



Spore Print

2007 No.3 Quarterly Newsletter of the Edmonton Mycological Society

Clitocybe nuda - or in common tongue The Blewitt

Tricholomataceae, Agaricales

This mushroom, widely distributed throughout North America, is popular wherever it grows. On the prairies, the season is July-September, sometimes with multiple fruitings from the same site. What keeps it from being harvested more often is the confusion of correctly identifying the mushroom. Although this mushroom has a definite purplish tinge, that tinge can be anything from a definite purple to a purple-tan, depending on the age and condition of the mushroom. The amount of purple is also affected by the amount of moisture and the growing location - some varieties have barely a tinge while others are definitely purple. The purple can fade from the time of picking to the review at your vehicle, making you wonder whether you really did see the purple and whether this is really the Blewitt you wanted to get.



Clitocybe nuda. Painting courtesy: Helen Engel

One thing that adds to the confusion is that the Blewitt has had many different scientific names. It has been known as *Lepista nuda* and *Tricholoma nudum*. So if you are familiar with either of these two names, we are talking about the same mushroom species.

Let's take a look at the mushrooms which may be confused with the Blewitt.

Lepista irina - similar shape but lacks the purplish colouration

Clitocybe graveolens - lacks the purplish colour and has a strongly unpleasant odour and taste

Lepista saeva - has a buff cap rather than purplish cap although it does have a purplish stalk, edible

Clitocybe tarda - is purplish but has a much thinner, fibrous stalk

Cortinarius albobinlaceus - cobwebby veil when young, gills turn rust-brown from spores, edible

(Blewitt...continued on page 3)



President's Message



Markus Thormann, president of the Edmonton Mycological Society

The past two months have been very exciting ones. The Alberta Foray in Lac la Biche has been a huge success despite dry conditions, and our annual mushroom exposition "City of Champignons" at the Devonian Botanic Garden attracted about 250-300 visitors to our displays. I thank all of our volunteers for their countless hours of time working towards the successful execution of both events. Have a look at the more detailed accounts on both events in this newsletter.

Recently, I was contacted by the Edmonton Poison Control Centre: two cases of mushroom poisoning in the Lesser Slave Lake region. Apparently, two individuals had eaten some mushrooms they had picked earlier in the day and fell ill shortly thereafter. Thankfully, they had saved a few specimens in their fridge and brought them along to the hospital. These specimens were eventually couriered to me, and I identified them as a species of *Cortinarius* and *Pholiota squarrosa* (neither of which we recommend for consumption). The latter were likely erroneously

identified as honey mushrooms. These two cases just highlight the importance of knowing exactly what you are collecting for consumption. To their credit, the two individuals had saved some of their mushrooms, which is something you should do as well when you eat a new fungus for the first time. As the saying goes...*If in doubt, throw it out.* By the way, neither individual died from their misadventure.

As you all know, the *President's Dinner* is the last event of the year. I have been in contact with Sorrentino's South (on Calgary Trail), and you can expect to enjoy a culinary masterpiece once again. I will send out the menu and registration form in early October. As always, it will be limited to 40 registrants. I will prepare a fun presentation about magic mushrooms, since that is always the topic of the first question I have to answer when I reveal my educational background. And no, there won't be any magic mushrooms for consumption at the dinner...I swear 🍄

Fall is upon us, bringing with it a change in the species of fungi we will find in our favourite hunting spots. To me, this is the most interesting time from a mycological perspective, since we can expect many more fungi involved in the decomposition of organic matter that ends up on the forest floor to make an appearance. Sadly, this season is also the beginning of the end of yet another fruitful and exciting mushrooming year. We have only a couple of forays remaining before the *President's Dinner* and our winter break. I hope you have been able to stash away a few fungi in dried or frozen state, so you can enjoy them as part of your favourite dishes over the winter months.

Our next newsletter will be called the *Stinkhorn* in recognition of our 20th anniversary and the newsletter we published in the late 1980s. You can expect it in your inbox or mailbox in November.

