Spore Print

OUR VISION AHEAD

Fungi can lay dormant beneath the soil for years, waiting patiently for just the right conditions before fruiting. Like our fellow fungi, the AMS waited patiently in 2020 and 2021 for the pandemic to be brought under control. This past 2022 year, the AMS wasted no time in reviving our signature in-person events and forays without social restrictions. And we must say... It's glorious to be back!

FEATURED MUSHROOM:

Entoloma rhodopolium

Entoloma rhodopolium is part of a group of very similar mushrooms, separated by minor morphological and ecological preferences. Usually a variety of light browns, grey-browns, or pale yellow-browns, its cap reaches up to 12 cm in diameter and is commonly topped with a central umbo. This fungi's gills are adnate or notched with a whitish or tinged cap colour that turns pink as spores develop. The dry white to pale grey fleshy stalk grows up to 2 cm in diameter is equal or slightly tapered. Overall, this mushroom resembles a typical *Tricholoma* species. And like *Tricholoma* species, *Entoloma rhodopolium* is also commonly found in hardwood deciduous woodlands, growing on the ground in solitary or in groups and scattered.

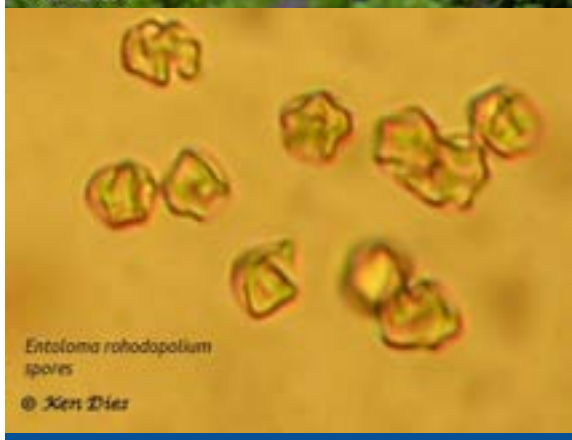
Entoloma rhodopolium is poisonous as it contains muscarine, which causes severe vomiting, diarrhea, and abdominal cramps if ingested.

Because *Entoloma rhodopolium* varies greatly in colour, it can appear almost identical to *Pluteus cervinus*, a fine edible mushroom. Spores of both fungi are pink, so spore colour will not help in the identification process. Care should be taken to avoid confusing these *Entoloma* species with the edible *Pluteus cervinus*. Here are a few ways to tell the two apart:

Entoloma rhodopolium	*Pluteus cervinus*
Grows on the ground	Grows on wood (which may be buried)
Gills are notched or adnate	Gills are free
5 to 6-sided angular spores	Thin-walled smooth elliptical spores

Kingdom: Fungi
Division: Basidiomycota
Class: Agaricomycetes
Order: Agaricales
Family: Entolomataceae
Genus: *Entoloma*
Species: *rhodopolium*

INSIDE THIS ISSUE:
A visual recap of our 2022 season!



Cap: 3-12 cm, tan, light brown, pale-yellow brown, umbo common
Gills: Adnate or notched, white turning pinkish when mature
Stem: White to pale-grey, < 2 cm wide
Spore Print: Pinkish
Odor and Taste: Not distinctive
Habitat: Hardwood deciduous woodlands, late summer and fall

Feature mushroom brought to you by AMS member Ken Dies, fungi photographer and 2016 AMS President's Award recipient.

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PRESIDENT'S MESSAGE

Karen Slevinsky

So many accomplishments in 2022 and so many to look forward to in 2023!

As 2022 ends, the Alberta Mycological Society can reflect on a very satisfying year for our membership and for our achievements. Our membership numbers have grown steadily in the last year and have been growing in the recent past. Presently we have approximately 450 memberships, which translates to about 600 members. We strive to serve you by hosting forays, events, and speakers both locally and virtually on ZOOM.

The Expo and the Great Alberta Mushroom Foray were back; each with outstanding membership participation. The Expo, billed as the Greatest Show From Earth, was a veritable showcase of macrofungi foraged in a radius of no more than two hours from the University Botanic Gardens in any direction. The Expo showed us what mushrooms to eat and served some to event attendees. The Expo also showed us what not to eat to save us from ourselves. The spring, summer, and fall was scattered with forays across Alberta. This issue features some of them.

