

# Mycena News



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November 17

General Meeting Speakers

@ Hall of Flowers not Randall Museum

## Gary Lincoff

**Talk:** "Why an urban park is as exotic as New Guinea and as diverse as the Amazon"



Gary Lincoff wrote the *Audubon Society Field Guide to North American Mushrooms*, and he has written or edited a half dozen other books about mushrooms. He also wrote *Joy of Foraging*, a guide to foraging wild plants. He teaches at the New York Botanical Garden, and has since the mid-70's. He was NAMA's second President and is NAMA's Awards Chair. He is also Education Chair of the New York Mycological Society. He has co-led with Drs. Andrew Weil and Manny Salzman mushroom study tours to over 30 countries on every continent except Antarctica. He also co-founded, along with Drs. Weil and Salzman, the Telluride Mushroom Festival, which just celebrated its 35th anniversary.

## Katrina Blair

**Talk:** "Foraging on the Wild Side: Edible Plants, Mushrooms and Medicine"



Katrina Blair began studying wild plants in her teens when she camped out alone for a summer with the intention of eating primarily wild foods. She later wrote "The Wild Edible and Medicinal Plants of the San Juan Mountains" for her senior project at Colorado College. In 1997 she completed a MA at John F Kennedy University in Orinda, CA in Holistic Health Education. She founded Turtle Lake Refuge in 1998, a non-profit, whose mission is to celebrate the connection between personal health and wild lands. She teaches sustainable living practices and wild edible and medicinal plant classes regionally and internationally. In 2009, She published a book titled *Local Wild Life, Turtle Lake Refuge's Recipes for Living Deep*, a book that focuses on the uses and recipes of the local wild abundance, and she has a book coming out this fall called *The Wild Wisdom of Weeds: 13 Plants for Human Survival* published by Chelsea Green Publishing.

## Mushroom of the Month:

*Turkey Tails – Trametes versicolor*

Ken Litchfield

In this bountiful harvest season, when the summerlong drought breaks into the first rejuvenating rains chilling the November woods, and the iridescent turkey flocks glisten as they trot through the woodland oaks gobbling up acorns and gobbledeecackledееkeeeing as they strut their plumage and flare their tails for each other, you know it's the beginning of turkey tail mushroom season. Most any dead trunk of most any species of tree could be covered with hundreds of thin velvety banded turkey tail petals protruding half round from the sides of standing



*Trametes versicolor* © Michael Wood

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## PRESIDENT'S POST

Hello MSSF Members,

On my way to work today, I saw a handful of raindrops hit my wind screen... Let's hope there are more than a handful around the corner. SFGate recently published an article talking about a dry October and November. I wanted to reference the article, but they seem to have retracted it altogether. Perhaps they no longer feel this prediction is entirely accurate. It certainly would make for an interesting Fungus Fair if we indeed didn't get any major rain until December.

Regardless, the mushrooms are out there! Check your spots, as there have been numerous reportings of delectables popping up here and there. Alt School recently asked MSSF to send a representative to come talk to their kindergarten class about the various mushrooms they were finding while taking field trips to local parks for the kids to play. I went to the school to talk with the class; there certainly was a lot of excitement about the new knowledge they were acquiring in their two-week exploration of the fungal kingdom. Hurray for future MSSF members!

This is an exciting time of year, and I want to remind everyone that we're about to enter our busy season at the MSSF, and with that a big call out for volunteers. Our biggest fundraising event of the year, the annual MSSF Fungus Fair, will be a one-day event this year on December 6th, and we'll need "all hands on deck" to create another great event for the public. There will be many different areas needed for volunteers so I encourage you to visit: [mssf.ivolunteer.com](http://mssf.ivolunteer.com) to check out the many ways to help. Stephanie Wright and Jackie Shay have been doing a great job setting up the Fair and I am again coordinating volunteers.

In end of the year celebratory news, our annual Holiday Dinner is being planned by MSSF member Eric Multhaup. Mark your calendars for Monday, December 14th at the County Fair Building for what is bound to be a delicious evening catered by Chefs Michael Polite and Michael Brady of Vin Antico Restaurant in San Rafael. More info on this event and reservations will be forthcoming.

We are also aware that many members are not current in paying their annual dues. Please log in at [mssf.org](http://mssf.org) and check the status of your account. You can contact Zach Mayes by emailing him at [membership@mssf.org](mailto:membership@mssf.org). Membership fees help fund the multitude of events that we are able to present each year. Because we are a 100% volunteer-led organization, you can be assured that 100% of your dues are tax deductible and are spent to make our education-based organization stronger.

Thanks again to all of you who continually contribute to make the Society a great organization. I look forward to seeing many of you at Mendocino Camp, the Fungus Fair and other MSSF events.

*Brennan Wenck-Reilly*

## ARTIST FOR FUNGUS FAIR 2015

SEAN EDGERTON

Sean's work is driven by his passion to blend the worlds of art and science. He creates art in the service of science and for the purpose of education. His portfolio focuses on the beauty of natural history, biodiversity, and organisms poorly understood and in dire need of our conservation efforts.

After studying Plant Sciences and Ecology and Evolutionary Biology at UC Santa Cruz, he completed a graduate program in Science Illustration at CSU Monterey Bay. Since then he has worked as a wildlife illustrator in Madagascar, entomological illustrator at the Smithsonian, and now botanical illustrator at the CA Academy of Sciences in San Francisco. Currently he is freelancing and pursuing his M.Sc. in Ecology, Evolution, and Conservation Biology at San Francisco State University and the California Academy of Sciences in the Microbiology Department, focusing on infectious diseases.

Sean's website is <http://www.theillustration.co/>  
Don't miss the Fungus Fair Poster on [Page 9](#)

### OCTOBER FUNGAL JUMBLE ANSWERS

#### Mushrooms Edibility Ratings

##### WALLYQUITO

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##### KONWUNN

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##### OCCIHE

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##### USPOONISO

P	O	I	S	O	N	O	U	S
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##### BLATAPEAL

P	A	L	A	T	A	B	L	E
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#### Look for mushrooms here?

