



mushroom

SOCIETY OF UTAH

THE FUNGOPHILE

FALL 2009 EDITION OF THE MUSHROOM SOCIETY OF UTAH NEWSLETTER



Has anyone seen this one before? About 1 inch in diameter. No pores visible. At first I thought Coltricia, then Craterellus?

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Visit us online at
<http://groups.yahoo.com/group/msutah>

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Letters to the Editor may be addressed to MSU Fungophile, 2373 East 6660 South, Salt Lake City, UT 84121, or to dwjohnston@uswest.net. 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.

2009 Schedule

August 28, 29, & 30th, 2009 will be our fall foray for 2009 in Francis, Utah. See the flyer included for details.

September 5 will be our last foray of the year. Depending on the weather, this can be a bust or very productive. Time will tell.

The Mycological Society of America met at Snowbird this year. A group of dedicated volunteers from MSU provided guide service for 64 members of MSA. It is safe to say it was an enlightening experience for the MSU volunteers. The MSA people were from across the US. It is always interesting to see how specialized the interests are.

I wish to thank those who helped in the effort. In alphabetic order they are: Jill Allen, Andrea & Joey Faust, John Fox, Bill & Cindy Thomas, and Ardean Watts. Special thanks to Brad Kropp, a member of both MSU and MSA, who did the coordination between the two groups. Thanks and an apology to Danny & Karen Potts, who I missed communicating a schedule change to.

Don Johnston

From our President

After spending a week in Colorado's Rocky Mtn Ntl Park, especially following the monsoons, I have to admit that we're out here in Utah just hoping for the same. The mushrooming was superb even if I couldn't identify more than half. *Russula emetica* practically glowing with redness and 9 inches across!

Well, our time is coming, and the yearly foray on August 28-29-30 in Francis Town Hall may well prove to be a good one, but especially if it rains well during the next two weeks. Plan on stopping by and seeing what has been found, donating your own finds to the tables, and hanging out with friendly folks. We can camp out on the Town Hall's lawn, have a franks and salad

dinner on Saturday (many franks to Bill & Cindy for doing that), and learn more about the mushrooms of the Wasatch and Uinta Mountains.

To get there, drive to Kamas and turn right on the main street. Go a couple of miles and you'll find the Francis Town Hall on the left. We'll try to get some items out on the tables Friday evening, have a short informal talk Saturday morning, then set off in groups to find the elusive fungi. Saturday afternoon will be focused on sorting, identifying, and displaying the finds. Dinner that evening, and a summary on Sunday morning.

Hope you all can join us for this yearly event!

Jim Stringfellow

Amanita muscaria now edible

A recent article "A Study of Cultural Bias in Field Guide Determinations of Mushroom Edibility Using the Iconic Mushroom, *Amanita muscaria* as an Example" in the journal 'Economic Botany' by William Rubel and David Arora is a bit critical, to say the least, of mushroom field guides reporting of edibility of specific mushrooms. Their claim is that with respect to edibility, mushroom field guides have not kept up with advances in scholarship. Field guides tend to "lack curiosity, to be resistant to change, and to ignore facts that contradict the prevailing cultural consensus on a mushrooms edibility".

They go on to show many examples of cultural bias in reporting of mushroom edibility in field guides. These begin with an early field guide "Flora Londinensis" that cautioned against meddling with any sort of mushroom other than the common field mushroom, while at the same time acknowledging that mushrooms are much more of an object of food in other countries than with us. The authors continue with *Amanita muscaria*, as an example, thru many publications, and show that despite its excellent savory character and tradition as a food item, it is still characterized as "poisonous" in modern field guides. *A. muscaria* can be, in fact, toxic if not properly prepared. The fact is: no field guides bother to report it can be detoxified.

The "recipe" for detoxifying *A. muscaria* is as follows:

Slice the mushroom into thin slices about 1/8 inch thick. For each 4 ounces of mushroom, use 1 quart of water and one teaspoon of salt. Bring the water to a boil, then add the mushrooms. Continue boiling for 10-15 minutes, until the mushroom is soft. Drain and rinse.

The mushrooms may now be used in any way you choose, as with any other mushroom.

I have tried this recipe and found the result rather bland beside slices of *boletus edulis*. That may not have been a fair comparison. Nevertheless, I had no adverse reaction from eating the mushroom. Just in case there might be a lingering question in some of your minds— I did not feed any of it to my wife! One other MSU member reports trying this same recipe, Megan Ferguson. She reports no adverse reaction as well.

Perhaps this paper could trigger a revolution in reporting edibility from a world wide point of view, rather than the narrow "we don't recommend it because we've heard reports of someone becoming ill from eating it". In the future we may see more recipes on, for instance, How to Salt Russulas.

Don Johnston

Steak Tips with Mushroom Gravy

1 Tablespoon Soy sauce	1 pound sliced fresh mushrooms
1 teaspoon sugar	1 large onion, sliced thin
1 ½ pound sirloin steak tips	1 clove garlic, minced
1/4 ounce dried porcini	½ teaspoon thyme leaves
1 3/4 cups beef broth	4 teaspoons flour
Salt and pepper	1 tablespoon chopped parsley

Cut the steak tips into 1 ½ inch cubes. Marinate in the soy sauce and sugar 30 minutes.

Cover porcini with 1/4 cup warm broth. Let stand for 30 minutes.

In one tablespoon oil, brown meat on all sides on high heat. Set aside.

Remove the porcini from the broth. Mince the porcini. Add to the skillet with the fresh mushrooms. Cook until the liquid has evaporated and mushrooms start to brown. Add onion and salt. Continue cooking, scraping the pan, till the onions start to brown. Add garlic, thyme and flour, and stir till vegetables are coated with flour. Add the remaining broth and porcini soaking liquid. Stir to remove any browned bits from the pan.

Nestle pieces of steak into the mushroom and onion mixture. Simmer till steak reaches 130 degrees internally. Season to taste with salt and pepper. Serve over rice or pasta. Sprinkle with parsley.

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



mushroom
SOCIETY OF UTAH

Annual Fall Foray to the High Uintas
August 28, 29, & 30, 2009

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 28, 2009

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

6:00 Potluck dinner.

Saturday, August 29

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 30

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.