At the Annual General Meeting, members will hear a full account of our activities in 2022 and the highlights of our plans for 2023. Until then mush dreams of ‘shrooms.

Karen Slevinsky, President
Five years, but whose counting?

Special thanks to Sean Campbell, Candice Cullum, Mel Hohn, Christine Costello, Rosemarie O'Bertos, Rick Watts, Mitchell Milgram, and everyone else for their photos which are displayed in this Spore Print.

This Spore Print is produced by Erica To.

ALBERTA
MYCOLOGICAL SOCIETY

Annual General Meeting

Keynote Speaker
Andy MacKinnon
Co-author of *Mushrooms of British Columbia*

MARCH 18, 2023
SANTA MARIA GORETTI COMMUNITY CENTRE
11050 90 ST NW, EDMONTON, AB T5H 1S5

Meet other fungi enthusiasts, AMS members, and the Board of Directors and hear about the exciting plans for the membership for 2023. The AGM is always followed by a delicious ***President's Dinner*** *with mushroom delicacies and an engaging presentation from renowned keynote speaker, Andy MacKinnon.*

President's Dinner Feature Mushrooms:
Black Chanterelles
Morels
Candy Caps

Stay tuned for details!

An email announcement and event posting on our website is headed your way.

THE GREATEST SHOW *FROM* EARTH RETURNS

WILD MUSHROOM EXPO 2022

The Greatest Show *from* Earth!

By Melanie Fjoser, AMS Director-at-Large

On Sunday, August 14, we held our ***Wild* Mushroom Expo** at the **University of Alberta (U of A) Botanic Garden** near Edmonton after a COVID-19 related hiatus of two years. As always, it was wildly successful!

You might recall that the weather was extremely hot and dry for weeks before the event, but enthusiastic members from across Alberta stepped up to join forays held the day before, generally within a one to two-hour radius from Edmonton to find pockets of moister areas. They brought in hundreds of fungal specimens. This one day of forays in Alberta provided the most varied and eclectic groupings of mushrooms that anyone could wish for. You will see this in the species list below.

Many member-volunteers arrived to set up and man the tables at the Pine Pavilion to showcase the fresh, wild mushrooms artistically displayed on moss and grass and with habitat features. The foraged mushrooms at the **Main Display Table** are always the stars of the show! We were very fortunate for the many experts **(Martin Osis, Bill Richards, Rob Simpson, Candice Cullum, Elizabeth Lakeman, Ryan James, Pieter van der Schoot, Josh Smith, Gen Olivier,** and **so** many others) working at the display tables, identifying fungi and patiently answering the ever-present question: “Can I eat this?” We also had many very gracious ambassadors working the room talking about mushrooms, mushrooms, and more mushrooms... But that’s not all...

Other tables included displays on **Edible, Medicinal, and Poisonous Mushrooms**, and some that are all three, believe it or not. Also in attendance was **Enoki Li** with the **U of A Mycology Club**, **Simon Metke** at the **Medicinal Mushroom** table

demonstrating how **Medicinal Mushroom Tinctures** are made, and **Josh Smith** and his family at the **Mushroom Cultivation** display. Samples of **popular mushroom books** and our **Spore Print** newsletter attracted many, and our **Kids Colouring Circle** was very popular with children colouring and solving mushroom games.

At our ***Wild Mushroom Café*, Liz Watts** served Hungarian Mushroom Soup, both in gluten and gluten-free versions that she prepared the day before. It was delicious and sold out quickly! We also provided Taber corn-on-the-cob with Lobster or Chanterelle mushroom butters and dashed with Truffle salt. Special beverages served were Chaga iced tea and coffee imbued with Lion's Mane fungus. **Karen Slevinsky, Liz Watts, and a volunteer culinary team** ran the kitchen as smoothly as a *Verpa conica*'s cap! We also welcomed a special guest, **Chef Antonio of Sorrentino's Restaurant**, who cooked up some of our edible mushrooms into a fantastic risotto and provided free samples to guests to show what great cuisine can come out of our earth!

