



**mushroom**

SOCIETY OF UTAH

# THE FUNGOPHILE

WINTER 2004 EDITION OF THE MUSHROOM SOCIETY OF UTAH NEWSLETTER



Coming soon to your neighborhood park, *Coprinus micaceus*.

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<http://groups.yahoo.com/group/msutah>

## MSU Officers

### President

Ardean Watts 581-1931

### Vice President

Jim Stringfellow 936-1276

### Secretary

Don Johnston 942-0637

### Treasurer

Cindy Thomas 583-9246

### Membership Secretary

Bill Thomas 583-9246

### Directors

Mark Cannon 466-5124

Sherrnan Brough 943-6183

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.

## Please note the new slate of officers above

This new slate of officers was elected at our November meeting. The board of directors of MSU wishes to thank the retiring officers for their dedicated service during their tenure. Particular thanks go to Art Dyck, who has served as treasurer since the inception of MSU in 1994. MSU is totally reliant on unpaid volunteer service by its officers and board members. Their aid in conducting the affairs of the organization is greatly appreciated.

## Revision of MSU Bylaws

A meeting of the board of directors was held on March 16 specifically for the purpose of updating our bylaws. Bill Thomas prepared a detailed proposal for the new bylaws. With a few additional changes the new bylaws were accepted by the board. Essentially the changes represent the way we are currently conducting business, rather than changing the way we conduct business. Copies of the proposed bylaws will be available from Bill Thomas. They will be presented at the next business meeting of MSU for approval by the membership.

## Non-Member Foray Fee

At our January meeting it was decided we would begin charging a fee (donation) for non members to participate in our forays. In the future, non members may participate in one foray as a guest of MSU. After that a fee of five dollars will be assessed for each family attending a foray.

More emphasis will also be placed on a roster of attendees at each foray. This list could be very useful when we all go home to make sure there is no one left behind.

# Our Recycled President Reminisces

MSU has survived into its twelfth year. Organizations like ours depend on volunteers to stay alive and give service to members and the community. Several slates of officers and many willing hands have contributed countless hours so that the delights of mushrooming might be enjoyed with all who were interested. I hope you share my pleasure in revisiting some of the names from my first go-round as MSU president.

Officers for 1994 – 96: Ardean Watts, president; Geoffrey Orr, vice-president (deceased); Esther Henrichsen, secretary; Art Dyck, treasurer (served longer in the same office than any other officer). And among the many not to be forgotten -- Dave Okelberry organized unforgettable pot-luck dinners.

Ten Jones, local professional picker and broker, spoke on exporting wild mushrooms to Russia and the Far East.

Jean Treshow edited the first newsletter. Her husband, Mike Treshow, U of U Professor of Biology, lectured Jan. 1996 on "Mushrooms Your Plants Don't Like".

Sherm Brough, retired Prof. of Mycology, lectured on "Demystifying and Identifying Mushrooms".

Annual Uinta forays led by Frank Andersen starting September of 1995 and continuing until he moved to Idaho Falls, Idaho.

You endured Ardean Watts lecture, "How To Read A Field Guide" March 1996 and reviewed the book, Poisons and Panaceas by Denis R. Benjamin 1996 with comments from Brad Dahl from Utah Poison Control Center.

1996 Brighton Foray at Camp Tuttle. Kent and Vera McKnight were mycologists for this and subsequent fall forays. Vera designed fall foray T-shirts and posters.

Their book, Mushrooms, in the Peterson Field Guide series is still a mainstay for beginners and experts alike. Both have departed for the great mushroom hunt in the sky.

Ardean Watts and Sherman Brough gave mushroom presentations at the new Red Butte Gardens (USU).

Sherman Brough and Darrell Webber, both MSU members, published "Trees of Utah" in 1993. Sherm's Identification of Flowers in Albion Basin came out in a revised edition in 2003.

These are only a few of many names remembered from my two years as your president. I am especially grateful to Don Johnston and Mark Cannon who agreed to assume the presidency when I became old and tired so that the organization might continue to enhance the lives of those of us who find fungus a fascinating way to enjoy nature and stimulating companions.