A	C	O	N	K	Q	U	E	S	T
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snags or downed logs or blooming like flowers from the uppermost surfaces. Few mushrooms are better featured for this month than the turkey tail. It is common and cosmopolitan, versatile and colorful, prolific and enduring, aesthetically beautiful with many uses and much lore, reflected in its many names.

You might find this mushroom desiccated and curled at any time of the year, but it rejuvenates readily in fog drip or the first rains of autumn. With prolonged moisture it begins to grow lushly again and makes multitudes of banded cumulus billows, each with a silvery white edge lining. In the Bay Area there are primarily two contrasting forms or cultivars; one has an orangeish color scheme with chocolate, tan, orange, and white banded billows and the other has a bluish scheme with black, gray, blue, and white banded billows. These two forms can be found growing next to each other on separate logs in beautiful contrast, so they appear to be genetic variants rather than environmental growth forms. When looked at en masse they do look like artistically stylized clouds, hence their Japanese name *kawaratake*, cloud mushroom. The billows are most noticeable off the sides of vertical or downed trees. On the top of downed logs the half round shelves grow into fully round flowers or sometimes elongated velvety frilly “sea slugs.” Should a vertical trunk covered in horizontally oriented turkey tail shelves fall then the now vertically oriented shelves will have the leading edges of new growth emerging at right angles to the original growths. It goes by the various generic names of *Trametes*, *Polyporus*, *Polystictus*, or *Coriolus*. Like most mushrooms, the turkey tail does have some lookalikes, mostly in the genera *Daedalea*, *Daedaleopsis*, *Gloeophyllum*, and *Lenzites*.



*Trametes versicolor* © Michael Wood

Like many mushrooms, there are often fly larvae chewing on the tissues of the turkey tail. At least in Europe the larvae of *Polyporivora ornata* in the Flat Footed Dipterans specifically partake of *Trametes versicolor* and *hirsuta*. For us human polyporivorans, the turkey tail is totally “edible” in the sense that you can “eat” it like a vegan might eat one of their basic food groups of gravel, twigs, humus, or namaste, raw namaste. Among wild food foraging gourmand wannabes the turkey tail is touted as the “chewing gum of the woods,” a contention likely to get Euell Gibbons roiling. Maybe if you like one of those popular gum flavors Leather and Fuzz, you’d like chewing and chewing and chewing and picking the lint out of your teeth. “*La gomme à mâcher de la forêt*” does sound so much more delectable when you chaw on it in French.

The easy rejuvenative abilities of last season’s old turkey tails in this season’s new rains may provide the origin of the herbal idea in Chinese medicine that the turkey tail is rejuvenative. The traditional Chinese medicine (TCM) name is *yun zhi* just as reishi is *ling zhi*. Saccharides like polysaccharide peptide PSP and polysaccharide K, PSK, or krestin are among the components found in turkey tail mushrooms that have been studied for antitumor, antiviral, and immunomodulatory properties with low or no levels of toxicity. In TCM, *yun zhi* increases the *qi* or *chi*, the vital life force in the depleted human body. Googling the research papers elicits a range of opinions on efficacy. There’s real or fancied quackery accusations from the American Cancer Society ultraorthodox types who still have nothing to show for effective treatments after over six decades of well funded selective research except the standard invasive surgery, or toxic chemo or radiation therapy. And New Agey proselytizers that gullibly pronounce each new esoteric herbal or dietary discovery to be the cure all for every type of industrially induced disease tout these studies as “proof” of efficacy. If an herb like turkey tail can actually promote or produce immortality, as claimed in many traditional realms, how might a test for that actually be scientifically designed?

Should you wish to experiment personally with the turkey tail’s edible herbal qualities, here are a few pointers on how to prepare a palatable prep. Collect the freshest turkey tail growths from this current season. They should have no green algae growth on them or ratty decayed texture, but rather totally fresh smooth velvety dorsals and uniformly smooth white ventrals. Dry them crispy in a dehydrator at 95-100 degrees F and then use a clean coffee grinder to grind them fine. You can sift the ground mushroom through different grades of mesh so the finer powder is separated from the flakier bits. The flakier stuff can be reground or used like TVP (textured vegetable protein) in chili and stew. The finer grind is best made into immortalitea.

Immortalitea can be made from just turkey tail powder or it can be combined with other mushroom powders like maitake, reishi, chaga, caterpillar fungus, and other herbal powders like ginseng root, eleuthero root, ginkgo leaf, cat’s claw bark, *Rhodiola* root, licorice root, gotu kola leaf, Brahmi leaf, and others.

Place about a tablespoon of each powder in a jar and cover with four parts ice cold vodka to one part powders and stir and shake to completely dissolve or thoroughly wet the powders in the vodka. Let sit for a bit to steep and settle the powders. Then pour off the vodka extract into another jar and cover tightly with a lid. Now add hot but not boiling water at twice the vodka amount to the alcohol extracted powder muck. Let steep in the covered jar until it has cooled and settled. Next pour off that steeped decoction into the jar of alcohol extract leaving the powdered muck again in the first jar. Next pour the powdered muck into a stainless saucepan and add the same amount of water as the original vodka and then simmer the muck covered for about thirty minutes to extract any deep principles left in the powder muck. Let cool and settle and then pour that decoction into the previous jar of tea and alcohol. The original 40% alcohol in the vodka

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extract will now be diluted to 5% with the added tea and decoction. The combined alcohol and aqueous extracts can be poured into bottles and stored in the freezer. A bottle or so can be taken out and thawed until slushy and drunk as an iced herbal tea for rejuvenating power during gardening or outdoor activities or workouts for a burst of beer-o'clock benefits.

