

# MYCENA NEWS

FEB 2020  
VOL 71:05

*Submissions for the March newsletter are due by Feb 20<sup>th</sup>*

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### **FEBRUARY GENERAL MEETING:**

Tuesday, February 18<sup>th</sup>, 2020

7-10pm

Buckley Room / Randall Museum

### Kyle Garrone: Commercial Mushroom Farming - Nature and Nurture

Kyle Garrone holds a degree in Biology from University of California, Davis with a focus on plant pathology and mycology. He has been the Production Manager of Far West Fungi since graduating from UC Davis in 2010, with his primary focus on increasing yields, reducing labor, and experimenting with new varieties of mushrooms that have potential for wholesale customers.

Kyle has traveled throughout the world to find the most successful and efficient growing methods and the most resilient and highest yielding mushroom varieties. He is well respected in the global and domestic exotic mushroom growing community, and enjoys sharing what he has learned with those who are interested in exotic mushroom cultivation.

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## President's Post

Stephanie Wright

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We have a lot of interesting guest speakers lined up for Spring 2020. February's General Meeting, on the 18<sup>th</sup>, MSSF will host Kyle Garrone, general manager of Far West Fungi. I know he will be very informative on the subject of cultivation.

MSSF has a committee working on a proposal for a CA State Mushroom, keep a lookout for a survey to MSSF members to propose your favorite species!

The online calendar and MSSF social media outlets include updates of events that are scheduled after the newsletter is published. Although the camping forays need advance scheduling, changing local conditions mean that there will be some last-minute, one-day events nearby. Quick-start introductory forays often take place in our urban parks – they are a great way to learn the basics of mushroom ID.

January is always a busy month for mushroom-related events. MSSF was ably represented at the Academy of Sciences NightLife event, "Fungus Among Us." Other organizations also have events in January – the Fungus Federation of Santa Cruz Fungus Fair, MycoMarin's Fungus Fair, SOMA Camp, and Tilden Park's Fungus Fair.

The general meeting in January was a cooking demo and tasting conducted by Chad Hyatt, author of *The Mushroom Hunter's Kitchen*. Delicious! Enrique Sanchez cooked a nice soup for the Hospitality hour. Now that we've had a bit more rain, there were some interesting finds at the ID table.

Shrimp & Mushroom Etouffee with Rice is the omnivores main course at the February Culinary dinner on Monday the 4<sup>th</sup>. The vegetarian entrée is Mushroom Etouffee.

Dinners are held at the San Francisco County Fair Building, located at 9<sup>th</sup> & Lincoln. Reservations are required; for more information, see the calendar.

MSSF runs on volunteer power. A small number of people do a lot of work. It would be nice to share it among more people.

We currently have openings for a at-large council members, plus several committees need a chairperson or additional members. In addition, two additional council seats will be voted on at the May General Meeting. Maybe it's time to nominate someone! Please consider becoming a council member.

Members of committees don't have to attend Council meetings, and tasks include things than can be done from home — without spending time in traffic, you can fit some needed projects into a busy schedule and make a difference to the club.

All MSSF members are welcome to attend council meetings (listed on the calendar).

Please contact me or MSSF Vice President, Theresa Halula, [VicePresident@mssf.org](mailto:VicePresident@mssf.org) if you are interested in becoming more involved at the council level or contributing to specific committee projects.

I hope to see many of you at the next meeting, bring your friends!

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## A Look Back at the 49th Annual Fungus Fair

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Madhu Kottalam

Although this year may not have seen much rainfall until it was too little too soon, we still had a great turnout at this year's fungus fair. We not only had visitors from far outside the Bay Area, but we even welcomed volunteers who are members of mycological societies in other states. We may not have seen quite the diversity of fungal specimens as some previous years, but MSSF's records of fungi collected in the first week of December go back nearly 50 years. Our forays and data collection are an important contribution to science, as they can be used to study how climate change affects our local ecosystems. You yourself can see past species lists here: <http://mssf.org/fungus-fairs/fair-species.html>

The culinary aspects are a major draw to the fungus fair every year. We didn't have live cooking demonstrations this year due to new building regulations, but chefs Todd Spanier and Chad Hyatt's cooking lectures packed the auditorium with mushroom loving foodies. Eager fair goers also warmed up with MSSF's famous mushrooms soup. This year we served vegan mushroom minestrone and a vegetarian cream of mushroom soup, each bursting with flavor and mushroomy goodness. We also served coffee and reishi tea for the second year, and added on candy cap popcorn - all were a hit!

