



# THE FUNGOPHILE

SUMMER 2008 EDITION OF THE MUSHROOM SOCIETY OF UTAH NEWSLETTER



*A beautiful example of Gyromitra esculenta.*

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Letters to the Editor may be addressed to MSU Fungophile, 2373 East 6660 South, Salt Lake City, UT 84121. MSU Fungophile is published by the Mushroom Society of Utah and is mailed to all current members. To become a member or to renew your membership, please complete the form on the back cover and return it with your check to MSU.

## Summer 2008 Schedule

All Saturday forays thru the summer will start at 9:00 AM at the Park & Ride parking lot at 39<sup>th</sup> South on the East bench between I-215 and Wasatch Blvd.

And our first foray is ... May 3<sup>rd</sup>, with another foray every first Saturday of the month thru September. Actually we had a "mini foray" the first Saturday of April. The few people who showed up 'just for the heck of it' went to the airport and found exactly what we expected to find - Nothing!! At least it wasn't a disappointment. It was good exercise for all of us, and it assured us that we weren't leaving mushrooms go to waste.

## Summer 2008

We had a 'mini' foray the first Saturday in April. The few folks who showed up 'just for the heck of it' went out to the airport and found exactly what we expected - Nothing! It was a good exercise, and assured us that we were not letting mushrooms go to waste.

The June 7 foray proved how strange the weather has been. It had snowed to 8000 feet the night before; a couple of us had been out to the International Center on Friday with no sign of life there but one member, Jeff Smith, said he'd seen *Agaricus* popping up. We went out, and everyone gathered as much as they wanted. Amazing! They were just breaking the soil, so you had to pay attention, but there were plenty.

July's foray was a tad discouraging, except that one new member walked 14 feet from the car and said, "Is this a mushroom?" while pointing to a black morel. August 2 sent a group to Brighton and another to the Mirror Lake highway. the latter found a goodly amount of boletes and a handful of hedgehogs (not to mention the moose, forty feet away, who ignored us).

And the annual foray - the biggie - is August 22-25 with headquarters at the Francis Town Hall. Plan to meet for an introductory talk Saturday morning before we split into groups for a hunt. For newcomers, we have a potluck Friday evening, spend Saturday hunting, then reconvene for a MSA-provided

dinner at the Town Hall about 6:00 (don't get too excited - it's franks and flavorings, but some splendid potluck contributions usually show up to make it very interesting). Tables are set up bearing mushrooms identified by some great volunteers. You see actual specimens and their variations - beats a book photo any day! And it gives you a chance to learn to use a fungus key (backtrack from the specimen and see how the key works).

The annual NAMA foray is September 4-7 in McCall, Idaho.

We plan to have our traditional mushroom feast in November, and Ardean is researching a guest speaker for a meeting in February.

Hope to see you at Francis.

jim

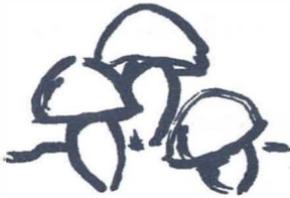
### **Fungal Developments in the Media**

There has been a couple of interesting developments recently in mushroom media. One is a new magazine "Fungi", that is published five times a year. While some of the articles go pretty deeply into the scientific study of fungi, the majority are intended for the casual mushroom devotee.

There have been excellent articles on mushroom cooking, photography, cultivation, and toxicology. The staff and editors include many of the most often seen and heard mushroom experts of today. More information can be obtained at [www.fungimag.com](http://www.fungimag.com).

The other new development is a new web site [www.mushroomobserver.org](http://www.mushroomobserver.org). It allows anyone to post a photo of a mushroom; identified or not, along with observations; and encourages others to offer names for them. Apparently the web site is growing with leaps and bounds. One article I read about it said it has about 1000 photos. Another article I read a week later said it has 13,000 photos. The creator of the web site is an amateur mycologist with an interest in technology who would like to see it become a resource for amateur and professional mycologists alike.