Turkey tail is one of the top five easiest mushrooms to cultivate, so easy that it is sometimes called the crabgrass mushroom. It often will take over logs intentionally plugged with oyster or shiitake. You can order turkey tail plugs or bag spawn online or just collect it yourself from wild mushrooms. Easily carried turkey tail logs, branches, and snags can be decorated around the home garden to naturally inoculate fresh logs in raised beds or gnarly snags and stumps as zen garden features. The fresh leathery shelves can also be blended into a slurry of mushrooms and water in the blender and poured onto the fresh logs. Turkey tails are one of the few mushrooms that can be found growing on eucalyptus or most any other type of wood. Just making a raised bed with euc logs is likely to produce clouds of turkey tails within a year or so with no extra effort on your part.

Like many polypores the turkey tail has potential as construction material either for buildings, like reishis, or for fabric, like kombucha mother leather. You can grow it on sheets of burlap or tulle or other fabric infrastructure cut to clothes patterns and raised on wood shavings or flakes on cookie trays. If allowed to grow to the point of developing the velvety surface of the developing turkey tail the vest or hat or other clothes created would be tough and rain repellent by strong surface tension. Indeed the name *Trametes* comes from the Greek *trama*, for fabric, referring to the fabric-like manner of the mycelium.

## HOSPITALITY

For the September hospitality hour and general meeting, Eric Multhaupt made two bruschetta-type offerings.



Both started with a wide, flat bread, sometimes called an “herb slab” or focaccia, sliced lengthwise in about 1/2” slices. There were two toppings, *shiitake* eggplant tapenade and *shiitake* herbed ricotta spread. As a cooking tip, the key here is to put the *shiitake* mushrooms gill-side down on a baking tray that has been brushed with olive oil, and then brush the cap lightly with olive oil and herbs. Roast for approximately 30 minutes so that the *shiitake* cook down and concentrate their flavor. Meanwhile saute the shallots and add the herbs when the shallots have cooked down.. Puree the shallots and shiitake in a food processor. Divide the resulting puree into two large bowls and add ingredients as indicated below. Toast or roast the bread before putting the topping on and serving.

Also offered were toothpick assemblies of fresh mozzarella, half a cherry tomato, and a leaf of basil.

### Shiitake eggplant tapenade

Ingredients: *shiitake* mushrooms (Mill Valley Market), eggplant, shallots, ricotta cheese (small amount), calamata olives, parsley, garlic, salt and pepper.

### Shiitake and herbed ricotta spread

Ingredients: *shiitake* mushroom (Mill Valley Market), shallots, ricotta cheese (medium amount), numerous herbs, lemon zest, salt and pepper.

YOU TOO can be a guest chef for a hospitality hour. Just e-mail George at [george\\_willis@sbcglobal.net](mailto:george_willis@sbcglobal.net), or Eric at [mullew@comcast.net](mailto:mullew@comcast.net). You will have an \$80 food budget from the MSSF, and Hospitality Committee members available for advice and support.

## CULINARY CORNER

Heather Lunan

The MSSF Culinary Group's October dinner was an incredible experience. The October Culinary Captains Tom Sasaki and Al Carvajal delighted the group with their "Fruits of the Sea" themed dinner on October 5th, helped by team members Monique Carment, Kristin Jensen, Toni Kiely, Paul Lufkin, Dave and Peggy Manuel, and Virgilio Cardona coordinated cleanup and setup. After a delightfully mushroom-studded appetizer round contributed by the attendees, the dinner started with a soul-satisfying miso soup filled with *shitake*, tofu and kombu. The entrée was a succulent roasted teriyaki salmon, accompanied by golden potato gratin with chanterelle mushroom cream and black trumpets for the vegetarian option. Zesty soba noodles with carrots, green onions, mushrooms, and garlic were served with a cabbage, seaweed and carrot salad redolent with garlic and ginger. A stir fry of meaty Romano green beans, onions, and mushrooms bathed in a Kung Pao sauce rounded off our already heaped dinner plates. Dessert finished off the evening's Asian theme with tapioca squares, mandarin oranges, and a fortune cookie, served with piping hot coffee. It was our good fortune to have such a wonderful dinner cooked by our talented membership, thank you all!

Don't forget to register for the next Culinary Group dinner on the Members Events page, as the dinners continue to sell out.

The few rainy days so far have sparked hopes of a good bolete season this year, although the devastating Butte and Valley wildfires might affect local foraging. Boletes are my favorite mushroom; their earthy, rich aroma and complex, nutty flavor transports me to a higher plane. When I am lucky enough to find some boletes the first thing I make is tartufata, a unique pizza or flatbread that can be either grilled on your barbeque or baked in the oven. The meaty and nutty bolete nestles atop a luscious base of cream, and the addition of ham makes it sturdy enough for a quick weeknight dinner. I like rich dollops of creamy ricotta or goat cheese to add tang to each bite. A sprinkling of truffled salt adds a divine finishing touch, and these days I am indulging in Cassina Rossa's newest offering, Truffle & Salt & Cheese, available at Far West Fungi's shop in the Ferry Building or online ([store.farwestfungi.com/powders-and-salts.html](http://store.farwestfungi.com/powders-and-salts.html)). If you are having company for dinner, you can form the tartufata dough into a rectangle and cut squares of the tartufata to serve with drinks or as a first course alongside a tart salad of apples, arugula and walnuts with a lemon-olive oil vinaigrette.