Of course the lectures didn't stop at cooking talks. Britt Bunyard started off the day with a talk about Psychedelic Mushrooms, followed by Daniel Winkler who spoke about edible and medicinal mushrooms of the Northern California Coast. Eugenia Bone spoke about her

book *Microbia*, and our complex relationship with the microbial world. We finished the day with three *Amanita* related talks. Cat Adams presented her new research on *Amanita phalloides* (the deathcap mushroom), Candace Bever demonstrated her amanitin test strips, and veterinarian Jennifer Kaae gave us important information about toxic mushrooms and our dogs.

As always, the Fungus Fair ran on 100% volunteer power, with dozens of volunteers coming together for forays, Saturday night setup, and Sunday through clean-up. This is of course in addition to everyone who works hard behind the scenes all year filing permits with the city, coordinating volunteers, planning food and beverage service, coordinating vendors and speakers, contacting outside organizations, keeping track of the budget, and so many other big jobs you might not even realize go into the fair! I am deeply grateful to you all. This is my last year as Fungus Fair Chair, and I hope this fair sparked an interest in some old and new members alike to come join us as volunteers, so we can continue this annual celebration of wild mushrooms.

The MSSF Fungus Fair is always growing and adapting and trying new things. Please do send us any ideas you have for future fairs, or let us know if you'd like to be on the committee!

Contact us at: [fungusfair@mssf.org](mailto:fungusfair@mssf.org)

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## MSSF at Fungus Among Us

Paul Koski

The Mycological Society of San Francisco was one of several local fungal groups that participated in the California Academy of Science annual Fungus Among Us NightLife event in January. Two display tables were set up for the MSSF exhibit.

Included in the exhibit were posters of edible and poisonous mushrooms, information and examples for making spore prints, display trays of fresh fungi and how mushrooms can be used for making paper. There was a constant crowd of interested visitors to the tables from opening of the doors at 6 pm until closing up at 10 pm.

Fresh fungi from San Francisco, Marin and the East Bay were collected by MSSF members who volunteered to staff the exhibit. Fungi that seemed to be talked about most due to unique characters included *Lactarius deliciosus*, *L. xanthogalactus*, *Chlorophyllum olivieri*, *Hericium coralloides*, *Psilocybe cyanescens* and *Gymnopus brassicolens*.

Many thanks to MSSF members Paul Koski, Teresa Halula, Gregg Miller, James Williams, Karen Rusiniak and Lynn Buckner. They volunteered to help set up, answer visitor questions, give information and take down the materials. Pascal Pelous and Ken Litchfield also helped with other tables at the event. It was a very successful event for the Academy and a great opportunity for the MSSF to meet the public, recruit new members and provide information about the world of fungi.



MSSF volunteers speak with guests at the California Academy of Sciences

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## Culinary Corner

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Morgan Evans

2020 has brought some wet weather our way and with it hopes of a good mushroom season. While I myself have only found one small patch of chanterelles, I made sure to make good use of them.

Because this was my first harvest of the year, I wanted to make something that would really highlight the mushrooms gentle flavor I went to my go-to chef, David Tanis, for inspiration. A Chez Panisse alum, his recipes are generally spot on. His Creamy Mushroom Soup was in fact just what I was looking for on a cold and rainy night in January.

January's dinner, Viva Los Tres Hongos, was a multi-cultural New Years celebration well received to a full house of fungi-philes. Many kudos to the dinner crew: Laura, Fernanda, Dominick, Jane, George, and Lesley!