Until then, happy 'shrooming to you all,

Markus

2007 Executive Edmonton Mycological Society

President & Webmaster:

Markus Thormann

(780) 432-1392

mthorman@hotmail.com

Past President: Mike Schulz

(780) 939-2106

mjschulz@wildmushrooms.ws

Vice President: Martin Osis

(780) 987-4412

mosis@wildmushrooms.ws

Treasurer: Loretta Puckrin

(780) 458-9889

loretta@second-impressions.com

Secretary: Vacant

Membership & Webmaster:

Alan Fleming

(780) 463-8540

alan.fleming@telus.net

Foray Coordinator: Bill Richards

(780) 998-3507

emsforays@wildmushrooms.ws

Program Director: Robert Rogers

(780) 433-7882

scents@telusplanet.net

Media Relations Director:

Melanie Fjoser

(780) 987-4412

mfjoser@wildmushrooms.ws

Newsletter Editor: Geri Kolacz

(780) 475-7927

gkolacz@telus.net

Directors-at-large:

Pieter van der Schoot

(780) 696-2436

Ethel Luhtanen

(430) 220-9610

luhtanen@telus.net

John Thompson

(780) 456-9424

llowe@telusplanet.net

Robert Simpson

(780) 481-7905

rsimpson@dursim.com

MAILING ADDRESS:

Edmonton Mycological Society
1921, 10405 Jasper Avenue
Standard Life Building
Edmonton, AB T5J 3S2

WEBSITE ADDRESS:

www.wildmushrooms.ws



Blewitt (continued from page 1)

Inocybe geophyllia var. *lilacina* -
brown spores, small cap -
Poisonous

Mycena pura - purple but small and
slender with white spores -
Poisonous

The Blewitt is found in open areas, either in the woods or along paths. If you find one, check in an arc pattern as they often grow in rings or partial rings. When picking in blackberry country, checking close to the vines is a great place to start. In our area of the country open areas in the woods are the best bet. The basic growing matter is compost, so look for a spot where the leaves have been blown and collected. In some areas this mushroom will sprout in compost heaps!

Characteristics:

CAP

- 2-6" wide
- convex to flat or broadly sunken in the centre
- margin incurved, then wavy and upturned
- moist to dry, smooth
- Silvery-violet grey when dry or tinged brownish
- Fragrant odour

GILLS

Notched, (can be adnate to adnexed) crowded violet to buff, discolouring

STALK

- 1-3" long; .5-1" thick, usually with a large bulbous base
- Solid, dry, scaly
- Violet to gray or brown-tinged
- No veil
- Spores: pinkish-buff, peach
- Flesh - light lilac

The younger specimens tend to have more of the purple colour. A quick check would be:

1. Are the young specimens purple toned



2. Do the older specimens have a pinkish/buff spore print
3. Is the stalk thick with a bulbous base
4. Absence of a veil (especially a cobwebby one which is common for *Cortinarius*)
5. Slightly fruity but pleasant odour

Although some references suggest that you taste the mushroom in its raw state, you should be able to determine the variety without resorting to that dangerous technique. Make sure you cook these mushrooms, as you should with all wild mushrooms. No special processing (eg. drying, throw away boiled water, etc.) is required. Just cook and eat! This species is great in omelets and soups or grilled with a touch of olive oil and spices. With the pine rich odour, this mushroom combines well with the flavour of wild meat or nuts and cheese.

Medicinal Properties
(from Robert Rogers -
Fungal Pharmacy)

The Blewitt has the action of regulating blood sugar metabolism and supporting the nervous system, possible due to the high thiamine or Vitamine B1. They could be used as part of a hypoglycemic control diet.



(Blewitt...continued on page 11)

Alberta Foray – Lac La Biche August, 2007

The Alberta Foray on the August long weekend will, in my mind, always be remembered as the “Wasp Foray”. Despite this intimidating title, the foray was an overwhelming success.

For those members who did not attend, many of us were stung by an unusual surplus of wasps. Although I got stung myself, I think Bill and Alan were hit the worst, both of them incurring stings to their faces. This drama should not overshadow the high points of this weekend adventure. Everyone did an amazing job of collecting enough fungi to completely cover every table in the gymnasium. This was in spite of very dry weather and wasps!

Mycologists Paul Kroeger and Jim Ginns made the trip and worked very hard to identify all of the specimens which were collected. Thank you!!

Having them attend was a great learning experience and they were both very helpful with any questions we had. In total, 372 specimens were identified and entered into the database. The best news is, out of that total, there were 176 unique species.

The weekend was very well organized, which allowed most of us to relax and focus on mushrooming. Each day had all the activities, meals and forays planned out in advance. Friday was set up for signing in and

registration, followed by a small foray around the Portage College campus, and then an orientation to start the weekend. On Saturday and Sunday, we were able to choose two forays per day from a total of 12 locations around the Lac La Biche area. In the evenings, we were treated to talks from Paul Kroeger, Jim Ginns and Martin Osis. There were even

enough edibles for Judy to cook up some samples for everyone on Sunday night. Each filled day ended with some much anticipated socializing time and snacks before heading for bed.

Most of us stayed in the dorms at Portage College, and our group had full access to the cafeteria and gymnasium. All of the people working at Portage College, especially the chef and the security guards, deserve our heartfelt thanks for

all of their help. The visiting mycologists, all of the attending members, and especially those who organized this foray, worked together to make this weekend a success.

