

# SOMA NEWS

SONOMA COUNTY MYCOLOGICAL ASSOCIATION

VOLUME 27 : 4

December 2014

## MEMBERS POT LUCK! December 13th, 7PM

This gala culinary event will be held at the Sonoma County Farm Bureau, in Santa Rosa. Get your forks and corkscrews ready. Directions and map on the last page.

## FEATURE OF THE MONTH:

Colorful Camp Adventures at the Fiber Arts Workshops - By Dustin Kahn; Page 7



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**EMERGENCY MUSHROOM POISONING ID:** After seeking medical attention, contact Darwin DeShazer for identification at (707) 829-0596. Email photos to: [muscaria@pacbell.net](mailto:muscaria@pacbell.net) and be sure to photograph all sides, cap and of the mushroom. Please do not send photos taken with older cell phones - the resolution is simply too poor to allow accurate identification.

NOTE: Always be 100% sure of the identification of any mushroom before you eat it!

THE SONOMA COUNTY MYCOLOGICAL ASSOCIATION (SOMA) IS A NON-PROFIT (501C) EDUCATIONAL ORGANIZATION DEDICATED TO MYCOLOGY. WE ENCOURAGE ENVIRONMENTAL AWARENESS BY SHARING OUR ENTHUSIASM THROUGH PUBLIC PARTICIPATION IN MEETINGS AND IN GUIDED FORAYS.

### SOMA OFFICERS

**PRESIDENT**

Jim Wheeler  
[SOMApresident@SOMAmushrooms.org](mailto:SOMApresident@SOMAmushrooms.org)

**VICE PRESIDENT**

Vacant

**SECRETARY**

Gene Zierdt  
[SOMAsecretary@SOMAmushrooms.org](mailto:SOMAsecretary@SOMAmushrooms.org)

**TREASURER**

Judith Tye-Angell  
[SOMAtreasurer@SOMAmushrooms.org](mailto:SOMAtreasurer@SOMAmushrooms.org)

### COMMITTEES AND BOARD MEMBERS

**BOOK SALES**

Tom Campbell  
[tashton@sbcglobal.net](mailto:tashton@sbcglobal.net)

**CULINARY GROUP**

Chris Murray  
[SOMAculinary@SOMAmushrooms.org](mailto:SOMAculinary@SOMAmushrooms.org)

**CULTIVATION CLUB CHAIR**

Vacant

**FORAYS**

Patrick Hamilton  
[mycochef@sbcglobal.net](mailto:mycochef@sbcglobal.net)

**MEMBERSHIP**

George Riner  
[SOMAmembership@SOMAmushrooms.org](mailto:SOMAmembership@SOMAmushrooms.org)

**MUSHROOM DYE COORDINATOR**

Dorothy Beebee  
[SOMAmushroomdyes@SOMAmushrooms.org](mailto:SOMAmushroomdyes@SOMAmushrooms.org)

**SCHOLARSHIPS**

Rachel Zierdt  
[scholarships@SOMAmushrooms.org](mailto:scholarships@SOMAmushrooms.org)

**SCIENTIFIC ADVISORS**

Darvin DeShazer  
(707) 829-0596  
[muscaria@pacbell.net](mailto:muscaria@pacbell.net)

Chris Kjeldsen, Ph.D.  
(707) 544-3091  
[chris.kjeldsen@sonoma.edu](mailto:chris.kjeldsen@sonoma.edu)

**SOMA CAMP DIRECTOR**

[SOMAcampinfo@SOMAmushrooms.org](mailto:SOMAcampinfo@SOMAmushrooms.org)

**SOMA CAMP REGISTRAR**

Chris Murray  
[SOMAregrar@SOMAmushrooms.org](mailto:SOMAregrar@SOMAmushrooms.org)

**SOMA NEWS EDITOR**

Charles W. Thurston  
[SOMAnewseditor@SOMAmushrooms.org](mailto:SOMAnewseditor@SOMAmushrooms.org)

