carolina, mushroommountain.com This was the Missouri Mycological Society’s 21st Winter Luncheon and it sure was a good one! Tradd’s presentation was on the “Ling Chi - Reishi, the Mushroom of Immortality.” This is otherwise called the *Ganoderma lucidum* and is coveted in China.

Members were able to drink Reishi tea that Tradd and Cheryl made, and everyone left the luncheon with a small clay pot containing Reishi spawn. Now we can grow our own Reishi at home and become “immortal.”

We had a sampling of many kinds of appetizers, salads and desserts. We tasted wines from around the world. Raffle items were exceptional this year with handmade jewelry, gift certificates to Maggiano’s, Portabella’s, Panera Breads, Whole Foods and Dick’s Sporting Goods, Worm’s Way, and lots more.

**We want to thank all of the many volunteers that helped to make this happen! You did a fantastic job!**
This year’s Morel Madness will again be at our old favorite Cuivre River State Park. The group site is Camp Cuivre. This will be our seventh year at Cuivre River State Park and for good reasons. We have 6,168 acres consisting of rugged wooded hills surrounding Big Sugar Creek. There are 16 miles of trails for hiking or horseback riding. A 1,082-acre tract has been designated as the Northwoods Wild Area and will be preserved in its natural state. The park also has a prairie management area where native grasses are being restored through burning. Be aware turkey hunting is allowed in several tracts around the lake until 1:00 pm. Hunter orange should be worn during hunting hours if you explore outside of the park.

We recommend compasses and mesh bags or baskets for collecting unless the morels are heavily saturated from rainfall. Our bookstore will have mesh bags and compasses for sale as well as other morel paraphernalia goodies. We are liquidating a lot of stock from our bookstore so this will be a super time to get some great deals on T-shirts, books, and other items!

Bill May will be in charge of forays so he’ll probably have a few different places scouted out and sign up sheets available on Friday night. There will be at least three planned forays, including one for beginners. Of course, anyone may hunt on their own.

Registration charge is a mere $5 per person for anyone attending any or all of the weekend. If you are staying overnight, the charge is $5 per person per night additional. Kids under 17 are free with their parents, so bring the whole family.

Morel Madness is for MOMS members (and families and significant others) and mycologists only. Non-members are welcome to join in the fun but need to send an additional separate check for $15 (payable to MOMS) indicating you would like to join MOMS.

Accommodations
We will be staying at Camp Cuivre. We will have access to the dining lodge with full kitchen and refrigerator facilities. The barracks sleep 16 and are clean, have electricity, toilets and showers. Bring your sleeping bag, pillow and towel. RV’s and tents are not allowed in the camp, but there are campgrounds near-by. Hotels are available in Troy, Mo. just 10 miles away.

Food
Dinner on Friday and Saturday night will be potluck as usual—so please bring a dish to share for each night. Saturday lunch will be ‘bring your own and something to share if you wish’. We’ll have our BYO lunch in the field at a place to be determined Friday night. We will provide delicious breakfasts on Saturday & Sunday.

Guest Speaker: Michael Kuo, Ph.D.
Michael is a long time friend of MOMS and has joined us at many events over the years and never fails to impress us with his extensive knowledge of mushrooms. Dr. Kuo is the principal developer of the incredible website MushroomExpert.com and an English teacher by profession and is also working on his third book 100 Cool Mushrooms. His first book, Morels, is an excellent read and great resource for those wanting to increase their knowledge of our elusive quarry. He will again dazzle us with all the recent findings in the world of morels and hopes to paint a very current picture of species identification.

On Friday night I thought we’d do something a bit different and watch a movie! I am procuring a copy of Ron Mann’s Know your Mushrooms, which follows Gary Lincoff and Larry Evans as they hunt for wild mushrooms and the deeper cultural experiences associated with them. Or maybe we’ll just watch Star Trek!

Directions
One hour northwest of St Louis. Take Hwy 40/64 west, continuing on Hwy 61 north to Troy, Mo. Go right on Hwy 47 for five miles. Then go left into Cuivre River State Park. Look for signs to Camp Cuivre which is about seven minutes from Hwy 47.

Volunteers needed!
Volunteers are needed to help in the kitchen and to clean-up after breakfast. We will also have a volunteer sign-up for final clean-up on Sunday morning. Please complete your registration form early making a note of how you’d like to volunteer.