The MSSF Culinary Group, an all-volunteer committee of MSSF, is open to all MSSF members who are interested in the gastronomical aspects of mushrooming. It meets on the first Monday of each month (with a few exceptions for holidays) at 7 p.m. at the San Francisco County Fair Building (Hall of Flowers), Golden Gate Park, 9th and Lincoln, San Francisco.

For more information, contact Laura Parker, Lesley Stansfield, or Paul Lufkin

(Phone: 415-515-1593)

February Dinner to be held on Monday February 3rd, additional details below:

HALL OF FLOWERS  
LINCOLN WAY AND 9TH AVENUE  
SAN FRANCISCO, CA  
FEBRUARY 3<sup>RD</sup>, 6 PM

- |  |   |
|--|---|
| » Captain: Jeanne Marlow                             | » Creole Soup                               |
| » Theme: "A Mushroom Mardi Gras"                     | » Cajun Veggies w/ Okra Pickles             |
| » Main Dish: Shrimp & Mushroom<br>Etouffee w/ Rice   | » Festive Greens w/ Pralines on the<br>Side |
| » Vegetarian Main Dish: Mushroom<br>Etouffee w/ Rice | » Dessert: Southern Trifle                  |
|  | » Coffee & Tea                              |

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# Creamy Chanterelle and Parsnip Soup

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Morgan Evans

## Ingredients

- » 2 tablespoons butter
- » 2 medium onions, sliced, about 2 cups
- » 2 small parsnips, peeled and chopped
- » 1 small carrot, peeled and chopped
- » 1 thyme branch, plus 1 teaspoon thyme leaves, finely chopped
- » 1 bay leaf
- » Salt & pepper
- » 6 cups chicken or vegetable broth  
(*more if necessary*)
- » 2 tablespoons chopped dried porcini mushrooms, soaked in hot water for 15 minutes, then drained
- » 2 tablespoons olive oil
- » 1/2 pound chanterelles in roughly 1/8-inch slices
- » 2 garlic cloves, minced
- » 6 slices day-old baguette
- » 2 tablespoons chopped parsley
- » Crème fraîche (*optional*)

## Preparation

1. Melt the butter in a deep heavy-bottomed soup pot over medium heat. Add the onions, parsnips, carrot, thyme branch and bay leaf. Season generously with salt and pepper. Cook, stirring frequently, until the onion is soft and lightly browned, about 10 minutes
2. Add the broth and the soaked dried mushrooms. Bring to a boil, then adjust the heat to a gentle simmer.
3. Meanwhile, heat the olive oil over high heat in a wide skillet. When the oil is hot, add the chanterelles, stirring with a wooden spoon, allowing them to brown a bit. Season with salt and pepper, then turn the heat to medium and sauté 5 to 7 minutes, until the mushrooms are cooked through. Add the garlic and thyme leaves and cook 1 minute more.
4. Transfer 1/2 cup of the cooked chanterelles to a small skillet and add the rest to the soup. Let the pot simmer until the parsnips and carrot are quite tender, about 15 to 20 minutes.
5. Discard the bay leaf and thyme branch. Purée the soup in a blender and strain through a fine-meshed sieve. Thin with more broth if it is too thick, and adjust the seasoning to taste. Keep hot.

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## *Creamy Chanterelle and Parsnip Soup*

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Morgan Evans

6. Warm the reserved mushrooms. Toast the baguette slices lightly and put a spoonful of mushrooms on each.
7. Ladle the hot soup into bowls. Top each bowl with a mushroom toast, a little chopped parsley, and a drizzle of crème fraîche if you like.



1/2 pound of chanterelles prior to browning in Step 3

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## *Fungal Foraying in the City*

Paul Koski

Two urban forays in San Francisco were held during the last two months. The first was on December 1, 2019 in Golden Gate Park and another on January 26 in McLaren Park. Rains were late this year and that resulted in fewer species of fungi found at the December foray. Nevertheless, about 20 MSSF members followed three foray leaders around the western end of Golden Gate Park and came up with 15-20 different species. Most of the fungi were wood rotting lignicolous species.



Identifying fungi in McLaren Park



Identifying fungi in Golden Gate Park



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## Fungal Foraying in the City, cont.