I was grateful for the chance to experience the vast forests of the Lac La Biche area with friendly faces, most of whom I only see once or twice a year. As the summer is ending, I am already looking forward to next year...wasps and all!

 Breanne Gordulic

Species List Alberta Foray 2007 Lac La Biche Aug 3-6, 2007

Agaricus silvaticus
Agaricus silvicola
Albatrellus syringae
Amanita vaginata var. *vaginata*
Antrodia sp.
Antrodia serialis
Antrodia xantha
Apiosporina morbosus
Artomyces pyxidatus
Auricularia auricula-judae
Bjerkandera adusta
Bovista plumbea
Cantharellula umbonata
Ceriporiopsis subvermispora
Cerrena unicolor
Chalciporus piperatus
Chlorociboria aeruginascens
Chondrostereum purpureum
Clavariadelphus ligula
Clavariadelphus sachalinensis
Clavariadelphus truncatus
Clitocybe odora
Clitocybe sinopica
Clitocybe sp.
Collybia sp.
Collybia tuberosa
Coltricia perennis
Coprinopsis atramentaria
Coriolopsis gallica
Cortinarius cinnamomeus
Cortinarius rubellus
Cortinarius sp.
Cortinarius stillatitius
Crepidotus applanatus var. *applanatus*
Crepidotus ellipsoideus
Crepidotus mollis
Crepidotus sp.
Cryptoporus volvatus
Cudonia circinans
Dacrymyces cf. *palmaris*



The eternal conflict


Dacrymyces palmatus
Dacrymyces sp.
Daedaleopsis confragosa
Datronia stereoides
Eichleriella deglubens
Fomes fomentarius
Fomitopsis cajanderi
Fomitopsis pinicola
Fuligo septica var. *septica*
Funalia trogii
Ganoderma applanatum
Geastrum campestre
Geastrum sp.
Gloeocystidiellum sp.
Gloeophyllum sepiarium
Gloeoporus pannocinctus
Gomphidius glutinosus
Guepinia helvelloides
Gymnopilus liquiritiae
Gymnopus confluens
Hapalopilus nidulans
Heliocybe sulcata
Helvella cf. *crispa*
Helvella crispa
Hericium americanum
Hericium coralloides
Hydnellum caeruleum
Hydnopolyporus fimbriatus
Hydnum umbilicatum
Hygrophorus cf. *bakerensis*
Hymenochaete tabacina
Hyphodontia sp.
Hypocrea pulvinata
Hypsizygus tessulatus
Inonotus obliquus
Isaria sp.
Laccaria bicolor
Laccaria cf. *laccata*
Lactarius controversus
Lactarius repraesentaneus
Lactarius rufus
Lactarius uvidus
Leccinum boreale
Leccinum insigne
Leccinum scabrum
Lentinus leviss
Lentinus suavissimus
Lenzites betulina
Lepista glaucocana
Leucopaxillus albissimus
Leucopaxillus giganteus
Leucopaxillus piceinus
Limacella delicata var. *glioderma*
Lycogala epidendrum
 (Myxomycete)
Lycoperdon perlatum
Lyophyllum decastes
Marasmius cf. *epiphyllus*
Mycena pura
Oligoporus sp.
Onnia tomentosa
Pachycudonia spathulata
Panus sp.
Peniophora cf. *polygonia*
Peniophora rufa
Perenniporia medulla-panis
Phanerochaete velutina
Phellinus igniarius
Phellinus pini
Phellinus punctatus
Phellinus tremulae
Phellinus viticola
Phlebia rufa
Pholiota squarrosa
Phyllotopsis nidulans
Piptoporus betulinus
Pleurotus ostreatus
Pleurotus populinus
Plicaturopsis crispa
Pluteus cervinus var. *cervinus*
Pluteus pellitus
Pluteus petasatus
Pluteus petasatus
Pluteus romellii
Pluteus sp.
Polyporus alveolaris
Polyporus badius
Polyporus leptoccephalus
Postia cf. *caesia*
Postia fragilis
Postia guttulata
Postia stiptica
Punctularia strigosozonata
Ramaria sp.
Rhodocollybia maculata
 var. *maculata*
Rozites caperatus
Russula aeruginea
Russula borealis
Russula brevipes
Russula cf. *albonigra*
Russula cf. *parazurea*
Russula decolorans
Russula foetens
Russula lutea
Russula olivacea
Russula puellaris
Russula subfoetens
Russula veteriosa
Russula xerampelina
Schizophyllum commune
Scutellinia scutellata
Spathularia flavida
Steccherinum ochraceum
Stemonitis splendens (Myxomycete)
Stereum cf. *gausapatum*
Stereum sanguinolentum
Stereum subtomentosum
Suillus cf. *grevillei*
Thelephora palmata
Thelephora terrestris
Tomentella cf. *punicea*
Tomentella sp.
Trametes versicolor
Trechispora sp.
Tremella encephala
Tremella mesenterica
Trichaptum abietinum
Trichaptum bifforme
Tricholoma equestre
Tricholoma saponaceum
 var. *saponaceum*
Tricholomopsis decora
Typhula uncialis
Tyromyces chioneus
Tyromyces fumidiceps
Xeromphalina campanella
Xylaria sp.