Tentative Schedule
Friday, April 23 (anytime after 4:00pm)
4:00 Registration begins
5:30 BYO cocktail hour & potluck appetizers
6:30 Potluck dinner
7:45 Welcome and announcements
8:00 Movie
9:15 Campfire, topo map discussion, foray sign up
Saturday, April 24
7:00 Breakfast (provided)
8:00 The Madness Begins
12:00 Lunch BYO in the field
12:45 The Madness Resumes
5:30 Madness ends - latest check-in
5:30 Cocktail hour & potluck appetizers
6:15 Potluck dinner
7:30 Awards ceremony
8:00 Speaker
9:15 Campfire
Sunday, April 25
8:30 Breakfast (provided)
10:00 Clean-up & departure
While picking morels at my beloved Dearcy Branch Creek site, 4-21-09, I encountered a phenomenon that seemed very curious to me at that time. There was a contact pair (base of the stem) of two nice, large morels growing under a dense gooseberry bush near a large dead elm. The bush was located such that as the sun swept across the southern sky, one of the morels, (the southernmost one), was always in deep shade, and the northernmost one was always in bright sunshine. To my delight, the shady one was a very dark chocolate-brown color, and the sunny one was a bright golden-yellow color. Both were large, fresh, succulent, delightfully edible specimens.

On 5-3-08, I found a contact pair of giant morel twins at the base of a dead 4-inch elm tree that was losing its bark, and growing in a creek bank. They were large, with beer can size caps, almost 3 oz. each, and were still growing and deliciously fresh. They were almost hidden in honeysuckle and a dense wood fern bed. These two were across the dry wash from me, about 30 feet away.

I observed them with 10x50 binoculars, which I frequently carry with me on April forays, so I can watch migrating warblers, another of my passions. Laugh if you will, but yes, I sometimes do use high-powered oculars to spot far off mushrooms.

Both mushrooms were completely cut off from sunlight. Getting to them was a sporty challenge. Both were extremely dark. “Ebon” was the word that came to mind. The stems of these two were almost completely solid, like the matrix of interwoven rope strands. They were so thick I had to slice them into strips to adequately saute them to a rich golden color.

On 4-13-09, I spotted a dead elm in dense Japanese honeysuckle underbrush. There was no sunlight able to reach the forest floor there at all. It was a dark and very gloomy place that reminded me of a tropical forest I had once visited in Venezuela. I had to hack my way to this tree with a machete. To my joy, there were four wonderful morels beneath it. The big one weighed in at two and one-half ounces (goose egg size), and the other three at about one ounce each (hen egg size). All four were very fresh and edible specimens. The color of these mushrooms was a deep, almost coal-black. I guess I had never seen any *M. esculenta* that dark before. Even the stems were very dark. All eight of these specimens were heavy bodied, thick sided, robust and meaty morels. All had a faint, very pleasant “earthy” aroma.

So it is true that the color of morels depends, at least in part, to the amount of sunlight they receive? Others have expressed this opinion. I’m sure others of you veteran morchellomaniacs have noticed this phenomenon as well. Morels are one of my hobbies. I enjoy studying and learning all that I can about them. Do you have any such experiences with “midnight” yellow morels that you would care to share with us?

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**DUES ARE OVERDUE!**

All MOMS memberships expired on December 31, 2009. If you haven’t paid your 2010 dues, please take this opportunity to do so. Write your check NOW for $15 per family and send it to John Davis, 777 Juanita Ave, Glendale, MO 63122, by April 1 so that your name will be in our June directory. And if you’d like to join the national society, the North American Mycological Association, send an additional $32 with the form.

---

**Missouri Mycological Society and NAMA 2009 Membership Form**

All memberships ended on December 31, 2009.

**Name (please print):**

Address __________________________

City __________________________ State __________ Zip __________

Home Phone __________________________ Work Phone __________________________

E-Mail (only one please) __________________________

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

Make your check payable to Missouri Mycological Society.

