

# earthstar examiner

March 2009

*Newsletter of the Missouri Mycological Society*

## 20TH ANNUAL MOMS Winter Luncheon

*By Elaine Fix, Chairperson and Cheryl DeCain, Co-Chairperson*

The Missouri Mycological Society celebrated its 20th Winter Luncheon on Feb. 8th, 2009 at the Webster Groves Recreation Center in Webster Groves. This is always a highlight event of the year and this year was no exception. We had unusual main dishes, like Braised Dove and Lobster Salad. Desserts were incredible like Serious Chocolate Torte and Cherry Bread Pudding with Bourbon Sauce. Dishes, while not required to have mushrooms in them, most do. Chanterelles, Morels, Oysters, Enoki and Shiitake are just a few of the edible mushrooms that we enjoyed.

The speaker this year was Dr. Cathie Aime, Assistant Professor of Plant Pathology from Louisiana State University. The topic of her talk was, "Exploring the Lost World: Fungal Biodiversity in the Pakaraima Mountains of Guyana" and it certainly opened our eyes to a lost world of fungi, incredible! Dr. Aime spends at least 3-6 weeks every year in the "bush" of Guyana, South America, researching rare and unusual mushrooms, some of which have never have been discovered. She is a great speaker and a lovely person. We hope she joins us on many other occasions.

Members walked away with many great items from the raffle. Donations included an REI backpack with goodies, books, original art work, homemade jams, morel jewelry and even an Energy House Call valued at \$400.00. There were so many wonderful donations this year. Thank you to everyone who volunteered and donated items to make this a spectacular event for our 20th anniversary of winter luncheons.

**Editor's note: A big thanks goes to Elaine Fix and Cheryl DeCain who planned the Winter Luncheon this year. Our 20th Anniversary Luncheon surpassed all others! A great location, perfect room set up, terrific speaker, excellent raffle, great food, and YOU. Thank you, Elaine and Cheryl, for making this the best luncheon ever.**



photos by Barb Steps





# Morel Madness 2009!

April 24 – April 26 at Cuivre River State Park

by Willie May (shown left), Shannon Stevens, Maxine Stone, Ken Gilberg, Michael Perks, Steve Booker, Tina Pfeiffer, Madness Coordinators

## Guest Speakers: Dr. Darrell Cox, Dr. Andy Miller and Dr. Jeanne Mihail

This year's Morel Madness will again be headquartered back at our old favorite Cuivre River State Park. Our campsite has changed and we will be at **Camp Cuivre**. This will be our sixth year at Cuivre River State Park and for good reasons. We have 6,168 acres consisting of rugged wooded hills surrounding Big Sugar Creek. There are 16 miles of trails for hiking or horseback riding. A 1,082-acre tract has been designated as the Northwoods Wild Area and will be preserved in its natural state. The park also has a prairie management area where native grasses are being restored through burning. Be aware turkey hunting is allowed in several tracts around the lake until 1:00 pm. Hunter orange should be worn during hunting hours if you explore outside of the park.

We still require compasses and mesh bags or baskets for collecting unless the morels are heavily saturated from rainfall. Our bookstore will have mesh bags and compasses for sale as well as other morel paraphernalia goodies.

Our foray format will change this year. Everyone will be signing up for a foray on Friday night. Past Morel Madness Kings & Queens will be leading the forays, and there will also be a beginner's foray. Of course, anyone may hunt on their own.

Registration charge is a mere \$5 per person for anyone attending any or all of the weekend. If you are staying overnight, the charge is \$5 per person per night additional. Kids under 17 are free the entire weekend so bring the kids – and your kid's friends.

Morel Madness is for MOMS members (and families and significant others) and mycologists only. Non-members are welcome to join in the fun but need to

send an additional separate check for \$15 (payable to MOMS) indicating you would like to join MOMS.

After reading an article by Joe Walsh and listening to Michael Kuo's lecture four years ago at Morel Madness concerning over harvesting of morels, everyone should make an effort to harvest only morels that are edible. If most of the morel is edible by all means harvest



Cliff White

it, cut off the bad part and spread it in the woods. I usually look for an elm or ash tree to leave it near. I do not think anyone knows for sure if viable spore will begin new life by this action, but what the heck, it's fun to think so.

Every year the Morel Madness Committee pre-scouts the areas in the park that we are going to hunt during Madness. Any morels that we find during scouting are hidden for Saturday's beginning morel hunters. Anyone hunting on Friday should keep this in mind. If you do hunt on Friday and are successful, why not cover them up and take a beginner

with you Saturday morning to share your bounty. We have been doing this for 11 year's and the rewards of seeing the faces and listening to the squeals of a first time morel hunter finding their first morels, far out way a few morels in the bottom of your bag on Friday.

## Accommodations

We will be staying at **Camp Cuivre**. We will have access to the dining lodge with full kitchen and refrigeration facilities. The barracks sleep 16 and are clean, have electricity, toilets and showers. Bring your sleeping bag, pillow and towel. RV's and tents are not allowed in the camp, but there are campgrounds nearby. Hotels are available in Troy, Mo. just 10 miles away.

## Food

Dinner on Friday and Saturday night will be potluck as usual-- please bring a dish to share. Saturday lunch will be 'bring your own and something to share if you wish'. We'll have our BYO lunch in the field at places to be determined Friday night. We will provide delicious breakfasts on Saturday & Sunday.