Our **merchandise** table kept **Mel Hohn, Barb Shworak, and their team** busy with visitors purchasing mushroom books, t-shirts, stickers, posters, memberships, and more. Several items were sold out as guests eagerly sought out all things mushroom! The lineup went beyond the Pine Pavilion's borders with folks waiting patiently to secure their special item. Our merchandise sales are an AMS fundraiser, so cheers to all of you who not only worked the tables, but also purchased items to support your AMS!

Two presentations were held a short hike away in the **Lilac Tent**. In the morning, **Christine Costello** gave a creative mushroom workshop for children, **Fun with Fungi**. All present thoroughly enjoyed the show. The afternoon presentation, by veteran mushroom educator **Martin Osis**, entitled **Common Edible and Medicinal Mushrooms of Alberta**, packed the tent and overflowed onto adjacent lawns.

We were reminded by Elizabeth Lakeman's poster to donate to the **U of A / AMS Graduate Award** to support a deserving graduate student studying mycology or fungal biology. Annually the winner is awarded $2,000. Donations raise fungal knowledge, as well as lower your tax burden!

We were unable to hold our "Mushroom Walk in the Garden" this year because it was so dry and hot. There were very few species on hand in the garden; we hope for better weather next year (more rain!).

For the entire day, our venues were overflowing with visitors; it was noisy, crowded, and thoroughly enjoyable, full of "oohs" and "aahs" from the crowd as they saw the incredible variety of fungi! It was very

exciting to see so many mushroom enthusiasts out there, some of whom are now AMS members, and will surely help at our future events.

Please see photos of the Expo on our website! You will likely see your face if you were there!

Check out our Mushroom Expo 2022 Photo Gallery.

There are so many people to thank for this event, truly the **Greatest Show *from* Earth**!

Cheers to **Sarah Pratt and Patrick Cunningham** of the **U of A Botanic Garden, Chef Antonio and crew** of **Sorrentino's Restaurant**, and **MyFungi** for donating **Lion's Mane-infused coffee**.

These **AMS Directors** led and facilitated the action in many ways: **Christine Costello, Karen Slevinsky, Elizabeth Lakeman, Rob Simpson, Mel Hohn, Lisa Oishi, Sean Campbell, Liz Watts, Rick Watts, Erica To, Enoki Li, Josh Smith, Rosemarie O'Bertos, and Melanie Fjoser. Thank you!**

Most importantly, over 50 AMS members volunteered to showcase the Kingdom of Fungi to the public. This event could not have happened without you!

On behalf of the ***Wild* Mushroom Expo 2022** organizing team,

Thank you!

EXPO 2022 SPECIES LIST

Majority of these specimen were found on Saturday, August 13, 2022.

These are the labels that were displayed on the Mushroom Tables; some species may be mentioned more than once, and this list may be incomplete, as some species may not have been identified before the Expo. Some polypores were also brought from previous forays. We included some common names in amongst the Latin, just for fun!