### TARTUFATA

#### Ingredients:

- 1 1/2 cups all-purpose flour (or you can use half A.P, half whole wheat)
- 1 tsp. kosher salt
- 1 Tbl. dry active yeast
- 1/4 cup warm water
- 1 tsp. olive oil (plus extra for baking in an oven)
- 1/4 cup sour cream or crème fraiche
- 4 Tbl. milk (omit if using crème fraiche)
- 1/2 cup ricotta cheese (or goat cheese)
- 3 slices Black Forest Ham, torn into smaller pieces (optional)
- 1 1/2 cups thinly sliced fresh boletes
- Truffled salt
- 1 Tbl. cornmeal (if using an oven and a pizza stone)

#### Method:

Add the flour, salt and yeast to the bowl of a food processor or a large mixing bowl. Turn on and off food processor to mix (or use a spoon) and add just enough of the water until the dough forms a ball, using a little less or more as needed. Pulse the food processor (or mix by hand) until the dough forms a ball and the dough is no longer sticky. Turn on the machine for 1 minute (or knead by hand until smooth and springy, about 5-10 minutes). Remove the dough and ensure it is in a nice round ball, then coat with olive oil and place into a clean, dry bowl or clean plastic bag. This can be done up to a day ahead and kept in the fridge. Let rest 15 minutes if you wish to make the tartufata right away. If you chill it, let the dough rest on the counter for 30 minutes before forming the tartufata.

On a floured surface, roll out the dough to a 15" circle.

To cook in a grill: Place the dough directly on a medium grill until lightly brown on the bottom. Take off grill and place browned side up.

To cook in the oven: Preheat the oven to 500 F. Place dough on a heavy baking sheet spread some olive oil. If you have a pizza stone, form the pizza on a peel sprinkled with cornmeal. Proceed with the topping. Mix the milk with the sour cream or stir up the crème fraiche (omit milk if using crème fraiche) and spread over the top of dough leaving a 1" border around the edge. Place the ham around the dough. Put the sliced porcini and 12 spoonfuls of ricotta or goat cheese around the top and sprinkle with the truffled salt.

Put the tartufata back on the grill and cover and grill until the bottom is golden brown, or bake in the oven for 20-25 minutes until the bottom is lightly brown. If you have a pizza stone, slide off the tartufata onto the hot pizza stone in one swift movement and bake for 15-20 minutes until done as above.

Serves 2 – 4 for dinner with a salad, or more as a starter.  
(a family recipe from my late mother-in-law from Palermo)



## PICKING WHAT MUSHROOMS AT 11,000 FEET MAY TRIGGER A HEART ATTACK?

*Curt Haney (63-year-old white male)*

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Every August for the past few years I have attended the Telluride Mushroom festival as a vendor, presenter, participant, or all three. This year started out no different than in past years, except I took a southern route from San Francisco to Telluride instead of a northern route or straight across the desert. Traveling on old Route 66, I started finding good edible fungi on and around Mt. Taylor near Albuquerque, New Mexico. The next day I headed north to Flagstaff, Arizona, where I continued to find moisture and abundant fungi. Continuing north to Chama, Arizona, I entered the southern range of the San Juan Mountains. Adequate moisture and good edible mushrooms continued to be available.

It was now time to start heading to Telluride to obtain a campsite in the town park before it filled up for the "Shroomfest" Magic Mushroom Festival. I traveled north to Pagosa Springs, Colorado, then headed west to Durango where I turned north again on scenic highway 550. I stopped on the 10,000-foot-high pass near Purgatory, above the historic town of Silverton, and took in the view, along with a short walk. On the walk I filled my basket with beautiful porcini buttons and a few chanterelles. Then I turned west again onto highway 62 and into the beautiful little town of Telluride, Colorado, and set up camp for an adventurous week ahead.

It was Monday and I had time to kill before the festival started on Thursday. The next morning I packed up my Honda 250 dual purpose motorcycle, which I carry on the front of my truck camper, and headed south to Alta Lakes and Lizard Head Pass. I knew I was early and ahead of the crowds of mushroom harvesters headed my way later in the week, so I wanted to stock up on good edibles to take home to California. At Alta Lakes there was lots of moisture from the previous two weeks of rain and I started finding nice patches of chanterelles. Next, I rode over to Lizard Head Pass and found more chanterelles, and lots of fresh porcini buttons, along with some small patches of shrimp russulas. The Shrimp is one of my favorite mushrooms with its shrimp-like seafood taste. Another of my favorites is the small dense Rocky Mountain chanterelle, which has a fabulous flavor, and the gills are a striking florescent yellow-orange color

So here I am at 11,000 feet, by myself, in the middle of nowhere, picking some of my favorite mushrooms. I had been at elevation for nearly a week so I was mostly adjusted to the higher elevation and had been drinking plenty of water. Suddenly I felt a little tired, short of breath, a slight tingling in my arms, and a slight tightness in my chest. I thought to myself, it must be the elevation, and I am just working too hard. So I took a break for a few minutes, drank some water, took a few deep breaths, felt fine and went back to picking. This occurred maybe 4 or 5 times in a 4-hour period, and each time I recovered very quickly. At about 2:00 p.m. it started raining pretty hard, so it was time to head back to camp. An hour later I got back to the campground in Telluride, which is lower in elevation than where I had been earlier. I spent the afternoon cleaning and cooking the mushrooms I had collected and had a mushroom feast for dinner, followed by a quiet evening.