## Speakers

We are thrilled to have excellent guest mycologists and speakers. Friday evening, Drs. Cox and Miller will team up to give us a glimpse into the "Morel Underground." Dr. Cox is a scholarly and practical expert on morels. He has hunted the esculent fungi over fifty years and is a two-time past winner of the annual Illinois State Morel Mushroom Hunting Championship. The jovial Dr. Miller has been with MOMS at Mingo several times as a student of Dr. Andy Methven. Now he's a Ph.D. and currently the Illinois State Mycologist and he works researching systematics, evolution, biodiversity, and conservation of fungi, "with emphasis on the members of the Class Sordariomycetes (Ascomycota)."

On Saturday evening, the energetic Dr. Jeanne Mihail, Professor, Plant Sciences, University of Missouri Columbia, will

speak mostly on her current work with bioluminescent fungi. Jeanne is always a shining personality and she'll illuminate a number of species that glow in the dark.

**Directions**

One hour northwest of St Louis. Take Hwy 40/64 west, continuing on Hwy 61 north to Troy, Mo. Go right on Hwy 47 for five miles. Then go left into Cuivre River State Park. Look for signs to **Camp Cuivre**, which is about seven minutes from Hwy 47.

**Volunteers needed!**

Volunteers will be needed to help in the kitchen and to clean-up after breakfast. We will also have a volunteer sign-up for final clean-up on Sunday morning.

Please complete your registration form early making a note of how you'd like to volunteer.



**Morel Madness Registration Form**  
**April 24 - April 26 at Cuivre River State Park**

Please register early. Deadline is Friday, April 10. Registration fee is \$5 for every person. (\$20 for non-members, children under 17 are free.)

Breakfast is included for both Saturday and Sunday mornings.

Name of person completing this form \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone (day/evening) \_\_\_\_\_  
 e-mail \_\_\_\_\_

**Reservation for lodging:** \$5 per person per night. All names need to be listed.

Name _____	Friday	___	Saturday	___	\$ _____
Name _____	Friday	___	Saturday	___	\$ _____
Name _____	Friday	___	Saturday	___	\$ _____
Name _____	Friday	___	Saturday	___	\$ _____

**Registration fee:** \$5 per adult \$ \_\_\_\_\_

**Total enclosed:** \$ \_\_\_\_\_

I would like to share accommodations with the following: \_\_\_\_\_

I would like to volunteer!!!!  **YES**

Send your check, payable to MOMS, to Tina Pfeiffer, 4640 Rosa, St. Louis, MO 63116. For more information contact Willie May at bmay11111@gmail.com or 314-973-2303.

**Missouri Mycological Society and NAMA 2009 Membership Form**

All memberships ended on December 31, 2008.

Name (please print) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 E-Mail (only one please) \_\_\_\_\_

**Missouri Mycological Society family membership:** 1 year/\$15 \$ \_\_\_\_\_

Make your check payable to Missouri Mycological Society.

**North American Mycological Association Membership:** 1 year/\$32 payable to NAMA

Send both checks to: David Yates, 3654 French Avenue, St. Louis, MO 63116-4043

# Bimonthlies Update

*By Ken Gilbert*

Bimonthlies are budding like *Agrocybes* in wet mulch. More and more of you are attending these informal get-togethers and talks. Usually, we meet at 7 pm at Powder Valley Conservation Nature Center on the second Tuesday of every odd month. There will be exceptions this year, at least in July.

At the March Bimonthly, Dr. Rainer Bussman, head curator of economic botany at the William. L. Brown Center for Plant Genetic Resources of the Missouri Botanical Garden, will speak on "Medicinal Magic - Fungi in Ritual and Healing: from Teonanacatl to Cordyceps." This is a lecture that will have people talking, possibly speaking in tongues.

At the May Bimonthly, Cliff White, Art Director and Photographer with the Missouri Department of Conservation, will do a little show and tell on "Picture Those Mushrooms." We hope to inspire people to take more and better photos for our annual Fungi Photo Show.

Tuesday, July 14, we'll combine a Bimonthly and a foray at a special, mid-week, daylight savings event at Babler State Park. Dr. Walt Sundberg will be our guest mycologist. It's a good probability we'll have baskets full of chanterelles and skillets full of them on the fire. It will be yet another opportunity for us to feast on fungi and learn about them at the same time.

We're still looking into what exactly we'll do in September, but at the November Bimonthly we will enjoy our second annual Fungi Photo Show. Please start shooting your finds.

**DUES ARE OVERDUE!**

All MOMS memberships expired on December 31, 2008. If you haven't paid your 2009 dues, take this opportunity to do so. Write your check now for \$15.00 per family and send it to David Yates, 3654 French Ave, St. Louis, MO 63116, by April 1st in order to get your name in the June directory.

# Calendar

MOMS members will need to notify the leader of the foray they wish to attend before the evening prior to the foray at the very latest. Please meet at the visitor's center, unless otherwise specified, 15 minutes prior to the time listed.