“City of Champignons” Mushroom Exposition

Our annual mushroom exposition at the Devonian Botanic Garden on August 12 was once again a well attended event. Despite a few hot and very dry weeks earlier in the summer, we found a large number of different fungi. An estimated 150 different fungi were collected the previous day(s) and displayed for the about 250-300 visitors to the Pine Pavilion on this sunny and warm day. For example, an entire display table was dedicated to wood decay fungi, showing anything from well-known, typical, and very conspicuous conks to much less visible and often less apparent gilled fungi. Needless to say, boletes (primarily *Suillus* and *Leccinum*) represented a large group of fungi on display, as were species of *Amanita*, *Cortinarius*, and the ever present and abundant representative species of *Russula*. Display tables about fresh and dried edible, poisonous, and medicinal fungi, our mushroom kitchen, and sales centre rounded out the hands-on displays. Our 2006 photo contest winning images, a Powerpoint presentation about fungal form, function, and diversity, and a guided mushroom walk through the Devonian Botanic garden were well received and garnered a lot of excitement and appreciation from our guests that afternoon, as was apparent in the comments sheets near the Pavilion entrance.

A great thank-you goes out to all of the volunteers who spent countless hours preparing this event. Many

fungi were collected and set-up started the previous day. Upon entering the Pine Pavilion, George and Anne greeted our guests and directed them towards the different display areas. Martin, Bill, and I spent most of the day behind the display tables, answering countless questions and pointing out the finer details of fungi. Martin also gave a wonderful presentation about fungi, while Bill led a group of visitors on a mushroom walk through the Devonian Botanic Garden. Our mushroom kitchen provided once again wonderfully delicious culinary masterpieces. Thank you to Judy *et al.* for organizing this integral part of our exposition. Alan and Rae organized our sales centre, managing a plethora of mycological books and posters and dried and fresh mushrooms from Mona Foods. We also gained a few new members as a result of this event! Melanie, Robert (S. and R.), Hans and Inge, and Jeanette mingled with our visitors and provided much appreciated background on a myriad of fungal topics. Last but not least, we thank our hosts, the Devonian Botanic Garden, for access to the Pine Pavilion. This is a wonderful facility, and we already look forward to next year's expo.

 Markus Thormann

Letter from the Editor:

This will be the last issue of Spore Print for 2007. As this is our 20th Anniversary year, the executive thought it would be a great idea to resurrect the original publication of the Edmonton Mushroom Club, now known as the Edmonton Mycological Society.

For the first five years or so, the club had an annual publication called “*The Stinkhorn*”. This was produced by Sean Abbott and usually ran at least 55-60 pages.

Within the *Stinkhorn* could be found all the minutes of the year, interesting articles on fungi, recipes, book reviews and recaps of the forays that were taken and some of the rare finds.

A newer version of this publication will be available at the beginning of November. NO, it will not be 50 pages long although with all that has been happening within our club over the last twenty years, that would not be difficult to do. I'm not sure how our various emails would handle this nor how much it would cost to “snail mail”

to the members that do not subscribe to email.

I will try to get a sampling of the last twenty years and try to keep the page number down. It will be more than twelve and hopefully not more than twenty. Since it is our twentieth anniversary, twenty pages seems like a good number.

With a bit of luck, it will be ready for the President's Dinner - although that is a little earlier than I was hoping for. I will not be at the dinner but hopefully the *Stinkhorn* will be.

 Geraldine Kolacz



Lambert Creek Foray

September 8 & 9, 2007

One of the last official forays of the year once again took us to Lambert Creek southwest of Edson. About 20 members arrived at the campsite between Friday evening and Saturday noon to scour the surrounding mixedwood forests for honey mushrooms, chanterelles, hedgehogs, and other delectable fungi. The moist conditions and relatively warm temperatures in the area were very conducive for the growth of fungi, and we were not disappointed to see the forest floor covered with thousands of fungi. It was literally difficult to walk through the forests and not step on some fungi. Needless to say, we were happy to see an overabundance of honey mushrooms, which were eagerly collected and stashed away in vehicles, tents, and campers. Other edibles included the yellow-footed chanterelle (*Cantharellus tubaeformis*), hedgehogs (*Hydnum repandum*), pig's ears (*Gomphus clavatus*), various boletes (mostly *Suillus* spp.), the winepeg (*Chroogomphus vinicolor*), and the man-on-horseback (*Tricholoma equestre*). Overall, the foray yielded a very diverse assemblage of fungi, even when we excluded the ever abundant *Cortinarius* spp. One very notable find was *Hygrocybe psittacina* var. *psittacina*, a small, green, slimy-capped waxy species. This may be the first report of this fungus in Alberta, according to our data base.