The next day I awoke at 6:30, had breakfast, spent an hour reading and then got ready to head back out into the forest. Next, there was a knock on my door; it was my friend Britt Bunyard of Fungi Magazine fame! He had come to pick up the two frozen abalone, plus the preserved *Hericium abietis* and *Agaricus agustus* mushrooms I had brought from northern California for the feast we were planning for friends and the magazine crew. While we were talking I suddenly felt a much bigger pain and tightness in the center of my chest. I put my hand on my chest and told Britt I did not feel very well. Britt chuckled a bit and asked, you're not having a heart attack, are you? I said I don't think so, and in a minute I felt ok again. Then Britt said, you should go to the clinic in town and get checked out. I said yeah ok, maybe so, and Britt told me where it was located, not far away. Then Britt left and I felt better and read my book some more. An hour later I needed to walk over to the campground office and re-register my campsite. I did that and headed back back to my campsite. About half way back, a bigger pain occurred in my chest, along with shortness of breath, pain radiating down my arms, and sweating a lot. I stopped in my tracks and said to myself "CURT! You're having a heart attack!" I had taught CPR for many years when I was in the Navy, and my knowledge and training finally kicked in. I was able to slowly walk back the 50 yards to my truck and sit down. I immediately drank some water and took four 81 mg. baby aspirin. I take one every day, and had already taken one earlier that morning. In about 10 minutes I felt great, so I jumped on the motorcycle and was at the clinic in 5 minutes. I walked in and told the man at the counter that I was having a heart attack; he immediately took only my name and led me into the ER. I disrobed, put on a gown, and had no sooner laid down on a gurney that I had the "big one". A doctor and two nurses went to work on me immediately, IV in the arm, oxygen, mobile chest x-ray, and both oral and injectable pain killers and blood thinners. After about an hour I was stabi-

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lized and transported by ambulance to Montrose Memorial Hospital, an hour and a half away. Once there I was taken to the OR, where a catheterization was performed to determine what was going on in my heart. They discovered two arteries on the front of my heart that were blocked, one of which could not be repaired with a stent. The doctor also told me that when I was up picking mushrooms at 11,000 feet I most likely was not getting enough oxygen to properly oxygenate the blood passing through my heart.

The next day, I was transported by ambulance to the cardiac unit at St Mary's Hospital and Regional Medical Center in Grand Junction, Colorado, one hour away. Two days later I underwent open heart surgery and had a double bypass performed. Three and a half days later I was discharged and flew home with my wife Carol to San Francisco. As of today, 17 September (my birthday), it has been 34 days since my surgery. During the surgery I had a small stroke which affected my vision. It is much better now, but I am still having a little trouble reading and typing. I also continue to have an abnormal EKG reading, so I have and will continue to have many more tests to determine what's still wrong with my heart. I will be taking 2 different prescription drugs for the rest of my life, plus a health daily dose of *Ganoderma lucidum* (reishi), which has been shown to be a very good treatment for arterial heart disease.

Looking back now, I consider myself a really lucky man! I am now in recovery, which tends to be a slow process. I am not allowed to drive yet, but I am walking 1 to 2 miles a day and getting out and about more when I have a driver available. My cardiologist told me it may take up to a year for a full 100% recovery that will allow me to get back in the ocean to scuba and free dive, and hike the mountains in pursuit of fungi.

I am planning on returning to Telluride, Colorado, next year, where I usually spend up to a month exploring fungi-laden areas of the beautiful Rocky Mountains. I also have my costume ready to go for the 2016 Telluride Mushroom Festival Parade, which is always a blast.

So, back to the question, "Picking what mushrooms at 11,000 feet may trigger a heart attack?" You probably guessed it by now, king bolete (*Boletus edulis*), chanterelle (*Cantharellus cibarius*), and shrimp russula (*Russula xerampelina*). *Stay calm and shroom on!*

## MSSF HOLIDAY DINNER 2015

**Come Celebrate the Holiday Season at the MSSF Holiday Dinner!**

**Monday, December 14**

at the **San Francisco County Fair Building, aka the Hall of Flowers, at 9th Avenue and Lincoln Way.**

The cost is \$40 for members, \$45 for guests, and \$20 for children under 14.

Registration is on the MSSF [website](#) only, beginning November 1.

Menu by Chefs Michael Polite and Michael Brady of Vin Antico Restaurant in San Rafael, CA.

**Appetizers** - Please bring an appetizer for the appetizer buffet table.

This year there will be three awesome prizes awarded by distinguished judges.

**Holiday Eggnog** (alcoholic and non)

**First Course** - Candy cap mushroom bread pudding toasts with truffle duxelles

**Main Course** - Porcini crusted filet mignon with morel cream sauce; celery root purée and truffled cauliflower; or vegetarian option upon request:

herbed winter squash with mushrooms

Multi-colored carrots and broccoli rabe with lobster mushrooms, white wine sauce and shaved Parmesan;

Brown rice risotto (gluten free) with mushroom brodo, mixed mushrooms, crispy shallots, Bloomsdale spinach

**Dessert** - Porcini dusted tiramisu

New raffle format with prizes donated by Sue Fisher King

([www.suefisherking.com](http://www.suefisherking.com) if you are not familiar with the store)

Vin Antico is a farm-to-table restaurant well-known in Marin County for innovative mushroom dishes.

The Holiday Dinner Committee is looking for two volunteers to do the heavy lifting part of the set-up and take-down, plus some help in serving, for a free dinner. If interested, e-mail Eric at [mullew@comcast.net](mailto:mullew@comcast.net).



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## ANNOUNCEMENTS / EVENTS

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### MSSF Urban Park Quick Start Forays!

The MSSF Education Committee is planning forays for people new to, or interested in, local mushrooms. These forays are intended to familiarize beginners with field collecting and characters useful in helping to identify mushrooms and other fungi. We usually gather for an orientation to go over collecting policies, practices and etiquette. We also point out nearby locations where fungi are likely to be found. After the orientation, we break out into smaller groups & hunt for fresh fungi for one to two hours. On returning, we display specimens collected and discuss their key identifying characters.

The first foray will be held on **Saturday, November 14** in San Francisco's Golden Gate Park. Meet at the south west end parking area of the Polo Field on Middle Drive West at 9:30 AM. Unusual or unidentified fungi can be brought to the MSSF general meeting at the County Fair Building on Tuesday, November 17, for identification & display.

A second foray is planned for **Saturday, December 5**, at McLaren Park. We will meet in the parking lot for the Jerry Garcia Amphitheater on John Shelley Drive in McLaren Park at 9:30 a.m. Fungi that are collected on the December 5 foray will be brought to the San Francisco County Fair Building in Golden Gate Park for display at the Mycological Society of San Francisco's annual Fungus Fair on Sunday, December 6.