- Tues. 3/10** 7:00 p.m., **Bi-Monthly**, Powder Valley Nature Center Dr. Rainer Bussman, Medicinal Magic. Ken Gilberg, 314-822-7624, kengilberg@charter.net
- Sat. 3/14** 10:00 a.m., **Class, Poisonous Mushrooms of MO**, Babler State Park. Maxine Stone, 314-963-0280, VeryMaxine@aol.com or Brad Bomanz, 636-225-0555, brad\_bomanz@yahoo.com
- Sat. 4/11** 10:00 a.m., **Foray, Pyramid State Park, IL**. Steve Booker, 618-346-1704, arohd2@aol.com
- Sun. 4/12** 10:00 a.m., **Foray, Washington State Park**. Shannon Stevens, 314-481-4131, sporeprince@sbcglobal.net
- Sat. 4/18** 10:00 a.m., **Leland Annual Foray, Pere Marquette State Park, IL**. Willie May, 314-973-2303, bmay11111@gmail.com
- 4/24-4/26** **Morel Madness, Cuivre River State Park**. Willie May, 314-973-2303, bmay11111@gmail.com  
Steven Booker 618-346-1740, arohd2@aol.com
- Thurs. 4/30** 10:00 a.m., **Foray, Babler State Park**. Joe Walsh, 636-343-6875
- Tues. 5/12** 7:00 p.m., **Bi-Monthly, "Picture Those Mushrooms"** Powder Valley Nature Center. Cliff White, Photographer with MO Dept of Conservation. Ken Gilberg, 314-822-7627, kengilberg@charter.net
- 5/22-5/25** **Silver Mines, Fredricktown, MO**. Shannon Stevens, 314-481-4131, sporeprince@sbcglobal.net
- Sat. 6/13** 10:00 a.m., **Class, Common Mushrooms of Missouri, Part 1**, Babler State Park. Maxine Stone, 314-963-0280, VeryMaxine@aol.com or Brad Bomanz, 636-225-0555, brad\_bomanz@yahoo.com
- Sat. 6/20** 10:00 a.m., **Foray, Forest 44**. Steve Booker, 618-346-1740, arohd2@aol.com
- 6/26 - 6/28** **Ha Ha Tonka State Park**. Chris Crabtree, 417-689-2709, cdcrabtre@hotmail.com or Shannon Stevens, 314-481-4131 sporeprince@sbcglobal.net
- Sat. 7/11** 10:00 a.m., **Foray, Forest 44**. Patrick Harvey, 314-771-3521, pg\_harvey@hotmail.com
- Tues. 7/14** 4:00 p.m. until dark **Bi-Monthly Foray and ID**, Babler State Park, Alta Shelter. Ken Gilberg, 314-822-7627, kengilberg@charter.net
- 7/18 - 7/19** **Sweat 'n Chanterelles**, Meramec State Park. Steve Booker, 618-346-1740, arohd2@aol.com
- Sun. 7/26** 10:00 a.m., **Foray, Forest 44**. Maxine Stone, 314-963-0280, VeryMaxine@aol.com
- Sat. 8/15** 10:00 a.m., **Class, Common Mushrooms of Missouri, Part 2**, Babler State Park. Maxine Stone, 314-963-0280, VeryMaxine@aol.com or Brad Bomanz, 636-225-0555, brad\_bomanz@yahoo.com
- Sun. 9/6** 10:00 a.m., **Foray, Rockwoods Reservation**. Charlie Raiser, 314-821-6768, Charlieraiser@aol.com
- Tues. 9/8** 7:00 p.m., **Bi-Monthly**, Powder Valley Nature Center. Ken Gilberg 314-822-7627, kengilberg@charter.net
- 9/17 - 9/20** **Mingo**, Mingo National Wildlife Refuge, Puxico. John Davis, 314-909-0272, shrooman@sbcglobal.net or Sara Yates, 314-843-5580, s2yates@yahoo.com
- Sun. 10/4** 10:00 a.m., **Foray, Hazlet State Park, Carlyle, IL**. Leland Von Behren, 618-259-8517
- Sat. 10/10** 10:00 a.m., **Class, Edible Mushrooms of MO**. Maxine Stone 314-963-0280, VeryMaxine@aol.com or Brad Bomanz, 636-225-0555, brad\_bomanz@yahoo.com
- 10/23-10/25** **The Hawnting**, Hawn State Park. Shannon Stevens, 314-481-4131 sporeprince@sbcglobal.net
- Sun. 11/1** 11:00 a.m.-4:00 p.m., **Foray and Food, Wild Times at Babler**. Jan Simons 314-773-4551 jan.simons@mobot.org or Steve Booker, 618-346-1740 arohd2@aol.com
- Tues. 11/10** 7:00 p.m., **Bi-Monthly, Fungi Photo Show**, Powder Valley Nature Center. Ken Gilberg, 314-822-7627 kengilberg@charter.net
- 11/21-29** **2009 NAMA, Mushrooming in Louisiana, near Lafayette**. Annual meeting and foray. Pre-foray microscope class fills quickly, so register early. Option to stay 11/30.

Ken Gilberg



*Don't miss the Leland Annual Foray, 4/18, in honor of Von Behren, founding MOMS member. He will also lead a foray at Hazlet State Park, 10/4.*



## A NEW EARTHSTAR SERIES

By Dr. Walt Sundberg, Mycologist,  
Professor Emeritus, Southern Illinois University  
Chief Mycologist (Scientific Advisor),  
Missouri Mycological Society

## January Bi-Monthly Meeting Spruce Fraser talks about Mushrooms and Cookbooks

By Spruce Fraser

# Building your “Mushroom Memory”

*Do you remember when you first went on a mushroom foray? Why did you start? Was it curiosity, love of nature, or just the nature of the hunt? What were your goals? What did you know about mushrooms before going? Answers to these questions probably hinge on where you grew up (city or rural), and your family background, their interests, and activities.*



*Amanita rubescens*

Growing up in San Francisco, and in spite of the fact that for years, we spent parts of our summers among the redwoods near Santa Cruz, I wasn't introduced to wild mushrooms until my junior and senior years in college. I was truly surprised to learn that mushrooms were abundant, but previously unseen by me, in those same places where I spent some of my youth! I still vividly recall my first fall/early winter of trying to learn and recall the names of the mushrooms I found the past year.