Nine members of the club remained at the campsite and "survived" the overnight low of -5 °C. In the morning, two members of the Edmonton Nature Club, Stan Gosche and David Lagadyn, joined the forayers. Both are interested in nature photography and recently discovered that mushrooms make passive and very attractive subjects. Wildlife, particularly a bear sighted about 3 km from the campsite on Saturday afternoon, did not bother anyone; however, a run-in with a wasp left Bill with a severely swollen eye, which considerably hampered his identification efforts thereafter.



Markus Thormann



Species List for the Lambert Creek Foray - September 8-9, 2007

Amanita muscaria
Armillaria spp.
Cantharellus tubaeformis
Chroogomphus vinicolor
Clavariadelphus ligula
Clavariadelphus truncatus
Collybia odora
Collybia sp.
Cortinarius spp.
Cystoderma sp.
Fomitopsis pinicola
Fuscoboletinus cf.
 sinuspaulianus
Fuscoboletinus spectabilis
Gloeophyllum sepiarium
Gomphus clavatus
Gyromitra infula
Helvella lacunosa
Helvella sp.
Hydnellum aurantiacum
Hydnum repandum
Hygrocybe cf. *virginea*
 var. *virginea*
Hygrocybe psittacina
 var. *psittacina*
Hygrophorus rubescens
Hygrophorus sp.
Laccaria laccata
Lactarius deliciosus
Lactarius scrobiculatus
Leccinum insigne
Leccinum snellii
Lycoperdon umbrinum
Mycena spp.
Onnia tomentosa
Pachycudonia spathulata
Peziza repanda
Ramaria spp.
Rozites caperatus
Russula spp.
Sarcodon ustalis
Suillus cavipes
Suillus sp.
Suillus tomentosus
Suillus umbonatus
Tremella mesenterica
Tricholoma equestre
Tricholoma magnivelare
Tricholoma sp.

Wednesday evening foray at McTaggart Sanctuary

About 12 of us met at the parking lot off 23rd Avenue on a hot and muggy July 19th to explore an as of yet for us mycologically unexplored mixedwood stand in south Edmonton – McTaggart Sanctuary. Equipped with bug spray, water, sharpened knives, and baskets, we set forth along the about 1-km-long single-track path that meanders through the sanctuary. As it is usual with mushroom hunters, once we were about 50 m along the path, most of us dispersed into the woods in hopes of finding the most (and best) mushrooms. It seemed to be “*Russula* season”, as members of this genus were incredibly abundant throughout the sanctuary. Among the many different species were also a few edibles, e.g., *H. coralloides*, *A. silvicola*, and the ever abundant *Marasmius oreades*.

I have been ‘shrooming through the sanctuary for about a year now, and remember an amazing flush of fungi in the fall of 2006, when my partner Leanne and I found about 60 different species of fungi in under an hour. This area is certainly worth re-visiting in the near future, especially in light of encroachment from the expanding subdivisions of McGrath and McTaggart Ridge to the west.

Agaricus silvicola
cf. *Amanita* sp.
Chlorociboria aeruginascens
Coprinellus truncorum
Fomes fomentarius
Fomitopsis pinicola
Ganoderma applanatum
Hericium coralloides
Hygrocybe cf. *aurantiaca*
Laccaria spp.
Leccinum sp. (last year’s)
Marasmius oreades
Phragmidium sp. on rosehip
Phyllotopsis nidulans
Plutues cervinus
Ramaria sp.
Russula spp.
Russula cf. *xerampelina*
Trametes hirsuta
plus many others...

 Markus Thormann

Poplar Creek Foray

June 16-17 2007

Once again, we owe Pieter van der Schoot a great deal of appreciate for opening up his fantastic section of property to the Edmonton Mycological Society. Not only did Pieter provide us access to his property he accommodated us with warmth and shelter. And as always, a great many fungi.