**SOMA WEB MASTER**

Martin Beebee  
[SOMAinfo@SOMAmushrooms.org](mailto:SOMAinfo@SOMAmushrooms.org)

**VOLUNTEER COORDINATOR**

# President's Letter

## DISPATCH FROM THE DUFF:

It seems there will be opportunity to feature dishes made with fresh wild mushrooms at our seasonal pot luck dinner for a change. The recent rain has caused multiple fruiting of many types of mushrooms in our neighborhood as well as Salt Point State Park. Please plan to attend and bring your special recipe or dish. Remember to complete the form describing the dish, and bring a sample(s) of the mushroom(s) used. Also, bring your own eating/glass ware. Hope to see you at the Farm Bureau on December 13th, at 7pm.

The maximum number of forayers allowed on the SOMA Collecting Permit gathered at the November foray. Multiple families from the Bay Area came for the day and stayed overnight at the campground. Of course, the weather cooperated and they had a perfect weekend for their long trip. A number of edible species were found. The talk and discussion at the ID table added to everyone's education. Most of the leftover edible mushrooms collected were taken by two families to pickle for later use. They described their recipe with the few forayers left after cleanup. Very different than anything I had heard or read about. The list of ingredients can be shared with anyone who asks.

Dr. Dennis Desjardin spoke to an over flowing crowd at the November guest speaker meeting. He detailed the contents of the "California Mushrooms: The Comprehensive Identification Guide", a book he wrote with Mike Woods, and Fred Stevens. Of the approximately 3000 species of mushrooms found in California, 1100 are noted and 650 are described in the book. Dennis listed the titles and outlined the content of each chapter. He included a narrative on his thinking of which specie to include and the reasoning for their selection. Regrettably, the book will not be released until the spring of 2015. He rejected the first proof because of the uneven quality of some of the photographs printed. I think we can look forward to an excellent new guide in the next few months.

We expect SOMA Camp 2015 to be full again. Registration is moving along at same pace as in previous years. Rains are expected to continue through a normal season. So, do include your rain gear on the list of items to bring to camp. Of course, if you do pack it maybe the rain will hold off until the Tuesday after camp. With normal rainfall we expect to find many more examples of wild mushrooms to identify, catalogue and consume.

Remember, the December foray is for members only. Let a member of the Board know if you're planning to attend. Only the first fifty members who sign up will be able to attend the foray and the potluck after.

Best regards,  
Jim Wheeler

# November Foray Table @ Salt Point



Next foray for members only is December 20th.

Credit: Darvin DeShazer

## Photo of the Month

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*Turbinellus floccosus*

Credit: SOMA Foragers

# The Forager's Report: November 2014

By Patrick Hamilton

(originally published in "Mushroom the Journal" Summer '03)

Note: Due to this being written over 11 years ago the names of some of the mushrooms are since changed. For fun you can figure out which and look them up! Some fun, eh?

## ~Aged Porcini~

When is the last time you opened a well-sealed container of dried, aged, porcini? I keep mine in these 4-liter Italian clamp-down jars and last night one was gotten into for a dinner being made and, whoa!—must have been several long years since that canister of *B. pinophilus* had been popped.

Varnished flavor layers of deep marvelous meaty and musty mushroom aroma grabbed my nose and tweaked it—not unlike in a Three Stooges bit. I sputter-muttered, sort of monkey-like yipes vibrated the top of my mouth, consecutively and quickly, each building in a crescendo until I shook my head back and forth rapidly to try and gain a second to reconcile sniffing the stuff while my face tried to catch up.

Probably if a slow motion camera was filming we could have seen that my face really did not stay in sync with the head movement. It stayed behind just enough so that when my head turned back it met by face and formed a wave-like action that made my eyes wobble and my brain too. Probably.

