



THE FUNGOPHILE

FALL 2008 EDITION OF THE MUSHROOM SOCIETY OF UTAH NEWSLETTER



Blueberries in the Uinta's. Enjoy them when you find them.

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Visit us online at
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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

Here's a date for our 'Mushroom Feast'. Wednesday, February 13th at Ardean Watts home, 660 South University (1335 East) St. 7:00 PM. Bring a mushroom dish and a copy of the recipe.

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

A preliminary schedule for summer forays is the first Saturday of each month beginning in May and ending in September. We sometimes have a foray in April, but it is always subject to the whims of Mother Nature. The best bet is to call one of the officers listed above in early April to see if anything has been scheduled. We will probably have another newsletter out to announce the summer schedule

Friends of the mushroom

Lisa's (my sweetie) father sent a mushroom kit to her for Christmas - he had no idea we were into mushrooms, he saw it in a catalog and thought it looked fun. This is from "Mushroom Adventures" out of Marysville California, and is *Agaricus bisporis*. And it's been fun. Harvesting 4" buttons (a couple) and lots of 3" ones has kept us busy coming up with recipes, but the best part is just having growing 'shrooms in the winter.

And speaking of recipes, we're planning a February meeting at Ardean and Elna's home. This is a chance to elect officers of the Society and to have a good time sharing mushroom delicacies. Don Johnston often prints the best ones in the newsletter and gives us a chance to add to our repertoire.

The current waterpack seems to indicate that we might have a good year for mushrooming - certainly better odds than the last two - and if the Farmer's Almanac isn't as questionable as the average weather reports, then Fall looks great as well. Keep the annual foray in mind as you wander around, and see if there's someplace special to explore this year - it would be pleasant to go a bit farther afield.

In the meantime, come share our feast, and keep learning about our little fungal friends.

Jim Stringfellow

Blueberries in the Uinta's

Almost as hard to find as the King Boletes we search for are the blueberries on the front cover of this newsletter. Some may not believe we really have them in Utah, but here is evidence. This photo was taken within sight of Bald Mountain along the Mirror Lake Highway. This species, believed to be *Vaccinium cespitosum*, or Dwarf Blueberry, is fairly common thru-out the Uintas.

You can find the barren plants every year scattered everywhere within miles of Bald Mountain. Look for them at the edges of clearings around the base of conifers. Only occasionally do you find a fruiting like this. The blossoms are very susceptible to frost in the spring or early summer when they are blooming. It is rare to have a night that doesn't get pretty frosty that time of year, thus freezing and killing the potential fruit is more common than survival.

You've probably found and picked numerous Boletes nestled beneath the leaves of blueberries.

Don Johnston

Start mushrooming, by Stan Tekiela and Karen Shanberg. Published 1993 by Adventure Publications, Cambridge, Minnesota. 126 pages. This is an interesting little book that I found in Cabela's camping department. Its purpose is just as the title implies, a way to get started mushrooming. It concentrates on 6 easy to identify mushrooms, tells when and where to find them, and what to do with them when you do.

It also describes the poisonous *Amanita* genus, so you can identify what you do not want to collect. The 'Safe Six' it refers to are; the Morel, Oyster, Shaggy Mane, Sulfur Shelf, Giant Puffball, and Hen-of-the-Woods. Even tho the Sulfur Shelf nor the Hen-of-the-Woods appear in our area, this book could be very beneficial to the beginner or to the uncertain. It would make a perfect gift to a friend you would like to see become interested in mushrooms. It basically shows just how easy it is to safely enjoy mushrooming.

While some statements made could be considered subjective, one would be perfectly safe following their guidelines on edibles.

The last section of the book contains recipes and methods of preservation of your find.

Don Johnston

Prosciutto Wrapped Halibut

6 square sheets parchment paper
6 pieces halibut fillet, individual serving size
2 garlic cloves
12 slices prosciutto
1 leek
10 large Crimini mushrooms
1 medium onion
6 baby bok choy
3 lemons
to taste-salt and pepper
olive oil

Preheat oven to 425 degrees. Finely mince garlic. Trim top and bottom of leek. Slice in half lengthwise and rinse thoroughly. Slice stalk halves on the bias 1/4 inch thick. Slice cleaned mushrooms 1/4 inch thick. Dice onion into 1/4 inch pieces. Mix leeks, mushrooms and onion in a bowl, set aside. Trim the bottoms of the baby bok choy and slice lengthwise. Wash thoroughly. Slice one lemon into thin slices. Slice remaining lemons into wedges to serve on the side.

Rub oil onto on side of parchment paper. Rub a small amount onto the halibut fillets. Season the fillets with salt, pepper, and garlic. Wrap two slices of prosciutto around each fillet. Place an equal amount of the leek, mushroom and onion mix on the center of each parchment paper. Add two halves of bok choy to each. Season with salt and pepper. Place fillet on top, cover with two slices of lemon. Fold up parchment paper and seal. Place on sheet pan and bake for 30 minutes. Remove and let rest for 5 minutes. Serve with rice.

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