New MSSF members, families and guests, beginners or not, are welcome. Non-members of the MSSF are also welcome. It is hoped that the forays will provide information about local fungi and stir an interest to learn more.

Email Paul Koski at [pkoski04@yahoo.com](mailto:pkoski04@yahoo.com) for details about these forays and to be put on the foray list.

### Herbal Mead Making

7pm-10:30ish Every Wednesday Night  
at Omni Labs  
4799 Shattuck, Oakland

Contact [litchfield.ken@gmail.com](mailto:litchfield.ken@gmail.com) for more information

### Volunteers Needed for MSSF Fungus Fair 2015

If you are interested in participating in this year's fungus fair please sign up soon! We need a bunch of folks to help with set up, logistics, helping sell tickets, tear down and clean up. Volunteering is a great way to spend some quality time at the fair, and your entry to the fair is free! Not to mention, you get a bonus meal from our delicious volunteer buffet.

Volunteers also get a special dinner on Sunday, February 7th, 2016 to thank everyone for participating with MSSF!

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### David Arora's Annual Thanksgiving Weekend Wild Mushroom Workshop

Friday, November 27 to Sunday, November 29  
Near Gualala

Join mycologist and author David Arora and special guests for lectures, mushroom hunts, cooking demos, and fungal fun near Gualala on the Mendocino coast. This year's event will be held in a rustic log house with fireplaces and is limited to 20 people. All levels of experience welcome.

To register, or for more information, go to the events page at [davidarora.com](http://davidarora.com) or email him at: [maxfun@cruzio.com](mailto:maxfun@cruzio.com)

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The Holiday Dinner Committee is looking for two volunteers to do the heavy lifting part of the set-up and take-down, plus some help in serving, for a free dinner.

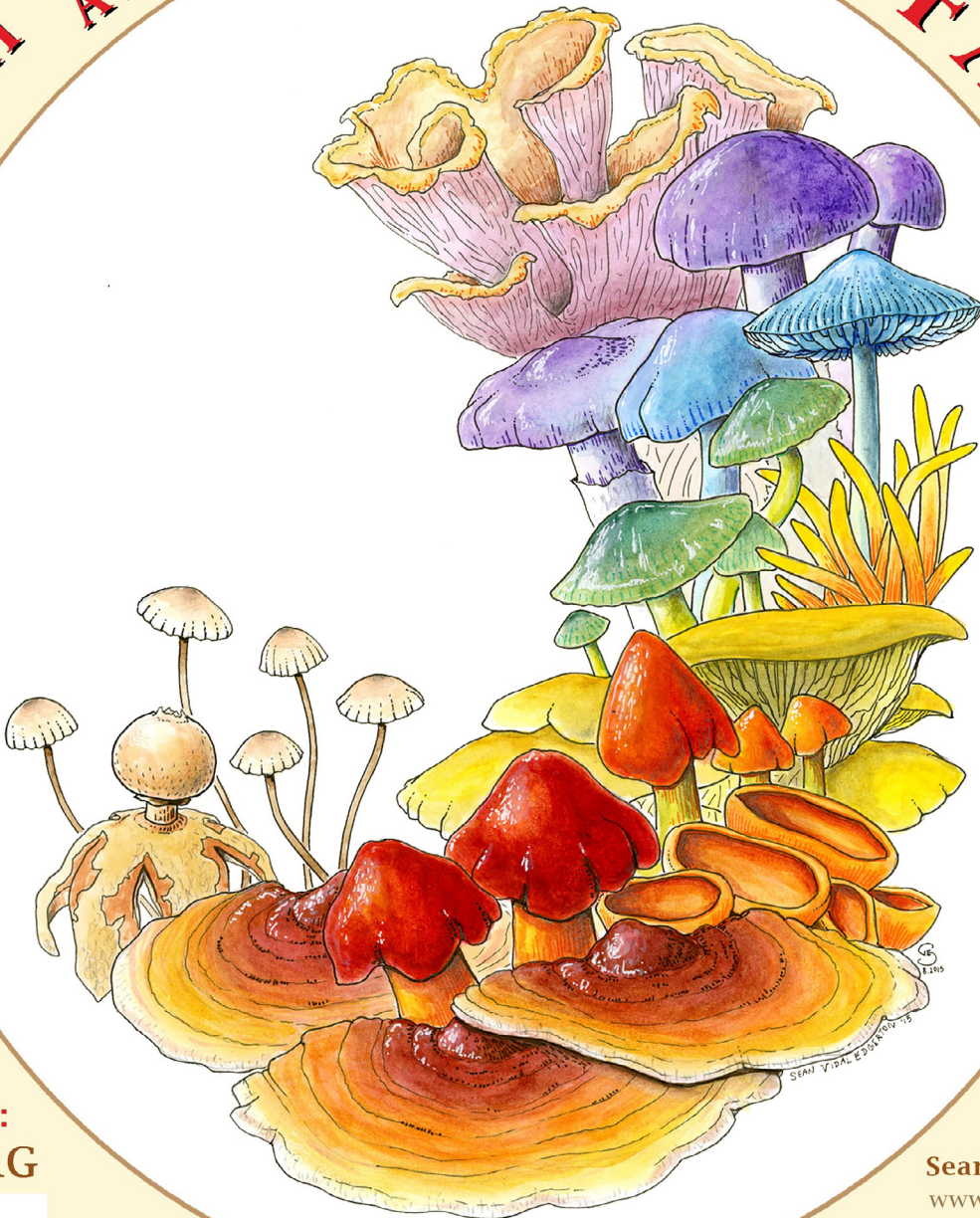
If interested, e-mail Eric at [mullew@comcast.net](mailto:mullew@comcast.net).