In addition to forays on Pieter’s property, this is primarily our chance and obligation to note changes occurring within the Poplar Creek Natural Area and report them to Parks and Protected Areas Program. For the past fifteen year, the EMS has been visiting the natural area as a co-volunteer with Pieter and his family. We have the seen the habitat change both rapidly and slowly. The several years of devastating tent caterpillar infestations in late 1980s rapidly reduced the aspen poplar to a large oyster mushroom (*Pleurotus ostreatus*) patch. Since then we have watched the slow recovery of the aspen and an every increasing decline of oyster mushrooms.

Other mushrooms are now appearing; this year for the first time, we have found *Cryptoporus volvatus*, which concerns Pieter as a wood lot owner, as it may be potentially pathogenic on conifers. However, all I have read indicates that it attacks standing dead conifers. I have now encountered it four times, twice in Jasper National Park, each time they were on standing dead pine trees. This summer, it has been seen also on the Alberta Foray at Lakeland Provincial Recreation Area and, as at Poplar Creek, it was on a dead and recently downed white spruce tree.

We are very fortunate to date that this natural area has not caught the attention of motorized recreational enthusiasts, for even though the habitats change the tranquility of this site does not. Hopefully for a very long time.

Markus Thormann



Recipe

Mushroom and Spinach Side Dish

This side dish makes four servings; it's perfect to keep in your fridge to add to stir-fries or pasta dishes. Use as many different mushrooms as you can find, especially the healthier varieties like shiitake, enoki and oyster mushrooms. The dried porcini or ceps really add a lot of flavor. You'll find them in little packages near the produce stands. 4 servings.

Ingredients:

- 1/2 oz dried porcini or ceps mushrooms (optional)
- 2 tbsp olive oil, preferably extra virgin
- 1 lb mixed, fresh mushrooms
- 4 cloves of garlic, minced
- 1 tsp herb and spice blend
- 2 cups organic baby spinach leaves



Instructions:

If you're using porcini mushrooms or ceps, put them in a dish with enough hot water to barely cover and let them soak for about 20 minutes. Wash and slice the fresh mushrooms and remove any tough stems. In a large pan with a cover, heat the oil and sauté the mushrooms, including the soaked porcini and the soaking liquid. Stir well, cover and cook gently for 5 minutes. Stir in the garlic and herb blend, cover and cook for another 5 minutes, until the mushrooms are tender and most of the liquid has been absorbed.

Add the baby spinach leaves to the mushroom mix. Stir to wilt them briefly, and the dish is ready to serve, or to store in the fridge for later use. You may want to add salt and pepper to taste but most people find it's not necessary.

Nutritional Information:

Per serving:	
110 calories	10 g carbohydrate
7 g total fat (1 g sat)	3 g protein
0 mg cholesterol	2 g fiber
	18 mg sodium

Recipe

Stuffed Mushroom Caps with Couscous (6 servings)

Couscous is a mildly nutty-tasting grain that comes from North Africa. It makes a great stuffing, especially for a small cavity like a mushroom, because it's so moist. When the stuffed mushrooms are baked, the full flavor of the couscous and the mushrooms really come through. These will go fast!

Ingredients:

1/4 cup chopped walnuts
2 tablespoons extra-virgin olive oil
2 cloves garlic, minced
3 shallots, chopped
1-1/2 tablespoons natural soy sauce (such as tamari)
1 cup white wine
12 medium small-capped mushrooms, washed and stems removed (agarics work well)
1/2 cup chicken or vegetable stock or purified water
1/4 cup couscous
Salt
Freshly ground pepper
2 tablespoons chopped fresh basil
1 bunch fresh parsley, chopped
1/4 cup freshly grated
Parmesan cheese

Instructions:

Preheat the oven to 350 degrees.

Spread the walnuts on a baking sheet and roast for 5 minutes, just until they turn slightly more brown. Pour them into a small bowl.

Set a large sauce pan with the olive oil over low heat for less than 1 minute. Drop in the garlic and the shallots. Add the soy sauce, wine, and mushrooms and simmer covered until the mushrooms are tender, about 10 minutes. Use a slotted spoon to shake the mushrooms so that the cooking liquid falls back into the pan, then transfer the drained mushrooms to a baking dish, arranging them hollow side up. Reserve the liquid in the pan.