That said I return to the cellared, vintage, mushrooms. In Northern California we have the great fortune of being able to pick fairly large amounts of the *B. pinophilus* (reddish capped, hard as rocks buttons) in the High Sierras in the late spring and *B. edulis* there in the early fall and along the coast a little later. A broth made of either of these lovely lacquered chips is exquisite and makes a fine consommé or a great stock for sauces.

Drying has always been a preferred preserving method and if you develop quite a stash over the years invariably a few jars fail to be rotated on the shelves of your pantry and when these get opened the above resulting facial ballet can occur. I have not noticed as strong an aroma if sealed simply in Ziplock bags (but I have seen the dreaded clothing moths in those).

Once my face got untangled I made dinner with a friend. I had a can of good Italian tuna, packed in olive oil, about a ¼ pound of Black Chanterelles left from a last weekend hunt in Mendocino with a commercial picker buddy, and those treasured jarred boletes.

We decided to make a linguine with a cream sauce for the tuna. I also had some very good peas and fresh fava beans and some blonde morels

found in a nearby old apple orchard.

This aged porcini based sauce is very special and will go well when made into a dinner for that special someone—even if that special person is you.

We had a New Zealand Sauvignon Blanc that had been opened the night before and it did not marry well with these dishes. I think that a soft red like a Cabernet Franc from the Loire or maybe a California Russian River Valley Pinot Noir might be real good.



Dried Porcini

Credit: VSPFiles



*Boletus edulis*

Credit: Patrick Hamilton

# Recipe of the Month:

By The Mycochef

## Italian Tuna and Black Chanterelles in Aged Porcini Cream

Serving Size: 4 Preparation Time:0:45

| Amount | Measure | Ingredient                  | Preparation Method |
|--------|---------|-----------------------------|--------------------|
| 3/4    | c       | aged, dried porcini chips   |                    |
| 1/4    | lb      | black chanterelles, fresh   | chopped small      |
| 2      | tsp     | olive oil                   |                    |
| 1      | clove   | garlic                      | minced             |
| 2      | tbl     | A.P. flour                  |                    |
| 2      | tbl     | unsalted butter             |                    |
| 1      | c       | half and half               |                    |
| 1 1/2  | tsp     | soup base (see notes)       |                    |
| 1      | cn      | Italian tuna in olive oil   |                    |
|        |         | gray sea salt               |                    |
|        |         | freshly ground black pepper |                    |
|        |         | fresh herbs (optional)      |                    |



Black chanterelles

Credit: bib.de

1. Pour 2 cups hot water over the porcini. After soaking them until soft (about 20 minutes) chop small and set aside (put the soaking water through a fine strainer to remove any sand and reserve the liquid).
2. While the chips are soaking sauté the black chanterelles in the olive oil until soft and almost cooked through (about 8 minutes). Add the garlic and cook another 3 minutes over medium. Set aside.
3. Put the flour in a thick bottomed pan over medium and cook until golden (about 4 minutes), shaking the pan. Add the butter, mix together, and continue to cook another 3 minutes. Add the porcini soaking liquid all at once and with a whisk immediately mix to remove the lumps and cook about 5 minutes (this can be done off the burner and/or with a warmed soaking liquid if you have a problem “breaking the roux” easily, i.e., making a mess).
4. Add the half and half, both the mushrooms, soup base, salt and pepper, and cook until the flavors are blended and the sauce is thickened--about 8 minutes. Add the drained tuna and warm through. Season with salt and pepper.

An herb garnish of your choice would be good (try fresh herbs like Italian parsley, French tarragon, winter savory, or maybe Greek oregano—these can, of course, also be incorporated into the dish itself).

### NOTES:

- A. I sometimes use Superior Touch “Better Than Bouillon” veggie base made in Ontario, CA. and available at upscale markets. Homemade stocks are real nice but home cooks usually do not have the time—nor inclination—for this typical restaurant ingredient.
- B. If using over linguine (a good choice), reserve a ½ cup or so of the cooking water and use to thin the sauce if necessary.
- C. This is good over rice too.
- D. Or place this in an oven proof dish and bake for 1/2 hour with grated or layered sliced Fontina for a very nice Tuna Casserole (most Italians never pair fish with cheese but, hey, this is America).