I know that many of us go through various stages and processes in our learning about mushrooms. At first, many are interested in learning which are edible and, for safety's sake, easy to recognize with certainty. For some of us, this is “good enough”. But because of curiosity, mushroom beauty, etc., many of us eventually begin a quest to learn more—to go beyond just the recognition of the “foolproof five” or “sensible seven.” At that point, species recognition—remembering and recognizing the salient features and name of each species—becomes more important. This creates problems for many of us since the “prey” is seasonal. How does one accomplish such goals?

For this purpose, I am initiating this “intermittent continuing series” of Earthstar articles to suggest ways that might enhance your success in making visible progress.

Many of us think of mushroom learning as something that takes place only (or mostly) during the warmer months, the fruiting season. However, the winter/pre-spring periods offer excellent opportunities to learn via

“arm chair” mycology. Herein I offer two important suggestions. Both should be done frequently at all times of year. Start NOW!

1. Whenever possible, review the illustrations of mushrooms and other fleshy fungi in your personal library—books, mushroom magazines, etc. Because of your familiarity with the pictures, it will ultimately be possible for you to sometimes recognize and/or identify fungi you have never seen before when you come across them in the field. This is true “arm-chair mycology.”
2. Begin to make a personal “life-list” of fungi you KNOW and/or have seen in the field or at forays. **List first by scientific names** and include common names if this helps you. If possible, use a computer spread sheet like Microsoft Excel. Such a list can be continually modified and updated. **PRINT THE LIST OUT.** Review it over and over again, and modify it often as your knowledge of mushroom species increases. Most important: Carry it with you and use it to jog your memory on field trips! You will be surprised at how much more you will soon remember with the help of your list.

photos by Ken Gilberg

On a refreshingly cool Tuesday evening in January, I displayed the entire mushroom cookbook and identification collection of the Saint Louis Public Library, Central Library, where I work as a Librarian. With both an academic and personal background in environmental studies, it was great to share my expertise and experience on collecting and preparing mushrooms home and abroad. I supported this by a display of mushroom cookbooks.

I talked how my family discovered Shaggy Manes (*Coprinus comatus*) along roadside and suburban lawns in Montreal, Quebec. We would fry onions and the non-inky Shaggy Manes, add seasoning, then fill plastic ice cube trays. Once frozen, we would “pop” them out into plastic freezer bags and put them back into our freezer for a nice steak dinner a few months later, in the midst of a December snowstorm. Ken Gilberg also recalled finding them in Brooklyn. Others shared their mushroom collecting and cooking experiences as well.

While I studied the growth of Crowberries (*Empetrum* spp.) in Finnish Lapland, I was thrilled to discover, literally hundreds, Euro Scaber-Stalk (*Leccinum quercinum*) untouched by fly larvae (i.e. wormy mushrooms.) This orange capped mushroom grows where you find Birch (*Betula* spp.). The Sami would always leave these mushrooms for their reindeer to eat. It was a wonderful experience to collect them during the day, to clean them and thread them on necklaces to dry overnight in herbarium drying racks. Before the evening was over, many were fried in butter and served on top of Finn Crisp crackers.

After a pleasant evening of reminiscing, we finished off with a little tasting. The recipe for my Yummy Mushroom Appetizers is elsewhere in this newsletter.

All agreed, it was a delicious way to end the evening. I appreciated being able to share with MOMS members, both our Library collection and my own mushroom experiences.

**Make a personal life list and use it to review over and over again. And most important, carry it with you to jog your memory on field trips. You'll soon develop mushroom memory.**

# Research Search

Collecting and recording for the MOMS web site *By Brad Bomanz*

Catherine Williamson

For those of you who don't know me, I'm Brad Bomanz and I'm the one in charge of the Missouri Mycological Society's (MOMS) Research Committee. On this committee are Joe Walsh and Barkha McDermith, who have helped me quite a bit in collecting and recording mushroom specimens for publishing on our website. To view some of our recorded finds go to [www.momyco.org/vouchers-v1.asp](http://www.momyco.org/vouchers-v1.asp)

I am looking for a few good men and women who even remotely think they would be interested in joining us in this fun and enjoyable project. Our list of collections has greatly improved over the original acquired database and continues to expand and improve because of the support of Joe and Barkha. Wouldn't you like to help us?

## Entering data:

On another note, I am also looking for someone that likes to type and do data entry. ANYONE! PLEASE CALL ME! HELP! Let me explain.

Back in 2002 MOMS got involved with Washington University's Tyson Research Center to allow us to initiate projects involving fungi. Since Tyson is a secured site (no collecting except for scientific projects), certain projects that could not be conducted at unsecured sites became possible. MOMS decided to initially try to document the site's fungi bio-diversity and discovered that a former graduate student (Dr. Cathy Jacobson) had attempted to accomplish this monumental project by herself. MOMS was given a print-out that is the only up-to-date list of the documented fungi that was lost a number of years ago and was archived by Dr. Jacobson. I have been attempting to find the time re-enter this information into an electronic database, but it is a slow project and I don't have the time. Again, I am looking for someone that likes to type and do data entry.