**North American Mycological Association Membership:** 1 year/$32 payable to NAMA

Send both checks to: John Davis, 777 Juanita Ave, St. Louis, MO 63122
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 3/9</td>
<td>7:00 pm Bi-Monthly, Powder Valley Nature Center, Topic TBA, Ken Gilberg, 314-822-7624, <a href="mailto:kengilberg@charter.net">kengilberg@charter.net</a></td>
<td></td>
</tr>
<tr>
<td>Sat 3/13</td>
<td>10:00 am Class, Poisonous Mushrooms of Missouri, Babler State Park, Maxine Stone 314-963-0280, Very <a href="mailto:Maxine@aol.com">Maxine@aol.com</a> or Brad Bomantz 636-225-0555 <a href="mailto:brad_bomanz@yahoo.com">brad_bomanz@yahoo.com</a></td>
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</tr>
<tr>
<td>Sat 4/3</td>
<td>Foray - TBA - Check your email or the MOMS website for time and place, <a href="http://www.MoMyco.org">www.MoMyco.org</a></td>
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<tr>
<td>Sat 4/10</td>
<td>Foray - TBA - Check your email or the MOMS website for time and place, <a href="http://www.MoMyco.org">www.MoMyco.org</a></td>
<td></td>
</tr>
<tr>
<td>Sun 4/11</td>
<td>10:00 am, Foray, Washington State Park, Shannon Steven, 314-481-4131 <a href="mailto:sporeprince@sbcglobal.net">sporeprince@sbcglobal.net</a></td>
<td></td>
</tr>
<tr>
<td>Sat 4/17</td>
<td>10:00 am Annual Leland Foray, Pere Marquette State Park, Leland Von Behren, 618-259 8517 or Steve Booker, <a href="mailto:Arohd2@aol.com">Arohd2@aol.com</a></td>
<td></td>
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<tr>
<td>Sun 4/18</td>
<td>Foray -TBA - Check your email or the MOMS website for time and place, <a href="http://www.MoMyco.org">www.MoMyco.org</a></td>
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<tr>
<td>Fri 4/30</td>
<td>10:00 am, Foray, Babler State Park, Joe Walsh, 636-343-6875</td>
<td></td>
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<tr>
<td>Tues 5/11</td>
<td>7:00 pm, Bi-Monthly Powder Valley, Topic TBA, Ken Gilberg, 314-822-7827, <a href="mailto:kengilberg@charter.net">kengilberg@charter.net</a></td>
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<tr>
<td>6/4-6/6</td>
<td>Friday-Sunday, Ha Ha Tonka State Park, Chris Crabtree 417-689-2709, ccраб<a href="mailto:tre@hotmail.com">tre@hotmail.com</a> or Shannon Steven, 314-481-4131, <a href="mailto:sporeprince@sbcglobal.net">sporeprince@sbcglobal.net</a></td>
<td></td>
</tr>
<tr>
<td>Sat 6/19</td>
<td>10:00 am, Class, Common Mushrooms of Missouri, Part 1, Babler State Park, Maxine Stone, 314-963-0280, Very <a href="mailto:Maxine@aol.com">Maxine@aol.com</a> or Brad Bomantz 636-225-0555, <a href="mailto:brad_bomanz@yahoo.com">brad_bomanz@yahoo.com</a></td>
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<tr>
<td>Sat 6/19</td>
<td>10:00 am, Foray, Forest 44, Steve Booker, 618-346-1740, <a href="mailto:Arohd2@aol.com">Arohd2@aol.com</a></td>
<td></td>
</tr>
<tr>
<td>Sun 7/4</td>
<td>10:00 am, Foray, Hawn State Park, Patrick Harvey, 314-771-3521, <a href="mailto:pgharvey@hotmail.com">pgharvey@hotmail.com</a></td>
<td></td>
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<tr>
<td>Tues 7/13</td>
<td>4:00 pm, Bi-Monthly, Foray and Food Fest, Babler State Park, Cochran Shelter, Ken Gilberg, 314-822-7827, <a href="mailto:kengilberg@charter.net">kengilberg@charter.net</a></td>
<td></td>
</tr>
<tr>
<td>7/16-7/18</td>
<td>Friday-Saturday, Sweat n’ Chanterelles, Meramec State Park, Steve Booker, 618-346-1740, <a href="mailto:Arohd2@aol.com">Arohd2@aol.com</a></td>
<td></td>
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MOMS members will need to notify the leader of the foray they wish to attend before the evening prior to the foray at the very latest. Please meet at the visitor’s center, unless otherwise specified, 15 minutes prior to the time listed.
Mycological New Year’s Resolutions

By the time you read this we will be about three months into 2010—the new year will be about one fourth already over. Did you make New Year Resolutions? Are they still being worked on or are they now just memories of good intentions?

Regardless of the status of your original 2010 resolutions, the regional mushroom season for this year has yet to start. So, there is still time to make some “Mycological New Year’s Resolutions” before hunting season begins. If you didn’t participate in any of the “Building Your Mushroom Memory” activities presented in 2009, you might consider resolving to do so this year.

Begin by consulting articles 1, 2, and 3 of the series in issues of the 2009 Earthstar. (You may find them on our web site www.MoMyco.org)

Have you started making a personal mushroom life list yet? If so, great. If not, it is NEVER too late. Begin now—before the 2010 mushrooms begin to appear! Start by making a list of fungi you know and have personally seen fresh—in the field or at a foray on the table. As the season begins this year, continue adding to your list each time you see another “fresh” mushroom that is new to you! Review your list over and over again, and modify it often as your knowledge of mushroom species increases. Most important: Carry your list with you, and use it to jog your memory on field trips! You will be surprised at how much more you will remember with the help of your list.