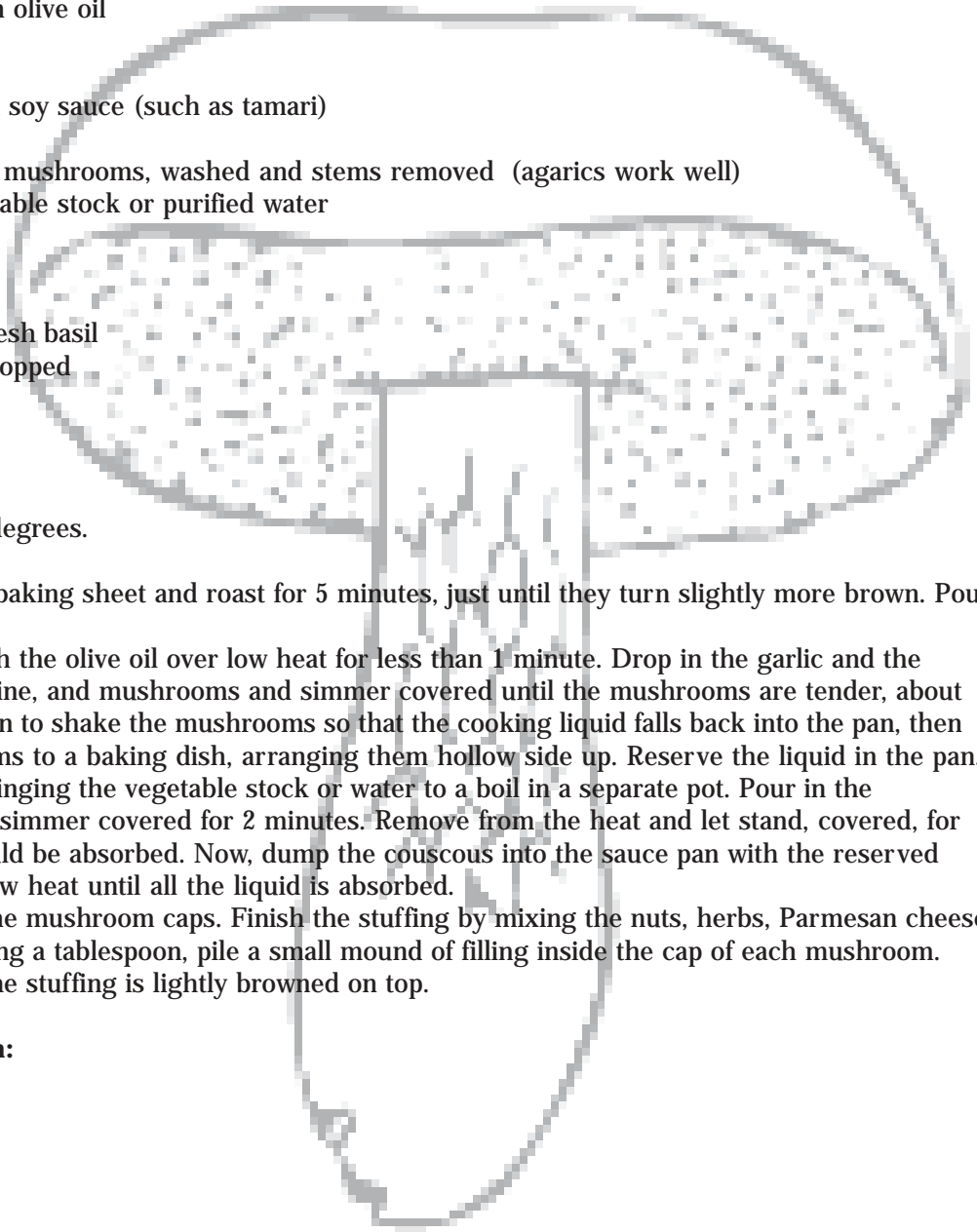
Cook the couscous by bringing the vegetable stock or water to a boil in a separate pot. Pour in the couscous, lower the heat, and simmer covered for 2 minutes. Remove from the heat and let stand, covered, for 10 minutes. All the liquid should be absorbed. Now, dump the couscous into the sauce pan with the reserved liquid, cover, and cook over low heat until all the liquid is absorbed.

Lightly salt and pepper the mushroom caps. Finish the stuffing by mixing the nuts, herbs, Parmesan cheese into the cooked couscous. Using a tablespoon, pile a small mound of filling inside the cap of each mushroom. Bake for 10 minutes or until the stuffing is lightly browned on top.

Nutritional Information:

Per serving:

107 calories
6 g total fat (1 g sat)
1 mg cholesterol
10 g carbohydrate
3 g protein
1 g fiber
350 mg sodium



The Blewitt's Family History

Basidiomycetes - bear spores

Hymenomycetes - spores on an exposed surface

Agaricales - gilled mushrooms

Tricholomataceae

This diverse family contains the pale-spored agarics. The spore print is usually white, but ranges from buff, yellow, pale lilac or pinkish (the Blewitt). The family is mostly terrestrial, that is they grow on the ground. They are mainly woodland fungi. To determine if you have a Tricholomataceae here are some of the indications that the mushroom you have in hand belongs to another pale-spored family.