**Please consider helping on one of these fun and enjoyable projects. Contact Brad Bomanz for more information at 636-225-0555.**

## Assisting with research projects at Tyson Research Center:

### Morchella Project

Currently I'm organizing all the past years of data that MOMS has collected involving the *Morchella* Project that has been under way at our beloved Tyson Research Center since 2001.

Right about now I hear some of you saying "What *Morchella* project?" and "What is MOMS trying to accomplish?" Well, as I said earlier, back in 2001 MOMS made application to Tyson to conduct a study entitled – *Morchella* Genus Host Vegetation Association. This project is meant to document growth patterns of the different *Morchella* species and determine the associated host vegetation, growth cycle and fruiting frequency.

The project was to begin on the first of April 2001 and continue for 10 consecutive years for each species. So far, MOMS has documented (tagged) and classified 80 trees and the different mushroom species associated with each tree.

Each year the trees are surveyed and the morels are counted that have associated themselves with the tagged trees. MOMS is preparing to catalog this year's fruitings and we need your to help. It's fun, easy and you'll learn a lot about morels.

This year MOMS has applied for a variance on the original project application to include the collecting of the fruiting bodies by clipping. This action and the subsequent documentation will reveal if the mycelium is being affected in a negative or positive way, and will help conservation agencies better understand this species and the influence collection has on future fruitings and if there is any justification in controlling the collection of the species. All documented and collected fungi will remain at the Tyson Research Center and will be used to reseed the area to help expand the influence of the fungi throughout the entire area.



### Cantharellus Project

The *Cantharellus* project received approval in July of 2001, but has never gotten off the ground (so to speak) because the rains have always stopped during the fruiting season. Three hectares were laid out and marked (250' x 430' each) in August of 2004. One hectare was designated for picking of the entire mushroom, one to remain untouched, and one for clipping the mushroom so as not to disturb the mycelium. The rains then ceased and further documentation was halted for that year. Unfortunately in 2005 all the tags and markers were inadvertently removed by someone and the lack of volunteers has caused this project to be halted until such time as MOMS can acquire an enthusiastic volunteer to help.

If you are interested in helping with any of these projects, you can contact me (Brad Bomanz) at 636-225-0555 and I can explain in more detail what we do and how easy and fun it can be to actually get involved doing some scientific activities with the club that will help future generations understand our environment and its interdependent relationships.

# The Incurable Epicureans

By Linda Rolby

The Incurable Epicureans (IE) welcomes new members as we begin 2009 with knife and fork poised for another year of adventures discovering more of the wide world of culinary pleasure.

This year we'll study two of America's premier chefs and food writers. M.F.K. Fisher, "whose wit and fulsome opinions on food and those who produce it, comment upon it, and consume it are as apt today as they were several decades ago, when she composed them. Why did she choose food and hunger she was asked, and she replied, 'When I write about hunger, I am really writing about love and the hunger for it, and warmth, and the love of it ... and then the warmth and richness and fine reality of hunger satisfied.'" These words were spoken by no less than Julia Child, who learned much from M.F.K. Fisher, just as we all hope to learn.

James Beard, another of America's greatest authorities on food, and our nation's most acclaimed chef until his death in 1985, was one of the first voices to stress our native products of the soil. We'll dig deep into natural history to trace the origins and Americanization of our cooking.

To add some exotic locales to our menus, we'll visit India and Spain. The Persians of antiquity were renowned for their lavish cuisine and their never-ceasing fascination with the exotic. These traits still find expression in the cooking of India's rapidly dwindling Parsi population – descendants of Zoroastrians who fled Persia after the Sassanian empire fell to the invading Arabs. *My Bombay Kitchen*, the first book published in the United States on Parsi food is written by a Parsi. "With clever wit and panache, cook and culinary anthropologist," Niloufer King, will introduce us to one of India's most exceptional regional cuisines.

In Spain, Basque cooking is considered the cuisine with a more sophisticated heritage than any other. The food of Basque Country, while similar to what is found in other parts of Spain and France, is distinct as to its place and people of origin. Restaurant owner and chef Teresa Barrenechea, in her book *The Basque Table*, will teach us that though this is a deceptively simple cuisine, it demands of any cook the ability to select the best possible ingredients.

Dates and sites for these four dinners have yet to be chosen, but The Incurable Epicureans are preparing for another incredible year of gratifying cuisine and congenial camaraderie. If you would like to join IE please contact Linda Rolby at [lrolby@hotmail.com](mailto:lrolby@hotmail.com) or 314-965-8769. All participants of IE must be members of MOMS. Space is limited.

## FEATURED WEB SITE Mushrooms Can Be Moving!

By Patrick Harvey

Moving pictures are even more compelling than static images on the Web. Here are some mushroom videos I have come across in the past few months.