# Colorful Camp Adventures at the Fiber Arts Workshops

## By Dustin Kahn

A feeling of anticipation is in the air... Now that the rains have come (and will hopefully stick around), fiber arts enthusiasts are dreaming of *Dermocybe* (oops, make that red *Cortinarius*) mushrooms and *Ompahlotus olivascens*, among others. *Pisolithus tinctorius* has made its appearance already, as has *Phaeolus schweinitzii*.

Why do these and other pigment-containing fungi cause such a stir at the dye pots? The photos herein should give you some sense of their potentials as providers of color for the fiber artist.

This year we are pleased to offer 11 different fiber arts classes that you can register for in advance of Camp, on the website at <http://www.somamushrooms.org/camp/2015/schedule.php>.

Mushroom dye classes include:

- “The Art of Mushroom Dyes” (for beginners), taught by Dorothy and Myra Beebee
- “Mushroom Dyes for Experienced Dyers,” taught by Dorothy and Myra Beebee
- “Beginning Mushroom Dyes,” taught by Alissa Allen
- “Dye Your Own – Open Studio,” with Dorothy Beebee and Fiber Arts staff members.



A sampling of yarns dyed by Dorothy and Myra Beebee (photo by Myra Beebee). Mushrooms used to obtain these colors include:

- *Cortinarius* spp., most likely *smithii* and *cinnamomeus* for oranges/pinks
- *Gymnopilus spectabilis* for yellows and light greens
- *Phaeolus schweinitzii* for darker green (using iron mordant on yarns)



A few favorite dye mushrooms, clockwise from top left: *Cortinarius smithii* (photo by Dustin Kahn), *Gymnopilus spectabilis*, *Phaeolus schweinitzii* (photos by Myra Beebee), *Hydnellum aurantiacum* (illustration by Dorothy Beebee) and *Cortinarius cinnamomeus* (photo by Dustin Kahn)



A rainbow of mushroom- and lichen-dyed yarns from Alissa Allen’s recent Humboldt Bay Mycological Society class. (Photo courtesy of Alissa Allen)

(Continued on the following page)

# Colorful Camp Adventures...continued



Monique Risch returns with two wonderful classes on textile design:

- “Arashi Shibori,” uses a Japanese technique to create resist patterns on silk scarves (above), which are dipped in a dye vat of *Pisolithus tinctorius* (left). (Photos by Dustin Kahn)
- “Ecoprints,” where the colors and shapes of leaves and flowers are incorporated with mushroom dyes to create patterns and color on silk scarves. (Photo at left of an ecoprint bundle, ready to open, by Monique Risch)

DO YOU HAVE DYE MUSHROOMS TO DONATE TO FIBER ARTS?



Dye mushrooms are always appreciated by the students and staff of Fiber Arts at SOMA Camp. Email [dustinkahn@gmail.com](mailto:dustinkahn@gmail.com) and we will make arrangements to receive your mushroom donations. (Photo of *Omphalotus olivascens* by Dustin Kahn)

A recent addition to the Fiber Arts menu of classes is “Lichen Dyes,” taught by Shelly Bensen and Sarah Minnick. An amazing array of colors can be coaxed out of our local lichens, as shown in the photos at right and below, courtesy of Sarah Minnick.



*Flavopunctelia flaventior* (above) makes purple dye that turns magenta when dipped in vinegar (left).

(Continued on the following page)



# Colorful Camp Adventures...continued

Marilyn Hornor's class "Papermaking from Fungi" teaches the use of polypore mushrooms and materials such as lichens and flower petals to make paper. (Photo below of decorative paper making in progress courtesy of Marilyn Hornor)



Assorted polypore papers, photo at left by David Russell, from *Mushrooms for Dyes, Paper, Pigments & Myco-Stix* by Miriam C. Rice, courtesy of Dorothy Beebee.