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Paul Koski

These included the Honey Mushrooms (*Armillaria mellea*), Sulfur Tuft (*Hypholoma fasciulare*), Big Laughing Gym (*Gymnopilus junious*), Purple Gym (*Gymnopilus luteofolius*), Sulfur Shelf (*Laetiporus gilbertsonii*), and Dyers Polypore (*Phaeolus schweinitzii*).

Saprotrophic species included Yellow Staining Agaricus (*Agaricus xanthodermis*), Mica Cap (*Coprinellus micaceus*), and *Leratiomyces ceres*.

December and January rains produced a greater number and variety of fungi for the January 26 foray in McLaren Park. Paul Koski led ten MSSF Members for an hour and a half through various habitats in the park. More than 25 species of fungi were seen. Included were four species of *Lactarius* (*L. alnicola*, *L. delicious*, *L. rufulus*, and *L. xanthoglactus*), two species of *Russula* (*R. sanguinea* and *R. cerolens*) along with Blewits, Shaggy Parasols, Shaggy Manes, Poison Pie and Cowboy's Handkerchief. It was interesting that no *Agaricus* or *Amanita* mushrooms were seen and only one bolete, a very mature Slippery Jack (*Suillus pungens*), was found.

If you missed these forays, look for announcements about a possible February 26 foray in the planning. Contact Paul Koski at [pkoskio4@yahoo.com](mailto:pkoskio4@yahoo.com) for info and details.



Shaggy Mane



Sulfur Tuft (*Hypholoma fasciulare*)

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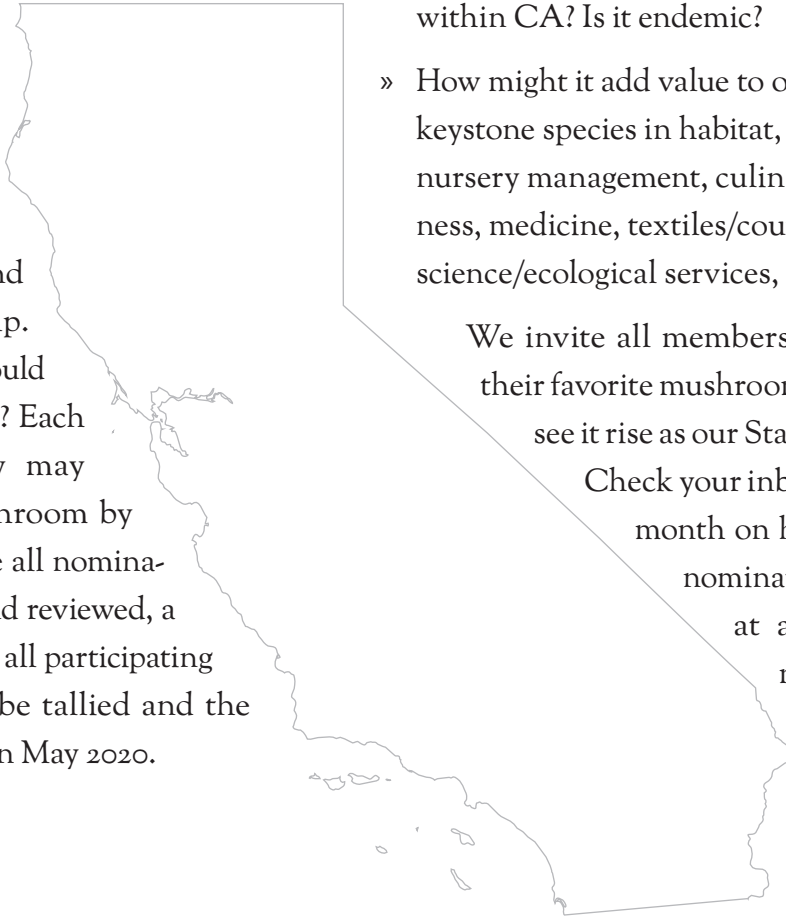
## California State Mushroom

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Alan D'Souza

Did you know California does not yet have a State Mushroom? Minnesota has *Morchella esculenta*, Oregon chose *Cantharellus formosus*, and Missouri has been considering *Cantharellus lateritius* and we hear Washington is proposing matsutake *Tricholoma murrillianum* as their state mushroom! It's time California had a State Mushroom!