[www.mushroommountain.com/mushroom\\_hunting/index.asp](http://www.mushroommountain.com/mushroom_hunting/index.asp)

Cordyceps militaris attacks an ant – with mind control (!!!)  
[neurophilosophy.wordpress.com/2006/11/20/brainwashed-by-a-parasite/](http://neurophilosophy.wordpress.com/2006/11/20/brainwashed-by-a-parasite/)

Pilobolus firing their spores – at 180,000 G acceleration:  
[uk.youtube.com/watch?v=1KoKDCwJOJQ](http://uk.youtube.com/watch?v=1KoKDCwJOJQ)

Time lapse of slime molds and mushrooms:  
[video.yahoo.com/watch/3394948/9493136](http://video.yahoo.com/watch/3394948/9493136)

Paul Stamets - 6 Ways Mushrooms Can Save The World: [www.ted.com/index.php/talks/paul\\_stamets\\_on\\_6\\_ways\\_mushrooms\\_can\\_save\\_the\\_world.html](http://www.ted.com/index.php/talks/paul_stamets_on_6_ways_mushrooms_can_save_the_world.html)

In Search Of Morchella Gigantopithecus :  
[youtube.com/watch?v=sdd3SewvSus](http://youtube.com/watch?v=sdd3SewvSus)



## FEATURED RECIPE

### Yummy Mushroom Appetizer

By Spruce Fraser

1 lb. fresh shiitakes, stemmed and coarsely chopped  
1 Tablespoon butter  
1 Tablespoon olive oil  
1 bunch watercress  
Salt and Pepper

Old Bay seasoning (to taste)  
¼ cup sake

Whole wheat baguette, thinly sliced

Saute cut shiitake mushrooms in butter and olive oil. Add salt pepper, Old Bay seasoning and fresh watercress. Add sake for a final touch of flavour and simmer for a few minutes. Toast both sides of thinly sliced whole wheat baguettes and top with the shiitake mixture. Easy and delicious.

The Earthstar Examiner is the newsletter of the Missouri Mycological Society, a 501(c)3 corporation. Submissions to the newsletter should be sent to the editor, Maxine Stone, 314 Park Rd, St Louis, MO 63119 or [verymaxine@aol.com](mailto:verymaxine@aol.com)

#### Officers and Directors:

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David Yates, Treasurer (10)

Directors: Brad Bomanz (11), Steve Booker (10), Jane House (12), Joe Walsh (10), John Davis (12)  
\*year that term will expire

#### Committee Chairs:

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Chief Mycologist: Walt Sundberg  
Education: Maxine Stone  
Foray Coordinator: Steve Booker  
Incurable Epicureans: Linda Rolby  
Membership: David Yates  
Research: Brad Bomanz  
Speakers Committee: Joe Walsh  
Toxicology: Don Dill & Ken Gilberg

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# Mushrooms Classes!

By Maxine Stone

I am so excited about the classes that MOMS is offering this year. There was a great turn out for the 2008 series and I hope that 2009 has an even better turnout. These classes are now being offered through Continuing Education at Meramec Community College, so we'll have a number of students joining us. We discuss 10 mushrooms at each class, so this is a very good way to learn 40 Missouri mushrooms. Forty mushrooms is a lot of mushrooms to learn in one year. If you have already taken any or all of the classes you are more than welcome to repeat--and repeat--and repeat. It's good for you to solidify and review what you have learned. And it's good for the instructor, as we appreciate your personal knowledge and assistance.

Each class has a presentation by the instructor and field experience in the form of a foray after the class. Optional take-home study work can be completed in one's own time. There is also an optional test on the classroom experience.

For each class completed, homework approved, and test taken and passed, the student will receive a beautiful award pin. It is not necessary to complete all four classes but for those who do, the Harry Thiers Certificate of Achievement will be awarded. And....a lot more knowledge about fungi will be gained.

**Saturday, March 14 Poisonous Mushrooms of Missouri (no foray)**

**Saturday, June 13 Common Mushrooms of Missouri - Part 1**

**Saturday, August 15 Common Mushrooms of Missouri - Part 2**

**Saturday, October 10 Common Edible Mushrooms of Missouri**

All classes are held at Babler State Park Visitor's Center and will begin at 10:00. We will break for lunch (byo) and then foray for fungi. Any class may be retaken—the more participants the better! And if you're like me, repetition is good.

Instructors will be Brad Bomanz and Maxine Stone. Please contact one of them if you would like more information or would like to register for one or more of these classes. They are free to all MOMS members.

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# Mushrooming in Louisiana! 2009 NAMA

**November 21 - 29, near Lafayette**

By Walt Sundberg

Look ahead. Mark your calendar now! NAMA (North American Mycological Association) will hold its 2009 Annual Foray and a special Pre-Foray Event. The annual meeting/foray will take place November 25-29, 2009 near Lafayette, Louisiana, only a long one-day drive away from St. Louis. Yes, this is Thanksgiving weekend and because of that, some people may not be able to participate. But in the late 1970's, the NAMA Foray, held at Gualala north of San Francisco, on a rather cold, drippy, foggy Thanksgiving weekend, had over 200 people in attendance! The option to stay over until Monday, Nov. 30, will be available.

NAMA will sponsor a Pre-Foray Mushroom Microscopy Class on November 21-23 (24?), Monday AM through Wednesday PM (or Thursday AM). This is open to all NAMA members, rank beginners and above. No microscope experience needed! The number of participants will be limited—based on available classroom size. Equipment and supplies will be provided. Classes will be taught by Dr. Walter J. Sundberg (retired, Southern Illinois Univ.), Dr. Andrew Methven (Eastern Illinois Univ.) and Dr. Richard Baird (Mississippi State Univ.). Previous similar Pre-Foray microscopy workshops always filled quickly—so register early if interested.

Plan ahead. Come for the annual foray or pre-foray event or, better yet, do both and participate and learn all week long!