Remember, once started, a personal mushroom life list is like each of us. It may start small, but grows, changes, and, with time and continued attention or input, becomes better, more useful, and effective.

Those who study or enjoy recognizing and knowing bird species have long been keeping personal “life lists” and using them as a learning tool and memory jogger. Many bird enthusiasts use seeing rare species of birds as a reason for making special trips to different parts of the country (and/or the world) to expand their life lists via personal sightings. Following their lead, maybe starting and growing your mushroom life list will provide reasons for planning travel to mushroom hunt or attend a foray in other parts of the United States—or even other parts of the world!

Good luck, and let me know how your personal mushroom life list is going.

Featured Web Sites

By Patrick Harvey

Here are a few interesting sites for you to look up:

Forest Slime Molds of New Zealand:
www.hiddenforest.co.nz/slime/index.htm

Good photos, also suggestions for macro photography and a list of myxomycete reference books.

Ants use antibiotics ... no, REALLY:
www.sciencedaily.com/releases/2008/11/081117082048.htm

Study on heavy-metal content of mushrooms from Britain:
archive.food.gov.uk/maff/archive/food/lnsflсх/2000/no199/199mйli.htm

Mid-Missouri Morels and Mushrooms, with an article featuring our own MOMS member John Rapp:
misouirimorels.blogspot.com/

Featured Recipe

Spring Wild Harvest Ragout with Fiddlehead Greens & Morels

By David Yates (Courtesy of Wild Harvest - www.wild-harvest.com)

1/2 pound fiddlehead fern, cleaned*
1/2 pound small pattypan squash, trimmed
1/2 pound baby carrots, trimmed**
3/4 cup shelled fresh peas
1/2 stick (1/4 cup) unsalted butter
1/2 pound pearl onions, blanched in boiling water for 1 minute, peeled, and trimmed
2 thyme sprigs
1 bay leaf
1 cup chicken or vegetable broth
1/4 pound fresh morels, cleaned and trimmed and sliced
3 tablespoons minced fresh parsley leaves
1 tablespoon minced fresh mint leaves
1 large garlic clove, minced

Boil the fiddleheads in salted water for 4 minutes, or until they are crisp-tender. Drain and plunge in ice water to stop the cooking. When cool, drain in a colander. Repeat the process of boiling and cooling with the squash and the carrots. Boil the peas for 2 to 3 minutes, or until they are just tender, and drain them.

In a large heavy skillet combine 2 tablespoons of the butter, the onions, the thyme, the bay leaf and 1/4 cup of the broth and simmer the mixture, covered, for 5 minutes. Add the morels and 1/2 cup of the remaining broth and simmer the mixture, covered, for 10 minutes, or until the morels are tender.

Add the fiddleheads, the squash, the carrots, and the remaining 1/4 cup broth and simmer the mixture, covered, for 1 minute. Add the peas, the parsley, the mint, and the garlic and simmer, covered, for 1 minute.

Stir in the remaining 2 tablespoons butter, stirring until the butter is just melted. Discard the bay leaf and season with salt and pepper.

*If you can’t find your own fiddlehead, in the woods or at the specialty produce monger, use young asparagus.

**Don’t use those flavorless prepackaged carrot nubbins… save those for your sack lunch!
The Incurable Epicureans are a culinary group of MOMS members who love to cook and eat. Usually, we gather for four dinners a year. Each dinner has a specially planned theme and menu where the group explores various regions of the world, culinary époques, or whatever else we think sounds intriguing. Often the group gathers in the home of a member, but we also have used park shelters, working studios and interesting rented space. Right now, the Incurable Epicureans are preparing for another year of gratifying cuisine and congenial camaraderie.

For our first dinner of the year, we visited exotic India, recreated at Ken Gilberg’s very own soap emporium, Herbaria. The Persians of antiquity were renowned for their lavish cuisine and their never-ceasing fascination with the colorful and mysterious. These exotic traits still find expression in the cooking of India’s rapidly dwindling Parsi population—descendants of Zoroastrians who fled Persia after the Sassanian empire fell to the invading Arabs. My Bombay Kitchen, the first book published in the United States on Parsi food is written by a Parsi. “With clever wit and panache, cook and culinary anthropologist,” Niloufer King, introduces us to one of India’s most exceptional regional cuisines.