MSSF is working with mushroom groups throughout the state on a recommendation to the state legislature. And we need your help. What mushroom should represent California? Each mushroom society may nominate one mushroom by March 1, 2020. Once all nominations are received and reviewed, a ballot will be sent to all participating groups. Votes will be tallied and the winner announced in May 2020.



So...which mushroom should MSSF nominate? Here are some some characteristics we should consider:

- » What makes it unique and a strong candidate for state mushroom?
- » How easily identifiable is it?
- » What is its geographic distribution within CA? Is it endemic?
- » How might it add value to our state? (e.g keystone species in habitat, forestry/nursery management, culinary, agri-business, medicine, textiles/couture/art, science/ecological services, etc.)

We invite all members to nominate their favorite mushroom and perhaps see it rise as our State Mushroom!

Check your inboxes later this month on how to submit nominations online or at an upcoming meeting.

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## *Mycena News Submissions*

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Please do send in your submissions for the Mycena News pronto. The new monthly official deadline is now midnight the 20<sup>th</sup> of each month. (Any month that the 20<sup>th</sup> falls before or on the general meeting the deadline will be the Wednesday after the general meeting.)

This does not mean to wait until the 20<sup>th</sup> of each month to turn in your stuff; it means that is the deadline and you should shoot for getting it in starting by the first of the month.

If you have something that is dependent on the general meeting like photos of the mushroom ID table or the hospitality preparations, etc. you now can get that in before the deadline.

Please email your submissions to:

[mycenanews@mssf.org](mailto:mycenanews@mssf.org)

Best format is to “save as” a Microsoft Word Document, 97-2003, with a minimum of formatting in the doc. You may also use a “notepad” style document with only “plain text.”

We ask that you please follow these conditions:

- » Please DON'T use any ALL CAPS.
- » Please DON'T use any indents, tabs, or bullets.
- » Please DON'T use any bolding, underlining, or any other italics besides:
- » Please DO include italics for scientific names or foreign words.
- » Please DO use single spaces between words and ends of sentences.
- » Please DO use ONLY left justification for all paragraphs, titles, signoffs, etc.
- » Please DO use 11<sup>pt</sup> New Times Roman font if you have it, but NOT multiple fonts or unusual fonts or multiple sizes.

For bibliographies that often have special formatting included in your submitted doc, if you have lifted them from other docs, you may just leave all the original formatting, and we can see better what was intended and make modifications for the masterdoc, if needed.

Please follow these above conditions for your official submissions, however if you would like for us to see how you envision the formatting of your submission, you can also submit a second version formatted in that manner and we may be able to make use of that.

As we get submissions they are each incorporated into a MN masterdoc with certain in-house MN master formatting for the final design layout. The design layout software removes all previous formatting from the masterdoc, so any extra formatting you insert, beyond the above parameters, only complicates the prepping of the masterdoc, so please DON'T do that, and DO follow the above submission conditions. •



**Mycological Society of San Francisco  
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## MYCENA NEWS

February 2020 VOL 71:05

Mycena News is the members' newsletter of the Mycological Society of San Francisco, published monthly September–May.

Please e-mail photos, comments, corrections, and correspondence to [mycenanews@mssf.org](mailto:mycenanews@mssf.org)

To subscribe, renew, or make address changes, please contact Stephanie Wright: [membership@mssf.org](mailto:membership@mssf.org)

Past issues of Mycena News can be read online at <http://mssf.org/mycena-news/issues.html>

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## **MSSF VOLUNTEER OPPORTUNITIES**

Join the Council leadership, learn the inner workings of the MSSF and help make decisions that shape the future of the society. Do your part by contributing your time to this 100% volunteer organization!

To learn more about all council and committee positions, go to: [www.mssf.org](http://www.mssf.org) members-only area, file archives, council member position descriptions. Or email [president@mssf.org](mailto:president@mssf.org).

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