# Memorial Day Weekend Camping Trip

**Silver Mines Recreation Area**

**Friday May 22 thru Monday May 25**

By Shannon Stevens

Well it's next year and we're goin' back for another round of frivolous frolicking around the fire! This weekend is very loose in structure, it is a holiday after all! Things you need to know are:

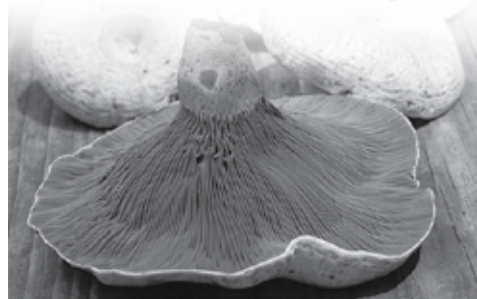
- Bring your own everything!
- Be prepared for anything!
- Primitive camping!
- Out house toilets! (nice though)
- Water on site! (spigot)
- River close by! (very close)
- Lots of woods!
- Can't import firewood across state lines!
- Arrive after 3pm on 22nd
- Stay until 3pm on 25th
- No fighting!
- Relax, enjoy & have fun!

**COSTS:** are minimal and usually amount to 3\$-5\$ per person per night of camping, depending on the total number attending. Registration is not necessary, but give a holler if you think you will be there.

**CONTACT:** Shannon Stevens at 314-481-4131 or sporeprince@sbcglobal.net

**DIRECTIONS:** From St. Louis metro area take I-55 south to highway 67 south to Fredericktown. Take highway 72 west from Fredericktown (about 4 miles) to highway D. Make a left (south) on highway D. Approximately 2 miles on D should bring you to the entrance (on the right) to Silver Mines Recreation Area. (If you pass over the St. Francis River bridge you have gone too far). Look for the large brown U.S. Forest Service sign. Continue on road past campsites on the left until you reach the group camp, also on the left. Come on in!

For an insight into how the weekend typically goes, see my article, "Silver Minds," written after last year's trip.



Catherine Williamson





*Mike and I arrived late Friday* afternoon and set up the usual amenities; kitchen, (gotta cook), pop-up canopy, (too much sun, might rain), screen house, (too many bugs, might wanna play Quiddler while it rains), tent, (gotta crash sometime), tables and chairs, (can't eat or play Quiddler standing up). Anyone who knows me at all knows I can't settle in until all the work is done. Then it's time to relax and have a beverage, look for a 'shroom or two close by, have a snack, take a nap... you know, unwind.

So you arrive, set up the major structures for comfort and convenience, then what? Well, that's what I specialize in – the minutiae. Something to prepare, something to clean, something to cook, something to find to prepare, cook or clean. We must get these things done before it gets dark, (where's my headlamp, gotta set up the lantern), I hate cooking and cleaning in the dark! (did I put fresh batteries in this thing, I hope I brought enough propane).

Then there's the firepit to rearrange (dang, that's a big spider!) and clean out (glad I brought that shovel) to make useable in order to burn the firewood that we dragged out of the woods (watch the poison ivy!) into camp (good opportunity to scout for 'shrooms here). Whew, where's my beer?! Man I'm getting' hungry.

What's for dinner? Cumin scented duck breasts with peach succotash, again! Oh, that's for tomorrow. What! Roast suckling pig! Shoot, gotta dig a pit! Oh wait, that's on next years menu, ( looking at

# SILVER MINDS

By Shannon Stevens (From the perspective of someone with a touch of OCD)

the '09 planner, silly me). That's right, tonight it's pan seared venison loin in apricot brandy with fennel pollen and French tarragon topped with a white port reduction sauce infused with Cointreau soaked raisins and pine nuts. Mmmmm... can't wait, hope Mike has put the Castano Monastrell on ice.

We were later joined by Dennis McMillan who made the trip from Waterloo, IL and Stan & Bunny Martin who lived just around the corner in Fredericktown. Thanks for the fresh eggs S&B, they were great in the asparagus and mushroom frittata with asiago! I gotta tell you though, the color was a bit off, I mean, they didn't look anything like the ones I get from Schnucks! Hey, who's this pulling in after dark? Why it's David and Tracy. Bummer, they'll have to set up their tent in the dark. No worries, I've got my million candlepower spotlight juiced up and ready to go! (I think. Does the blinking light mean it's charged or dead? What's this button do? ZZZZZtttt, shoot, singed my hair).

Saturday dawns and after a leisurely breakfast (more cooking and cleaning here) we decide to head to Amidon Springs for a bit of beautiful scenery and foraging. the pink granite shut-ins and surrounding forest really are a sight to behold. Hey, isn't that Jane in the parking lot? It was mutually agreed upon to follow the trail along the river, for a while, maybe longer..... anyone know where this trail ends? Nobody brought swimwear and the thought of skinny dipping didn't appeal to anyone so we headed back with our meager findings (too early it seems for an abundant haul). Anyway, rain was on the horizon and Mike and I needed to stop at Wal-Mart to pick up a tarp to put over the screen house as I apparently forgot the rainfly for it. (too much minutiae I guess).

Back at camp, we were greeted by Mark & Lisa, (back where they belong), Jeff & Jennifer, (boy, does he know his mushrooms!) and Bob & Julie, (glad you decided to come). We arrived just in time to throw the newly acquired tarp over the screen house before it rained. Everyone huddled under shelter for the next hour or so and chatted about 'shrooms and chickens and whatnot.

The rain subsided, the sun came out, and the fire was stoked.... time for cocktail hour! The beverage choices were plentiful (as usual). There were bloody mary's a la Mark, gin and tonic a la me, and, of course, the ever popular white wine sangria which goes down so well on hot days....and nights....and afternoons! The accompanying smoked oysters on cream cheese toast points topped with Spanish capers may have been a bit over the top but man they were tasty! Cocktail hour kinda blended into dinner and when all was eaten and cleaned up we took our stations around the fire for some much needed chill time. It must have been the digestive stupor that follows any good meal that sent me off to la la land.