Agaricus silvicola, *Agaricus sylvaticus*, *Agaricus sp.*, *Agrocybe acericola*, *Amanita fulva*, *Amanita muscaria*, *Amanita vaginata*, *Arrhinias epichysium*, *Bisporella citrina*, *Boletus edulis* ("King Bolete"), *Boletus piperatus* ("Pepper Bolete"), *Cantherellula umbonate*, *Cerrena unicolour*, *Chlorociboria aeruginascens*, *Clavariadelphus borealis*, "Blewit" (*Lepista nuda*), *Clavaria sp.* ("Club Mushroom"), *Clitocybe claviceps*, *Clitocybe odora*, *Clitocybe sp.*, *Collybia acervata*, *Collybia dryophila*, *Coprinus micaeus*, *Coprinus spp*, *Cortinarius spp.*, *Crepidotus mollis*, *Crepidotus sp.*, *Daedaleopsis confragosa*, *Polyporus squamosus* ("Driad's Saddle"), *Entoloma rhodopolium*, *Marasmius oreades* ("Fairy ring mushroom"), *Flamulina velustipes*, *Fomes fomentarius*, *Fomitopsis officinalis*, *Fomitopsis pinicola*, *Ganoderma applanatum*, *Ganoderma applanatum* ("Artist's Conk"), *Gleophyllum saepiarium*, *Gomphidius glutinosus*, *Gomphidius subroseus*, *Gymnopilus liguirtiae*, *Rozites caperata* ("Gypsy Mushroom"), *Hebeloma crustiliniforme*, *Helvella crispa*, *Hemileccinum subglabripes*, *Hericium corralloides*, *Humaria hemisphaerica*, *Hydnum repandum* ("Hedgehog Mushroom"), *Hypomyces lactifluorum* ("Lobster Mushroom"), *Hypomyces luteo-virens* ("Green Lobster Mushroom"), *Hypomyces sp.*, *Inonotus obliquus* ("Chaga"), *Laccaria bicolor*, *Laccaria laccata*, *Lactarius affinis*, *Lactarius deliciosus* ("Orange Milky Cap"), *Lactarius repraesentarius*, *Lactarius rufus*, *Lactarius torminosus*, *Lactarius uvidus*, *Leccinum boreale*, *Leccinum fibrilosum*, *Leccinum insigne* ("Red Top"), *Leccinum spp.* ("Orangecap bolete" "Rough stem"), *Lepista glaucocana*, *Leucopaxillus albissimus*, *Leucopaxillus giganteus*, *Lyophyllum decastes* ("Fried Chicken Mushroom"), *Marasmius oreades* ("Fairy Ring Mushroom"), *Melanoleuca evenosa*, *Onnia tomentosa*, *Peziza repanda*, *Phellinus igniarius*, *Phellinus pini*, *Phellinus tremulae*, *Pholiota destruens*, *Pholiota squarrosa*, *Phyllotopsis nidulans* ("Stinky Oyster"), *Piptoporus betulinus*, *Pluteus cervinus* ("Deer Mushroom"), *Pluteus leoninus*, *Pluteus patricius*, *Polyporus badius*, *Psathyrella spp.*, *Lycoperdon spp.* ("puffballs"), *Leccinum spp.* ("Red Tops"), *Ganoderma lucidem* ("Reishi Mushroom"), *Russula americana*, *Russula brevipes*, *Russula claroflava*, *Russula decolorans*, *Russula subfoetens* ("Fetid Russula"), *Russula fragilis*, *Russula nigricans*, *Russula olivacea*, *Russula paludosa*, *Russula xerampelina* ("Shrimp Russula"), *Russula spp.*, *Scutellinia scutellate* ("Eyelash Cup"), *Sarcodon imbricatus* ("Scaly Hedgehog"), *Hydnum scabrosum* ("Bitter Hedgehog"), "Slime Mold", *Spathularia flavida*, *Spathularia spp.*, *Suillus brevipes*, *Suillus grevillea*, *Suillus luteus* ("Slippery Jack"), *Suillus tomentosus*, *Suillus umbonatus*, *Trichaptum biformis*, *Tricholoma flavovirens* ("Man on Horseback"), *Tricholoma leucophyllum*, *Tricholoma vaccinum*, *Tricholoma virgatum*, *Tricholoma spp.*, and *Xeromphalina campanella* ("Orange Fuzzyfoot").

SPRING MORELS

By Mitchell Milgram
Long time AMS member and dedicated volunteer

Mitchell Milgram and his friend, Sue, are tired but happy after a day of hard work foraging.

I like to collect wild mushrooms and have been doing so for close to 45 years. My focus is on taxonomy, identifying the genus and species, and recording the multitudes that grow throughout interior BC. If on occasion I chance upon a prime fruiting of some choices edibles, such as oyster mushrooms or white chanterelles, I'll bring them home to eat. However, when it comes to morels, I have a different perspective.