In the spring, we’ll dine out of doors amidst the newborn flowers on the cuisine of the Netherlands. Classic Dutch cooking reflects the tastes of a seafaring, trading nation, with a strong preference for fresh vegetables and a passion for all things sweet and spicy. We’ll explore the rich tradition of Dutch food and its various international influences.

In August, the group will feast on a menu of choices from Alice Waters, a champion of locally grown and fresh ingredients. She, along with Jeremiah Tower, (chef of Chez Panisse in Berkeley from 1972-8), has been credited with creating and developing California Cuisine. She has continually promoted organic and small farm products heavily in her restaurants, as well as advocated eating locally produced foods that are in season. Our hosts for this event, Karen and Bruce Lowry, are offering their farm and garden at the peak of freshness for all of us to practice with Alice’s principles.

Our final event of the year remains to be chosen, possibilities for inspiration include, Thai, Greek, even Native American. Whatever culinary adventure awaits, our creative and daring members are prepared to concoct and consume with flair.

Membership is limited to 35 so that we can accommodate the group in our homes. If you would like to join us, both returning and new members may send your membership dues with your check made out to The Incurable Epicureans for $15.00 per person, to: Linda Rolby 10533 East Watson Rd. St. Louis, Mo 63127

Maxine Stone (left) draped in a sari thanks to Persis Mehta, who gave a delightful talk about Zoroastrianism at the last IE dinner.

Taro leaf rolls from the Parsi cookbook, My Bombay Kitchen

A Vision for a Future Federation

Guest Editorial by Ken Gilberg

(This article is the opinion of the writer and has not been endorsed by the MOMS board.)

For several years at the annual board meeting I’ve brought up the idea of a name change for the Missouri Mycological Society. I have had my reasons in the past but it has recently become crystal clear to me how and why it could make a revolutionary difference for us in how we serve our members and, not simply a name change, can offer a powerful vision for what we can be.

I have long thought the MOMS moniker too limiting, too Jefferson City political. Twenty years ago, when Phil Roos started our organization, he was working for the state, living in Jefferson City and made the initial call for membership in the Missouri Conservationist. Politics (and religion) is something our group should avoid. Calling our group MOMS, as in Mom’s, has always annoyed me.

Giving a fresh regional focus to our organization would be beneficial in many ways. At minimum, our many out of state members would feel more included. They make over 15% of us in number.

We would be more welcome and be more apt to hold forays in other state parks. Perhaps we can hold our Fall Foray in the Shawnee National Forest at Touch of Nature, the site of the NAMA foray in 1989.

At Mingo, the greatest regional foray for hundreds of miles, we attract people from Arkansas, Indiana, Illinois, Kentucky, Tennessee, and Mississippi, not to mention the people from outside our region.

What to call the group? I propose the Confluence Mushroom Society (or Union, League, Federation, Association).

Confluence because our region is the confluence of the big rivers of the country: the Missouri, Mississippi, the Illinois and the Ohio Rivers. Confluence means a coming together, which would be our new goal. Mushroom because we need not try to impress anyone. Alright, if you have to have Mycological, fine. There are many area groups with mushroom in their title.

What do you think? Please contact a board member with your thoughts on this idea.
So You Want to Learn More About Mushrooms!!!

By Maxine Stone

I am so excited about the classes that MOMS is offering. There has been a fantastic turn out in the past, including students from St. Louis Community College at Meramec, and I hope that 2010 will bring in even more myco-interested folks.

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

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

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

The class schedule is as follows:

**Saturday, March 13 Poisonous Mushrooms of Missouri (no foray)**  
**Saturday, June 19 Common Mushrooms of Missouri – Part 1**  
**Saturday, August 21 Common Mushrooms of Missouri – Part 2**  
**Saturday, October 9 Common Edible Mushrooms of Missouri**

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

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

Learning about mushrooms at Babler State Park.

Steve Booker with a delicious find, a *Laetiporus sulphureus* or Chicken of the Woods found at Ha Ha Tonka.

**Save the date.**

**Ha Ha Tonka weekend**  
**June 4 - 6**

Check your email and MOMS website, www.MoMyco.org  
This is one you won’t want to miss!

The Earthstar Examiner is the newsletter of the Missouri Mycological Society, a 501(c)3 corporation. Submissions to the newsletter should be sent to the editor, Maxine Stone, 314 Park Rd, St Louis, MO 63119 or verymaxine@aol.com

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 Jon Rapp  
Steve Booker with a delicious find, a *Laetiporus sulphureus* or Chicken of the Woods found at Ha Ha Tonka.

Maxine Stone
Earthstar

Eyelash cup

Jon Rapp