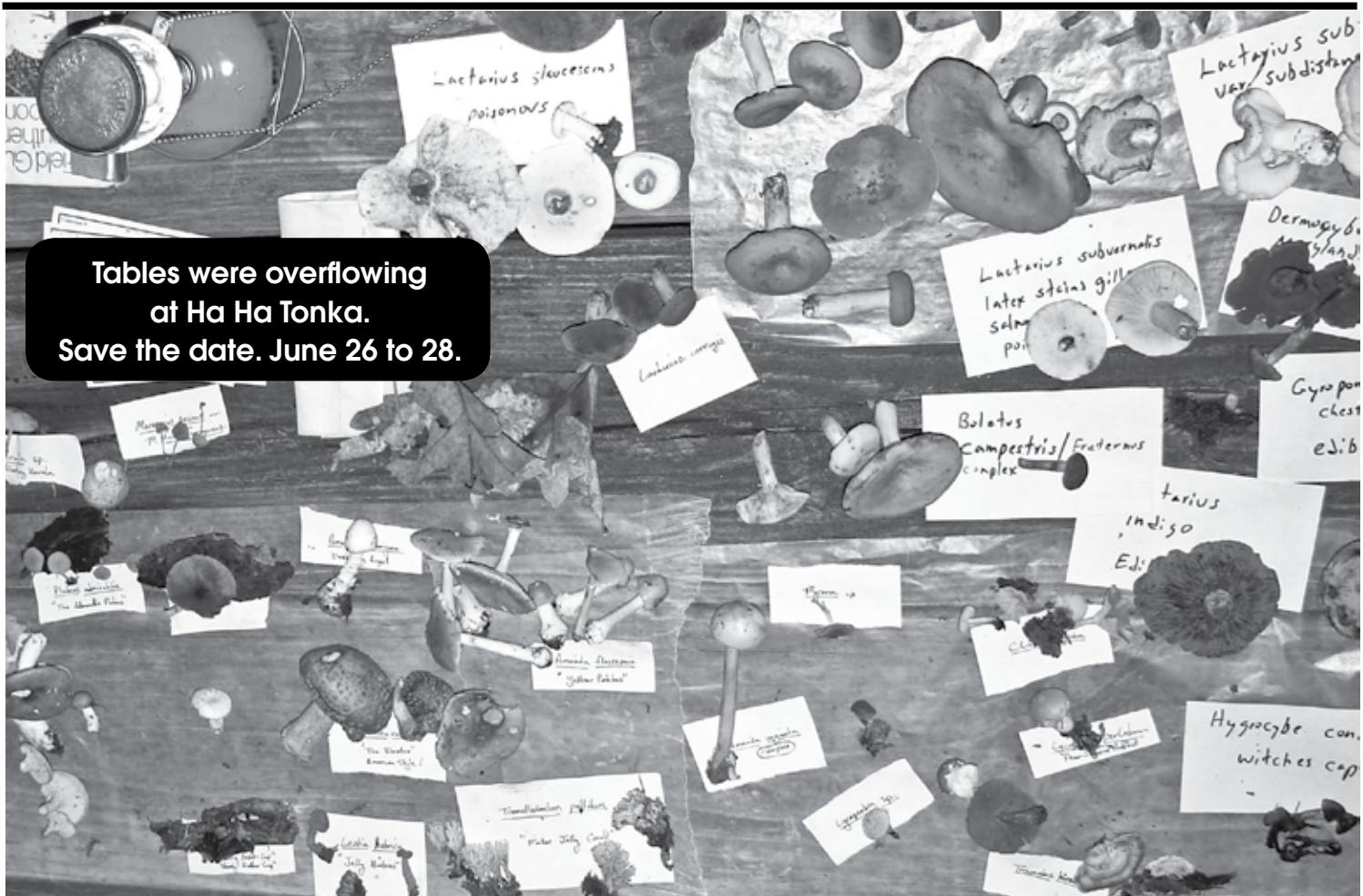
Alrighty then, Sunday is here. Very lazy morning, late breakfast. Let's go swimming!!! What a great swimming hole down the path to the dam. The water was just a bit chilly at first but you got used to it pretty soon. Hey look who's here, Patrick H. and Doris. Patrick has his ever-present hunting basket, (with 'shrooms of course), and Doris appears to have the proper footwear for once! Way to go, Doris, glad you made it.

Mike and I had to leave early, and that's about when a huge front was headed for the Silver Mines area. I don't have the whole story but I hear it was quite a blow down there and luckily everyone was fine afterwards. (I miss all the fun!)

Well, to try and bring this full circle, I suppose that after all is said and done I did manage to find some time to relax amidst all my concerns with the minutiae of the moment. I do cherish my time in the woods and enjoy immensely time spent with friends. I do need to learn how to let go of some things in order to appreciate the moment more but also realize the importance of a "Be Prepared" mentality. I must admit that most of my 'camp-related' behavior was learned at an early age from my father who always seemed to have just what we needed stashed away in some pocket or cubbyhole in the old Vista Cruiser. I guess perhaps it could be said that I continue this tradition as an homage to him, and who doesn't want to emulate the good qualities of dear old dad!



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Tables were overflowing  
at Ha Ha Tonka.  
Save the date. June 26 to 28.