There is some confusion as to the number of morel species. In the recent past (30 years or so ago) most field guides would direct you to 'blacks' (*Morchella elata*), 'blonds' (*Morchella esculenta*), or 'greys' (*Morchella tomentosa*). However, now the whole mycological world is somewhat in flux as mushroom species are renamed and reclassified with the new knowledge gained by DNA sequencing. Presently, many field guides list a dozen or more species, many of which are difficult to separate macroscopically. Regardless, all of the 'true' morels are edible when cooked. Morels are often classified as being either naturally occurring, that is, appearing in forests or gardens randomly each spring, or as 'burn' morels.

For years, morels held no more importance to me than most other mushrooms. Then one day about 20 years ago, a friend suggested we pick morels following the McClure Lake wildfires northeast of Kamloops. It opened up a whole new world. Here along the back logging roads, we came across scattered encampments of mushroom pickers, some casual like ourselves while others were serious commercial pickers. There was a 'wild west' atmosphere to some of these encampments, reminiscent of historical mining boom towns complete with makeshift stores, restaurants, bars, and buying stations. Some buying stations

Drying a large haul of 'burn' morels on window screens.

could be as simple as a folding trestle table with scales and baskets for the morels. Others were more sophisticated with large tents, diesel- powered fans, and mobile drying racks. In keeping with the unregulated atmosphere, here everything was strictly cash.

My friend and I picked for an hour or two, then I hesitantly approached one of the buyers with my collection. The buyer looked at my haul. With a snort of disgust, he discarded some dirty or defective morels, flinging them aside. He then weighed the rest and paid me. I don't recall how much it was, perhaps $40 or $50, but I was very excited. Imagine, getting paid to do what I love doing.

Since then, I've been picking morels each spring. Morels occur naturally throughout the interior of BC, generally appearing in late April and for a few weeks till mid-June depending on the elevation. Morels are generally elusive. You can go looking for them and find none, or if you know to look for habitats with poplar and aspen trees and sandy well-drained soil, your chances are better. But the exception to these hard to find 'naturally occurring' morels are the burn morels that my friend and I picked.

For reasons not fully understood, during the spring following a forest fire, there can be a massive fruiting of morels. Perhaps it's the infusion of carbon into the soil.

Or perhaps, like a flowering plant growing under stressful conditions and producing an extra vigorous floral display and seeds, the mycelial mass producing the morels fruits prolifically to enhance spore production. Whatever the reason, as long as the moisture, soil type, and temperature conditions are right, large quantities of morels can be harvested.

My most memorable morel season was about 10 years ago, picking the Notch Hill fire site west of Salmon Arm. With a couple of enthusiastic coworkers, I was directed to a secret 'backdoor' to the fire site, an obscure and not easily accessible way to get to the fire site. Hiking in about a kilometer and avoiding the antagonistic chicken farmer along the way, we scrambled over the wall of debris bulldozed up to form the fire guard and immediately started finding and picking morels. Equipped with large backpacks containing pails, and a large bucket in each hand, we slowly worked our way up the mountainside. The morels would appear in clumps and 'runs', and not wanting to miss any, we strategized, mapping out the most efficient route. We worked in a line, one person working high, one low, and one in between. The quiet and somber burnt forest would periodically echo with exclamations of excitement as we came across particularly large groups of morels. After a few hours, we had 40 to 50 pounds each, as much as we could carry, and then we made our way back to the vehicles, dirty, sweaty, and tired but elated.

We returned to that site every few days for the following 5 or 6 weeks, each time having to hike deeper into the forest and higher up the mountainside to find fresh ground. As the season progressed, different morel species appeared. By the end of June, the morels stopped fruiting.

Other than the very first time when I sold my freshly picked morels to a buyer, I'll dry the morels (if I collect enough) and sell them in the off season when the prices can be higher. Morels are easy to dry. Being hollow inside, they dry quickly. Check them first for bugs and discard any that are infested. You may have to slice some open to make a proper determination. Simply lay them out on old window screens and dry them in the sun or with a fan. As long as they are bone dry, they'll keep for years. When collecting, keep them clean, slicing them off at the base and keeping dirt and debris out of the collection.

If you do plan to try eating morels, remember that all wild mushrooms should be cooked beforehand. Is there anything poisonous that you might confuse with morels? Possibly. There are numerous fungi under the title 'false morel', some appearing at the same time and location as the true morels. Fungi in the genus *Gyromitra* can confuse novice collectors, so until you have become familiar with the true morels, caution is advised.