Hygrophoraceae - gills are soft, thick and waxy

Cantharellaceae - gills are shallow, blunt and foldlike

Russulaceae - the forms are dry, brittle

Amanitaceae - has a volva

Some delicious edible mushrooms, with which you might be familiar, that belong to this family are:

Oyster - *Pleurotus ostreatus*

Man-on-horseback - *Tricholoma flavovirens*

Honey - *Armillaria mellea* complex

Matsutake - *Tricholoma magnivelare*

Fairy Ring - *Marasmius oreades*

Because this family is so large, they have been grouped into three large segments defined by:

a) wood-inhabiting, shelf-like

b) fleshy-stalked, mostly terrestrial (*this is the Blewitt's segment*)

c) thin fragile

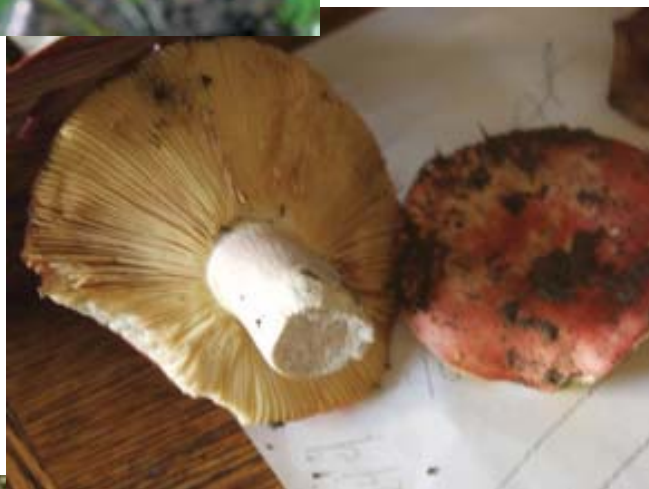
Final determinations of species are often defined by esoteric chemical and anatomical (microscopic) details. The good news is that while some are considered mildly poisonous there are no mushrooms in this family that are considered fatal according to "Leni".



Loretta Puckrin



Photos courtesy:
Loretta Puckrin
and Martin Osis
Let's see how good your
identification skills are.
Can you identify the species
on this page?? They are all
discussed in the article on
the Blewitt.



EMS Calendar of Events for 2007

Hope you made it to most of the events

All forays are undertaken at your own risk. You are responsible for transportation and accommodation.

March

24 *Dry Mixed Wood Boreal Mushrooms: Winter Polypores*
Location: George & Ann Litven's Woodlot

April

25 **Meeting:** NAMA Foray Intro Presentation and Keying various Genera by Martin Osis

May

12 *Aspen Parkland Mushrooms: Morels, Verpas and Spring Agarics*
Location: Return to the Club's inaugural morel site - Ministik

23 **Meeting:** *Fungal Photography* by Loretta Puckrin

June

6 *New Member Field Introduction*
Mushroom: Last morels and early agarics and polypores
Location: Edmonton River Valley-site TBA

16 *Volunteer Step and Commitment*
Mushroom: Oysters and early summer agarics
Location: Poplar Creek Natural Area

27 **Meeting:** Growing your own mushrooms. Spore plugs will be available and information on how to get as well as a DVD from NAMA on growing mushrooms.

July

14/15 *Mid-summer Camp-out*
Mushroom: Leccinum, other boletes, Chanterelles(?)
Location: Robb Area

18 *Mid-Summer Evening Foray in the Edmonton River Valley*
Mushrooms: Various
Location: Old Timers Cabin

25 **Meeting:** *Boreal Forest Fungi* Presentation by Markus Thornham

August

3-6 *Alberta Foray Boreal Forest Region*
Events: Mushroom Collection for the Database, Forays and Lectures
Location: Lac La Biche. **Registration Required.**

11 *Pre-Exposition Forays*
Mushrooms: All groups from all habitats
Location: All regions, your choice. Mushrooms to be collected for the Mushroom Exhibit the next day.

12 *City of Champignons Exhibition*
Mushroom: Displays of all sorts
Location: Devonian Gardens

22 **Meeting:** *Cordyceps* by Robert Rogers

September

8-9 *Lambert Creek Campout*
Mushroom: Honey Mushrooms, Hedgehogs and Chanterelles
Location: Lambert Creek or Hinton Area - TBA

22/23 *Sicamous*
Mushroom: Fungi of the region with the Vancouver Mycological Society

26 **Meeting:** *Mycophagy Presentation* by TBA
 Bring your appetite.

October

24 **Meeting:** *Presentation Program* TBA

November

3 *President's Dinner*



General Member Meetings

Fourth Wednesday of every month -

Time: 7:00 pm

Location: Riverbend Library