Visit our Yahoo web site for a much more complete review of the Mushroom Observer <[www.groups.yahoo.com/group/msutah](http://www.groups.yahoo.com/group/msutah)>



Annual Fall Foray to the High Uintas  
August 22, 23, & 24, 2008

Francis Town Hall,  
½ block south of the  
stoplight  
Francis, Utah

### Mushroom Display

Francis is located 2 miles south of Kamas. Kamas is 45 minutes from Salt Lake City. Take I-80 east to exit 148 Denver/Heber, take highway 40 east 2 miles to exit 4 (Park City/Kamas). Follow signs to Kamas. Turn right at red light in Kamas, go 2 miles south to Francis. The display will be open to the public till 9:00 PM on Friday and Saturday, and till 12:00 PM on Sunday.

### Tour of the Tables with Ardean Watts

Our own "Mr. Mushroom" and founder of MSU will enlighten us on the mushrooms in the display. To be followed by field trips with local experts along the Mirror Lake Highway.

Camping by the Corral  
Trailer or RV camping will be available west of the Francis town hall in the vicinity of the rodeo corral. Tent camping on the back lawn is also available.

### Kids Contest

Prizes for the smallest, most colorful, and most unusual mushrooms. Sherman Brough will make the awards after dinner Saturday evening.

### Taste Sampling

Samples of edible mushrooms brought in will be sauteed for comparing the various tastes we experience in different mushrooms.

### Guided Mushroom Hunts

Go with one of MSU's experienced mushroom hunters on Saturday morning to collect specimens for the display tables or for taste sampling.

### Free to MSU Members

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
# of Adults \_\_\_\_\_ Children \_\_\_\_\_

## **Mushroom Hunts**

Whether you go on a guided field trip or freelance, the following items are recommended:

1. Waxed paper or paper bags, for wrapping your collections.
2. Trowel, for digging up mushrooms.
3. Pencil and Notebook, for notes on surrounding conditions.
4. Basket or Daypack, for carrying your equipment and collections.
5. Lunch or snacks, water.
6. Field Guide, MSU recommends any of the following

Mushrooms Demystified by David Arora

North American Mushrooms by Dr. Orson K. Miller and Hope H. Miller,

Peterson Field Guide to Mushrooms by Kent H. Mcknight/Vera B. Mcknight

Mushrooms of Utah by Don Johnston.

## **Foray Schedule**

### **Friday, August 22, 2008**

3:30 PM at Francis to start setup of the display.

6:00 Potluck dinner.

### **Saturday, August 23**

#### **8:30 AM Registration**

9:00 Tour of the tables with Ardean Watts. A discussion of mushrooms in the display.

Display open to public all day.

10:00 Depart in search of more mushrooms for the display tables.

3:30 PM Back to Francis with any additional specimens. Talk with the experts. Let them answer your questions.

Mushroom donations from your collections will be appreciated, to be used for taste sampling.

#### **6:30 Festive Frank Feast**

**Fraught with Frivolity** at the town hall. Hot Dogs and accouterments provided by MSU. Kids contest awards will follow.

### **Sunday, August 24**

Informal review and discussion  
Open till noon

For further information phone  
Jim Stringfellow at 801-936-1276  
Don Johnston at 801-942-0637  
Bill or Cindy Thomas at 801-583-9426

Members and families **free**, Nonmembers \$15.

Admission covers all events including the Fireside Franks & Fungus Frolic

No prior registration will be necessary this year.

**T**hese are the recipes we were able to glean from our feast in February.

### **Fresh Shiitake Mushroom Appetizer**

1 lb fresh (not dried) Shiitake mushrooms  
1 lb thick-cut bacon  
1 cup shelled pine nuts  
5 scallions

Trim bacon to remove excess fat, then slice bacon strips into 1/4" x 1" pieces. Trim stems from mushrooms and brush the caps clean. Slice caps into 1/4" strips. Wash scallions, trim both ends, then chop on an angle. In a large saute pan, cook the bacon over medium heat until most of the fat is rendered, but bacon is still soft. Spoon out excess grease, leaving a spoonful or two in the pan. Add the mushrooms and toss well with bacon. Cook for five minutes, stirring or tossing often, then add nuts and chopped scallions. Cook another two or three minutes, until the onions begin to wilt. Serve while hot, in small portions as an appetizer or a topping to a green salad.

### **Smoked Trout/Horseradish Dip**

1/2 pound smoked trout (less if using salmon)  
1/4 cup mayonnaise  
1/2 cup sour cream (trade-off: 3/4 cup fat-free plain yogurt)  
3 tbl chopped fresh dill leaves  
1/2 cup chopped, sauteed cremini or Agaricus  
2 tbl bottled horseradish (NOT horseradish sauce; or use fresh grated horseradish for punch)

Chop trout finely and add remainder of ingredients. Just before serving, season to taste with salt & pepper (white pepper).