In a class called "Mushroom-Dyed Kumihimo Keychain," taught by Gayle Still, students make a keychain from mushroom-dyed silk using a Japanese braiding technique, shown in Gayle's photo at right.



Mushroom-dyed wool can be used for a myriad of felting projects, and this year we offer two classes on the subject:

- "Making a Felted Bowl," taught by Marilyn Buss (photo by Marika Banyacski, above)
- "Needle Felting a Mushroom Sculpture," taught by Sara Gibson (photo of instructor samples, below, courtesy of Sara Gibson)



### TO REGISTER FOR FIBER ARTS CLASSES:

SOMA campers who are interested in taking any of the Fiber Arts workshops are asked to register for those classes ahead of time, due to limited space. After completing the regular Camp registration process on the SOMA website, go to the "Schedule & Class Registration" page (found at <http://www.somamushrooms.org/camp/2015/schedule.php>) where you can read more details about the classes. Click on "Register" for your desired class, which will open a form that sends your request to the Fiber Arts registrar, who will then register you for the class on a "first come-first served" basis.

# SOMA Outreach: Greenhouse East

By Rachel Zierdt

I recently had the pleasure of meeting with three senior citizens who live in a group home (Greenhouse East) in Santa Rosa. Mary Frost, whose mother is one of the residents, decided that her newly acquired interest in mushrooms might spark some distant memories from these residents.

At SOMA's November night meeting she spoke to Gene Zierdt and asked if a member of SOMA would come and speak at this home. Since I have spoken to groups before, I volunteered to be that representative.

Luckily for me, our recent rains produced all sorts of fungal activity, so I had plenty of exhibits to bring to the party. Mary also brought a beautiful array of specimens.

We spent about 90 minutes looking at the differences in the mushrooms – colors, stems, gills, pores....checking books for ID'ing and watching a slide show that I had prepared.

Of note, my photos of porcini brought the most comments....including a huge one that Tom Cruckshank had snagged a few years ago.

Mary and I did jog some memories about mushrooms from the three ladies – with one centenarian resident, Trudy, admitting that mushrooms weren't her favorite thing to eat. I did, however, learn that Mary's mom, Marcella, remembered eating wild morels that her father hunted in Minnesota.

That was when Mary told me that morels were the state mushroom of Minnesota.

When I asked what was her favorite preparation with morels, Marcella answered when they were sautéed in butter. How can you go wrong with that?

Here at SOMA we are dedicated to educating people about mushrooms. With a little bit of effort, Mary and I were able to create a forest setting at a table in a home in the city. For a brief

time, experiences were shared and new information was exchanged. With holiday frenzy all around, I found a little oasis of peace, much like the feeling I derive from a walk in the woods.

What a great way to spend a wet afternoon.



By Rachel Zierdt

## WOULDN'T YOU LIKE TO BE A MEMBER OF SOMA?

Membership in the Sonoma County Mycological Association, or SOMA, is a great way to meet and interact with other mushroom enthusiasts, learn more about identifying fungi, and share interests such as cooking and cultivating mushrooms. Sure, most of what SOMA does is open to the public, but wouldn't you rather join SOMA and get all the goodies? Head to [www.somamushrooms.org/membership](http://www.somamushrooms.org/membership); this the mushroom season is just beginning!

# SOMA Calendar & Notes:

## SOMA CAMP Silent/Live Auction and Raffle

Please consider donating items for our camp auction and raffle. Last year these efforts netted our scholarship program over \$3000. We were able to provide 2 additional scholarships with these funds. Just about anything can be used, including dried mushrooms, truffles, artwork, mushroom themed items, wine, dinners, trips, restaurant gift certificates, wine accessories (openers, carafes, glasses, etc.) Contact me if you have items at 824-8852, or give them to Jim or me at the next foray or meeting. Thanks Rachel.