# MSSF FUNGUS FAIR 2015 POSTER

MYCOLOGICAL SOCIETY OF SAN FRANCISCO PRESENTS

# 46TH ANNUAL FUNGUS FAIR



FOR INFO  
& TICKETS:  
MSSF.ORG

illustration by  
Sean Vidal Edgerton  
www.theillustration.co



SF County Fair Building, 9th & Lincoln  
Sunday December 6th, 2015

Tickets available  
at the door

ADULT (\$10) SENIOR & STUDENT (\$8) CHILDREN 6-12 (\$5)

10AM - 5PM

**Fungal Jumble**

*Wendy So*

*Instructions:* Unscramble the first five clues themed on the title. The orange highlighted letters will give you an anagram for the answer to the question on the bottom.

**King Bolete Tree Hosts in California**

PREINHOSE



ACTIKUSPERS



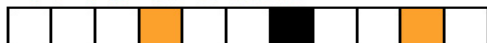
VEILAKO



PUCASULTEY



PENPIBOSHI



**What you might call a small veranda?**

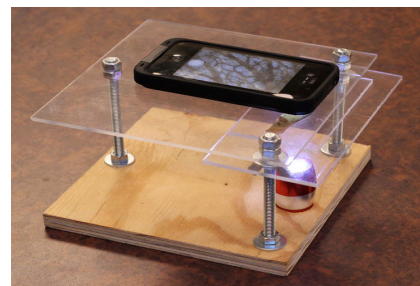


*Answers in the December 2015 issue*

**Gadget Observer**

*by Gadget Gal*

No time for an article but a cool find on the web. Please write me and let me know if you have tried this!



<http://www.instructables.com/id/10-Smart-phone-to-digital-microscope-conversion/>

Do any of you use this tool or have a gadget observer post to share?

Please send to [mycenanews@mssf.org](mailto:mycenanews@mssf.org).

Do you have a mushroom-theme game or puzzle you would like to share?

Please send them to [mycenanews@mssf.org](mailto:mycenanews@mssf.org)

**Coming soon to Mycena News: Academic Quadrant!**

This new section of the Mycena News will be the hub of activity in the fungal scientific community. Check out the happenings in the Quadrant to get updated on exciting new projects from labs all over the world. Each monthly newsletter will feature a particular lab and will brief you on what the research is, how it is being conducted, and why it is important. Stay tuned for the new Quadrant and get involved in global mycology!

Do you ever feel there aren't enough mycological activities in your life?

Do you wish there were opportunities in the Bay Area to learn and forage every week during the mushroom season?

Do you wish to go to new places to hunt and expand your mushroom network?

If you answer yes to these questions, stay tuned for the introduction of a new addition to the mycological societies in the Bay Area.

**Full details in the December issue.**

## CULTIVATION QUARTERS

*Ken Litchfield*

This month's Cultivation Quarters is going to use what we covered in the last two months on growing saprobic mushrooms on raw cellulose and compost and apply it to the mushroom blocks we picked up at last month's Far West Fungi Farm recycle pile rummage.

After the tour and potluck we rummaged the recycle pile to load up mushroom compost and bring back as many once-harvested mushroom blocks as we could carry. They were categorized into big tough plastic garbage bags, plastic trash cans, and cardboard boxes of twelve types: white, gray, brown, pink, gold, and trumpet oysters, *shiitake*, *nameko*, *pioppino*, lion's mane, *maitake*, and *reishi*.

Their prevalence in the recycle pile is based upon the types of mushrooms the farm grows the most. The loaves with the leathery chocolate colored skin are shiitakes. The rest that are white skinned are most likely white, brown, or gray oysters. Less commonly, trumpet oysters form white sheets of mycelium on the top of the block that often retain the thick cut bases of the trumpet oysters.

Less commonly, the loaves of golden or pink oysters should have some remnants of those colors on them. In addition, some of the less common *reishi*, *maitake*/hen-of-the-woods, lion's mane/crabalone, *pioppino*, or *nameko* may be recognizable by the remnants of fruiting bodies on the loaves.

These loaves have been harvested once at the first big flush of fruiting and then are removed from the fruiting halls to make room for more fresh blocks coming through. They are unpredictable for their next several fruitings, and not commercially useful, but they have much life left in them and are perfect for mushroom garden beds in a back yard, school garden, or community garden.

They can be placed in plastic bins or crates in a garage or basement or bathroom to fruit indoors with regular misting. They can also be used to make organic mushroom mulch beds that can continue fruiting for months with no watering during the rainy winter or a little watering, misting, and TLC in your spring and summer garden. Typically they may leap off and eat into the mulch or other organic matter to grow more robust, and eventually decay into compost.

First, cut any mushroom stems remaining on the loaves down to the surface of the sawdust so they don't continue decaying.

Next, to rehydrate them, soak the loaves in water, preferably rain or de-chloraminated (to the water add a tea/table spoon of powdered garden clay, baked to sterilize in a cake pan at 300 degrees in the oven for 2 hours or so to deactivate the chloramine) in a wheelbarrow, tub, or barrel with a weighted board on top to keep them submerged for 12-24 hours (not longer at one time as they may drown or go anaerobic). Some folks like to soak them in hydrogen peroxide water as it kills off the mold some, though this is an extra overhead step that isn't necessary. This should be no more than 0.3% (point three percent) concentration. That would be two 1-quart bottles of 3% (three percent) H<sub>2</sub>O<sub>2</sub> from the drug store poured into a 5 gallon bucket and filled with tap water. After 24 hours the H<sub>2</sub>O<sub>2</sub> decays to water and can be poured off into the garden. The water that is added to the hydrogen peroxide is pre-de-chloraminated with a bit of powdered clay.