### **Cheese & Mushroom Strata**

3 tbl olive oil  
1 lb fresh cremini in quarters  
1 lb fresh bolete (or shitake) cut into fairly small pieces  
1/2 cup finely chopped white onion  
2 tsp sea salt  
1/2 tsp fresh-ground black pepper  
2 cups half-and-half  
unsalted butter for pan  
6 eggs  
1/4 cup fresh pesto  
2 tsp hot pepper sauce (or 1-1/2 tsp good chili powder)  
8 slices day-old bread w/o crusts  
2 cups grated (1/2 lb) Bel Paese or other semi-moist mild white melting cheese  
(1 cup fresh tomato sauce)

In a large skillet heat olive oil and saute mushrooms, adding 3/4 tsp of salt & the pepper, stirring once or twice until they render their juice. Add the onion, raise the heat & cook til juice is gone and 'shrooms are lightly browned. Cool to room temperature.

Butter a 10-by-13 oven dish.

Whisk eggs, add the pesto sauce, half-and-half, the pepper sauce, the remaining salt. Layer pan bottom with bread slices, spoon 1/2 the mushrooms over them, sprinkl 1/2 the egg mix, sprinkle 1/2 the cheese on top.

Repeat.

Cover and let stand (room temperature) about an hour.

Preheat oven to 350, uncover the strata and bake until it puffs, is firm and lightly browned, from 35-45 minutes..

Remove and let rest 5 minutes.

Serve as-is or put a fresh tomato sauce on top.

### **Morel Cream Cheese Spread**

2 cups dried morels, chopped

3 Tbsp. butter

1/4 tsp. garlic powder (must use powder)

1 tsp. parsley

3 8-oz. pkgs. cream cheese at room temperature

Rehydrate morels in warm water for 30 minutes or until soft; drain well. When rehydrated, morels look like coarse hamburger. Saute in butter; stir in garlic powder and parsley. Remove from heat and allow to cool. Then saute until all water boils away, about 3 minutes. Beat the cream cheese until fluffy; fold in the morel mixture.

Refrigerate overnight. You may whip in some milk to make a dip if you prefer.

## Seared Sea Scallops with Glazed Shiitake, Sesame Seaweed and Tomatoes

Serves 2

This is a much abbreviated version of the original recipe. For the full version plus a discussion of 'Umami' please see volume 1 no. 2:summer 2008 of "Fungi" magazine.

- 3 medium tomatoes, different colors are nice
- ½ cup Sesame Seaweed Salad (from Sushi bar)
- 10-12 fresh shiitake caps
- 2 cups unsalted chicken stock
- 1 small chunk ginger
- 6 large sea scallops
- 3 oz olive oil

Start by putting the chicken stock to simmer. Add the ginger. Reduce to 3-4 ounces. Salt to taste after reduction. Slice the tomatoes and arrange on two plates. Place about a half cup of seaweed salad on top of the tomatoes on each plate.

If the shiitakes are large, halve or quarter them, saute them in the oil until lightly browned on both sides. Raise the heat and add the chicken stock reduction to the pan. Toss to glaze the mushrooms. Return to a boil. Do not allow the glaze to burn. Remove the mushrooms and arrange on top of the seaweed salad. Leave some of the glaze in the pan.

Remove the side muscle if present from the scallops. Salt and pepper to taste. Add about 1/4 inch of oil to the saute pan and heat till almost smoking hot. Place the scallops in the pan and reduce the heat to medium high. Sear the scallops on one side till nearly done, then turn them over for a much shorter time on the other side. Try to cook them to medium rare on the inside, translucent, but not white. Place them on top of the mushrooms and drizzle some of the remaining sauce over them.

### Here's how to join MSU

\$15 Family Membership in MSU

\$47 Family Membership plus membership in NAMA

\$30 Student Membership in MSU and NAMA

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

Family membership includes all members of your household. Fill out the form above, make check payable to MSU and send to: Bill Thomas, 1148 Sunnyside Avenue, Salt Lake City, UT 84102. If you have any questions call 801-583-9246