I occasionally think about my own evolution as a mycophile. I was first attracted to mushrooms as an eating adventure, then a hunting challenge. Eventually, I searched-out mushrooms for their aesthetic beauty. Gradually, I became familiar with the science of mushrooms and the challenge of identification and classification. Finally, I came to appreciate the ecology of mushrooms and

their roles in the great chain of being: recycling, mycorrhiza, etc. I suspect we all go through a similar progression in what draws us to this fascinating kingdom of creation.

Just as the mushrooms play a major role in recycling the nutrients which make life possible on our planet, it appears that I am now recycled into another term as MSU president. I don't relish the extra work, but I love mushroomers as much as mushrooms and so I count the work as play because of my closer association with all of you who include a love of mushrooming as part of your persona. It would not be possible for me to do this alone and so I thank Jim Stringfellow, Cindy and Bill Thomas, Sherman Brough and our former presidents, Don Johnston and Mark Cannon for being willing to share the load and hold my hand and many more of you who will lighten the load by your support. It is a privilege to head such a team. I hope to be able to maintain the momentum my predecessors have established. I am pleased to announce that Dr. Orson K. and Hope Miller will join us for our Uinta Foray at Frances, September 26-28. Hope you will all be there, too.

Ardean Watts

# LASAGNE WITH MUSHROOMS AND HAM

- 1 ½ lb. Fresh, firm white button mushrooms
- 3 T Vegetable oil
- 3 T Butter (plus more for greasing and dotting a 9 X 12 lasagne pan)
- 1/3 c Onion, chopped very fine
- oz Dried porcini mushrooms ( soaked for at least 30 mins. in 4 c. warm water)
- Strained water from soaking mushrooms
- 1/3 c Canned imported Italian plum tomatoes (drained and chopped)
- 2 T Parsley (chopped)
- Salt
- Pepper (fresh ground)
- Lasagne noodles (cooked to al dente)
- ¾ lb Ham
- Béchamel Sauce
- 2/3 c Grated Parmigiano-reggiano cheese (plus extra for the table)

1. Brush fresh mushrooms to clean and cut them very thin in lengthwise slices, leaving stems attached to the caps.
2. Choose a sauté pan that can subsequently accommodate all the fresh mushrooms without crowding. Put in the oil, 3 T butter, and the chopped onion. Turn the heat to medium.
3. Cook, stirring until the onion becomes translucent. Put in the reconstituted porcini, the water from their soak, the chopped tomatoes, and the parsley. Stir thoroughly to coat all ingredients, set the cover on the pan slightly ajar, and turn the heat down to medium low.
4. When the liquid in the pan has completely evaporated, put in the sliced fresh mushrooms, salt, and a few grindings of pepper, and turn the heat to high. Cook uncovered for 7 to 8 minutes until all the liquid thrown off by the fresh mushrooms has evaporated. Taste and correct for salt and pepper, stir, turn off the heat, and set aside.
5. Cook lasagne noodles.
6. Preheat oven to 400 degrees.
7. Cut the ham into very thin julienne strips.
8. Make béchamel sauce (see below) and keep warm in a double boiler on low.
9. Thickly smear the bottom of the pan with butter and a little bit of béchamel. Line the bottom with a single layer of pasta strips, cutting them to fit edge to edge, allowing no more than ¼ inch overlap.
10. Combine mushrooms with all but 2 to 3 T béchamel and then spread a thin layer over pasta. Scatter a few strips of ham over the sauce, and then sprinkle with a little grated Parmesan. Repeat layers again beginning with pasta layer. Build up layers to a minimum of 6 layers. Over the topmost layer, spread the remaining béchamel and the rest of the Parmesan cheese. Dot with 2 T of butter. *Can be completed to this point*

up to 2 days in advance and refrigerated, tightly sealed in plastic wrap.

11. Bake on the uppermost rack of the preheated oven until a light golden crust forms on top (15 to 20 mins).
12. Remove from oven and allow to settle for about 10 mins. Serve directly from pan with grated Parmesan cheese on the side.