## SOMA Calendar 2014

Dec 13th -- Pot Luck Dinner 7PM; at Sonoma County Farm Bureau, Santa Rosa

Dec 20th -- Members Only Foray at (Limit 50) 10 AM; Salt Point State Park, Sonoma County

January 9th -11th, FFSC Mushroom Fair; 301 Center St, Santa Cruz, CA; details at <http://ffsc.us>.

January 17th-19th, SOMA Camp 2015, CYO Retreat Center, Occidental, CA.

## BOOKS IN MYCOLOGY

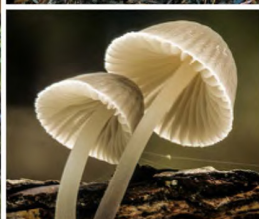
### California Mushrooms: The Comprehensive Identifier Guide

By Dennis Desjardin, Michael G. Wood and Frederick A. Stevens



## CALIFORNIA MUSHROOMS

The Comprehensive Identification Guide



Dennis E. Desjardin · Michael G. Wood · Frederick A. Stevens

### CALIFORNIA MUSHROOMS

California is one of the most ecologically rich and diverse regions of North America, and home to thousands of species of mushrooms. In *California Mushrooms*, mycologists Dennis Desjardin, Michael Wood, and Fred Stevens cover over 1100 of them, with detailed profiles of 650 species. Each profile includes information on macro- and micro-morphology, habitat, edibility, and comparisons with closely related species and potential look-alikes. Although the focus of the book is on mushrooms of California, over 90% of the species treated occur elsewhere, making the book useful throughout western North America.

*California Mushrooms* provides information on when and where to find mushrooms; guidelines on how to collect and identify them; and keys to species. It also has overviews of nomenclature and taxonomy, morphology and phylogeny, fungal ecology, biology of mushrooms, and mushroom toxins. This complete reference covers everything necessary for the mushroom hunter to accurately identify the mushrooms of this region.

- Complete descriptions of 650 species
- Each species illustrated with a color photograph
- 750+ total color photographs
- Complete keys
- Up-to-date taxonomy and nomenclature
- 8 ½" x 11", approx. 580 pages
- Hardback book from Timber Press (Nov. 2014)
- ISBN-13: 978-1-60469-353-9
- [www.californiamushrooms.us](http://www.californiamushrooms.us)

# WOULDN'T YOU LIKE TO BE A MEMBER OF SOMA?

## JOIN US TODAY!

Membership in the Sonoma County Mycological Association, or SOMA, is a great way to meet and interact with other mushroom enthusiasts, learn more about identifying fungi, and share interests such as cooking and cultivating mushrooms. Sure, most of what SOMA does is open to the public, but wouldn't you rather join SOMA and get all the goodies? Head to <http://somamushrooms.org/membership>; this the mushroom season is just beginning!

Head to <http://somamushrooms.org/membership> and sign up!

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## SOMA CAMP 2015 IS OPEN FOR REGISTRATION!

## SIGN UP TODAY!

<http://www.somamushrooms.org/camp/registration/index.php>

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### SOMA MAP & DIRECTIONS

**SOMA** usually meets on the third Thursday of the month throughout the year (September through May), at the Sonoma County Farm Bureau, 970 Piner Road, Santa Rosa, California, 94931. Fungi are displayed at 7 PM, and speakers begin around 7:30 PM. Bring in your baffling fungi to be identified!

#### Directions to the Sonoma County Farm Bureau

##### From the south:

- Go north on Hwy 101
- Pass the Steel Lane exit then take the Bicentennial Way exit
- Go over Hwy 101 (heading west) and then right on Range Ave
- Turn left on Piner Rd and go about 1/4 mile
- Turn left into Farm Bureau parking lot at 970 Piner Road

##### From the north:

- Go south on Hwy 101
- Take the first Santa Rosa exit for Hopper Ave/ Mendocino Ave
- Stay left on the frontage road (it becomes Cleveland Ave)
- Turn right on Piner Rd and go about 1/4 mile
- Turn left into Farm Bureau parking lot at 970 Piner!