In a shady, wind-protected place, put the soaked loaves of sawdust bottom side down on a bed of chippy wood chips 6-12" deep and 3x3' or 4x4', or longer in length if you have more blocks. You want chippy wood chips from logs and branches as they are the better food for these wood eating mushrooms than leafy or twiggy stuff that doesn't last very long and contains more mold and bacteria. On top of the wood chips can be placed one layer of un-waxed cardboard as the mycelium from the bottom of the blocks may be more likely to leap off and grow into the chips if they are in contact with the layer of processed cellulose cardboard against the surface of the bottom of the loaf. The blocks should be placed side by side butted up against each other and they will often grow back together sideways, especially if they are all of one kind like shiitakes or oysters.

On top of the loaves of sawdust you should place fluffed up straw, excelsior, or draped burlap as a humidity layer for the mushrooms to sprout up into and not dry out. Excelsior is the stringy, spaghetti like, aspen wood fibers sometimes used in packaging material instead of styrofoam peanuts. If you use burlap, preferably in multiple layers, you can place stakes in and around the bed to tent it above the mushrooms.

A simple way of providing the cardboard layer under the blocks and the humidity layer above the blocks is to

[Continued on page 12](#)



place the loaves in unwaxed cardboard boxes on top of the wood chips. The blocks can be placed one layer deep in a cardboard box side by side in contact with each other filling the bottom surface of the box. The box should be the depth of the block height plus that much more to allow the mushrooms room to grow unimpeded above the loaves. The flaps on the top of the box can provide the humidity layer when the box is folded closed. The cardboard will absorb sprinkled water and release the humidity into the box so mushrooms sprouting from the inner blocks won't dry out.

When the loaves are installed in your mushroom beds in a shady, non windy part of the garden, the rains will keep the blocks and humidity layer damp all winter long during the November to May rainy season with very little work on your part, except to harvest mushrooms. If the weather goes through a dry spell or during summer you may have to water periodically.

Ideally, the mushroom loaves will send out mycelial tentacles down into and through the cardboard to the wood chips to pick up more nutrients to add to the blocks. If they don't "leap off" they will at least continue producing mushrooms out of the sawdust remaining in the loaves until they are used up in a few months to a year, perhaps longer.

Your success may vary depending upon how fresh the blocks are, the type of mushroom and how regular the rains are in the season, as extra watering maybe needed. Check through the straw/excelsior/burlap once a week or so for fruiting mushrooms and keep the humidity layer damp and fluffed so it doesn't get compacted down on the blocks. Besides using them to make mushroom garden beds, you can break up the blocks fresh from the recycle pile and roll up the spawned sawdust into damp burlap and tie them with twine to grow into hanging mushroom pinatas. Or break them up and add them to plastic or burlap bags of damp straw that has been pasteurized with 0.3% hydrogen peroxide solution. Or break them up and add them to soaked wood chips in burlap bags to grow into larger quantities of mushroom spawn that can be fruited in greater amounts or used to inoculate even large quantities of substrate. Any of the bagged spawn in burlap will stay damp longer if the stuffed burlap is enclosed in a black plastic bag that can be checked periodically to see if the mycelium has grown through to fully infiltrate the whole burlap bag of chips or straw.

## MUSHROOM SIGHTINGS



*"Amanita Muscaria"* - Mendocino



*Agaricus augustus* - Prince  
San Francisco

## MSSF Calendar November 2015

### Monday, November 2, 7:00 p.m. - Culinary Group Dinner

Hall of Flowers, County Fair Building  
Golden Gate Pk., 9th & Lincoln, S.F.  
Advance registration required at [mssf.org](http://mssf.org).  
See calendar section at [www.mssf.org](http://www.mssf.org). Email [culinary@mssf.org](mailto:culinary@mssf.org) to volunteer.

### Tuesday, November 17, 7:00 p.m. - MSSF General Meeting

Hall of Flowers, County Fair Building  
Golden Gate Pk., 9th & Lincoln, S.F.  
7 p.m. - Mushroom identification and refreshments.  
8 p.m. - Speakers: Gary Lincoff & Katrina Blair

### Sunday, December 6, 10:00 a.m. - 5 p.m. - MSSF Fungus Fair

Hall of Flowers, County Fair Building  
Golden Gate Pk., 9th & Lincoln, S.F.

### Monday, December 14, 7:00pm - 9:30 pm - Holiday Dinner

Hall of Flowers, County Fair Building  
Golden Gate Pk., 9th & Lincoln, S.F.  
New chef, great food! Members who bring appetizers will be entered in special prize lottery.

Check the MSSF online calendar at:  
<http://www.mssf.org/calendar/index.php>  
for full details, latest updates  
and schedule changes.

### Councilors for the 2015-2016 term

**Councilors:** (1 year term) Julia Cabral and Joe Soeller  
(2 year term) Liz Sandiford and Tyler Taunton

## 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).

### Volunteers Wanted Now:

- Fungus Fair 2015 (visit [mssf.ivolunteer.com](http://mssf.ivolunteer.com))
- Librarian
- Merchandising Chair
- *Mycena News* layout assistant. Familiarity with Adobe InDesign a plus.

Contact [president@mssf.org](mailto:president@mssf.org) for details.

**The Fungus Fair Committee is already planning for the December 6th event.**

**We urgently need help right away from someone with advertising & outreach experience to help publicize our largest annual event.**

**Please contact [FungusFair@MSSF.org](mailto:FungusFair@MSSF.org) if you have that kind of experience and would like to help.**

**We will have lots of volunteer opportunities closer to the fair, stay tuned for information.**



## Mycena News

November 2015, vol. 67:3

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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 Zachary Mayes:  
[Membership@MSSF.org](mailto:Membership@MSSF.org)

Past issues of *Mycena News* can be read online at [www.mssf.org](http://www.mssf.org)

Mycological Society of San Francisco  
The Randall Museum - 199 Museum Way, SF, CA 94114

Submit to *Mycena News*! The submission deadline for the December 2015 issue is November 15th. Send all articles, calendar items and other information to: [mycenanews@mssf.org](mailto:mycenanews@mssf.org)

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