### Béchamel Sauce

2 c	Milk	3 T	Flour
4 T	Butter	¼ t.	Salt

1. Put the milk in the saucepan. Turn the heat to medium-low and bring just to the verge of boiling.
2. While heating the milk, put the butter in a heavy-bottomed 4-6 cup saucepan and turn the heat to low. When the butter has melted completely, add the flour and stir with a wooden spoon. Stir constantly for 2 mins. Remove from heat.
3. Add the hot milk to the flour/butter mixture, no more than 2 tablespoons at a time. Stir until milk has been incorporated into the mixture. Repeat until you have added ½ c milk and then add milk ½ c at a time.
4. Place the pan over low heat, add salt and continue stirring until the sauce is as dense as thick cream.

Cindy Thomas

# Upcoming events-Summer schedule

Now that bridge construction is completed on I-215 the Park & Ride parking lot has been re-opened. We will return to our old place of meeting at that parking lot on the North side of 39th South between I-215 and Wasatch Blvd.

With all the precipitation we've had this year, we have high hopes for an excellent year of mushrooming.

Saturday, April 16, 9:00AM, 39th South Park & Ride

Our first Foray of the year. With a little luck with Mother Nature, we might find some Morels, Meadow Mushrooms, or Shaggy Manes. We expect this foray to last till around Noon.

Saturday, May 7, Same time, same place.

This is a tentative event, and will be based on other factors between now and then. We would like to make it an all day foray to somewhere new with a possibility of finding great mushrooming. If anyone has any suggestions, let us know.

Saturday, May 21

This will probably be a good time to go to the mid-elevation of some of our local canyons.

Saturday, June 18

Hopefully a good opportunity to go to the high elevation snowbanks to look for some delectable Ascomycetes. We will be approaching the driest part of the Summer, so it may be slim pickings till the Summer monsoon comes in.

Saturday, July 16

With any luck, we may have some warm summer rains that can elicit the start of the Fall mushroom season.

Saturday, August 6

This could be the second of the year for an all day or perhaps an all weekend foray. We will be looking for a good location that has potential for lots of mushrooms. Think Sanpete County, Fish Lake, North Slope of the Uinta's, or perhaps even somewhere in Colorado. Give us your input. Where would you like to go?

Friday, Saturday, and Sunday, August 26, 27, & 28

The Annual Fall Foray to the High Uinta's. This is a change from a discussion at our last meeting. It is being made in the hope that Orson and Hope Miller might be able to attend. More detail to follow.

## MSU Member to Serve in Iraq

One of our long time members, Wes Glenn is currently undergoing training in preparation to going to Iraq. His presence will be missed at our forays this summer. We hope that his wife, Pat, can join us in his absence and perhaps keep us abreast of how Wes is doing. We all hope for Wes's safe return.

## Telluride Mushroom Festival 25<sup>th</sup> Anniversary

The 25<sup>th</sup> annual Telluride Mushroom Festival—designed for people interested in mushrooms—will be held in Telluride, Colorado, Aug. 18-21.

The festival includes mushroom lectures, forays, hands-on identification and cultivation workshops, mushroom poetry, and a mushroom parade—which runs down the main street of Telluride and features festival participants dressed as mushrooms, spores, and other elements of the mycological world. Experienced guides will lead daily fungus forays in the forests surrounding Telluride, generally productive of a wide variety of wild mushrooms, particularly edible species, like chanterelles and porcini.

Nationally recognized authorities on mushrooms will present lectures and workshops.

Complete information about the Festival program, registration, lodging, and travel is available on the Festival's web site: [www.shroomfestival.com](http://www.shroomfestival.com). Or write, Fungophile, Attn. Mushroom Festival, Box 480503, Denver, CO, 80248-0503. Call 303-296-9359.

**Contact:** Emanuel Salzman, MD For Immediate Release 303-296-9359 or 303-292-1524

## Here's how to join MSU

Pass this on to a friend who may be interested in mushroom hunting.

\$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