Each summer, I closely monitor and record local forest fires for the following spring's picking. I'll download fire perimeter maps of the BC Wildfire Site and try to gather information about the topography and access. Some sites are too difficult to access. Some are too high in sparce alpine wilderness. Some are too dry and exposed, or the soil is too thin. Often, despite maps and GPS assistance, the fire sites can be hard to find amongst the ever-changing logging spur roads. More than once I've travelled hours to get to a site, only to find few or no morels because the conditions were too poor. However, when the conditions line up, when the burn is not so hot that it kills the mycelium, when it's a light burn that has left some standing live trees, and there's a patchily-burned edge to work, then an exciting pick can be had.

There's the old saying that we have to be careful of what we wish for. Most summers as I watch the occurrence of fires, I do so with anticipation of morel picking the following spring. However, last summer's devastating local fires, with all their accompanying smoke and disruption, gives me pause. I'll still hope for some burn morels, just not as extreme as we've recently experienced.

A small haul of burn morels.

GAMF 2022 - PIGEON LAKE

Friday, Sept. 2 -
Monday, Sept. 5, 2022

FEATURED EVENTS

Introduction to Mushroom Identification Workshop
Martin Osis, a former AMS President

"Darwin's Elves": Poisonous Mushrooms and Mushroom Poisonings
Paul Kroeger, a founding member and former President of Vancouver Mycological Society

Culinary Mushroom Grow Blocks Workshop
Candice Cullum, an amateur mycologist, 2020 AMS President's Award recipient

Fungi and Plants, an Enduring Relationship
Dr. Roland Treu, Ph.D., Athabasca University

Growing Lichens
Michael Schulz, M.Sc., E.P., P.Biol., AMS Vice-President

GREAT ALBERTA MUSHROOM FORAY

Mulhurst Bay, Pigeon Lake, AB

In 2022, the Great Alberta Mushroom Foray (GAMF) was held at Mulhurst Bay, Pigeon Lake, a central, accessible location, so that as many members as possible could attend this critical three-day event. Our focus is to identify, document, and catalogue the species of fungi in Alberta thereby growing our fungal body of knowledge. GAMF is a fun, engaging, and adventurous citizen science experience that's essential to achieving this goal.

Typically, every September long weekend, our AMS members, nature enthusiasts, mycologists, amateur mycologists, and those who are completely new to the mysterious Kingdom of Fungi, join forces to collect and identify specimens within the area. Approximately twelve forays within an hour radius from our central camp are organized across Saturday and Sunday.

While registration starts Friday evening, GAMF attendees also have opportunities to attend early bird forays held in the morning and afternoon of the first day.

This year we headquartered at Camp St. Basil, arriving early to set up the identification room, ensuring accommodations and meals were arranged, and generally preparing to receive our GAMF attendees. We kicked off GAMF with a meet-and-greet evening social to welcome newcomers and all, to share (brag about or lament our lack of) summer fungi adventures, and to prime ourselves for an exciting weekend ahead. This year, we included movie night as part of the evening social, watching the stunningly beautiful film Fantastic Fungi whilst munching on truffle salt popcorn.

Each day ended with an impressive presentation to help us understand and appreciate the nature and diversity of fungi, even the species with "bad reputations." Paul Kroeger gave us a deep dive into the world of poisonous mushrooms and the vast range of deadly effects they have on us. Dr. Roland Treu explains how crucial fungi are to the balance of our ecosystem and the interdependency between plants and mycelium. Michael Schulz opened our eyes to lichen, a symbiotic product of fungi and algae, and Candice Cullum gave a hands-on workshop on mushroom cultivation, leaving every student with self-made mushroom grow blocks to take home.

Friday, Sept. 2 - Monday, Sept. 5, 2022

FORAY LEADERS

Bill Richards
Candice Cullum
Christine Costello
Elizabeth Lakeman
Karen Slevinsky
Lisa Oishi
Martin Osis
Mel Hohn
Richard Slevinsky
Robert Simpson
Rosemarie O'Bertos
Sean Campbell

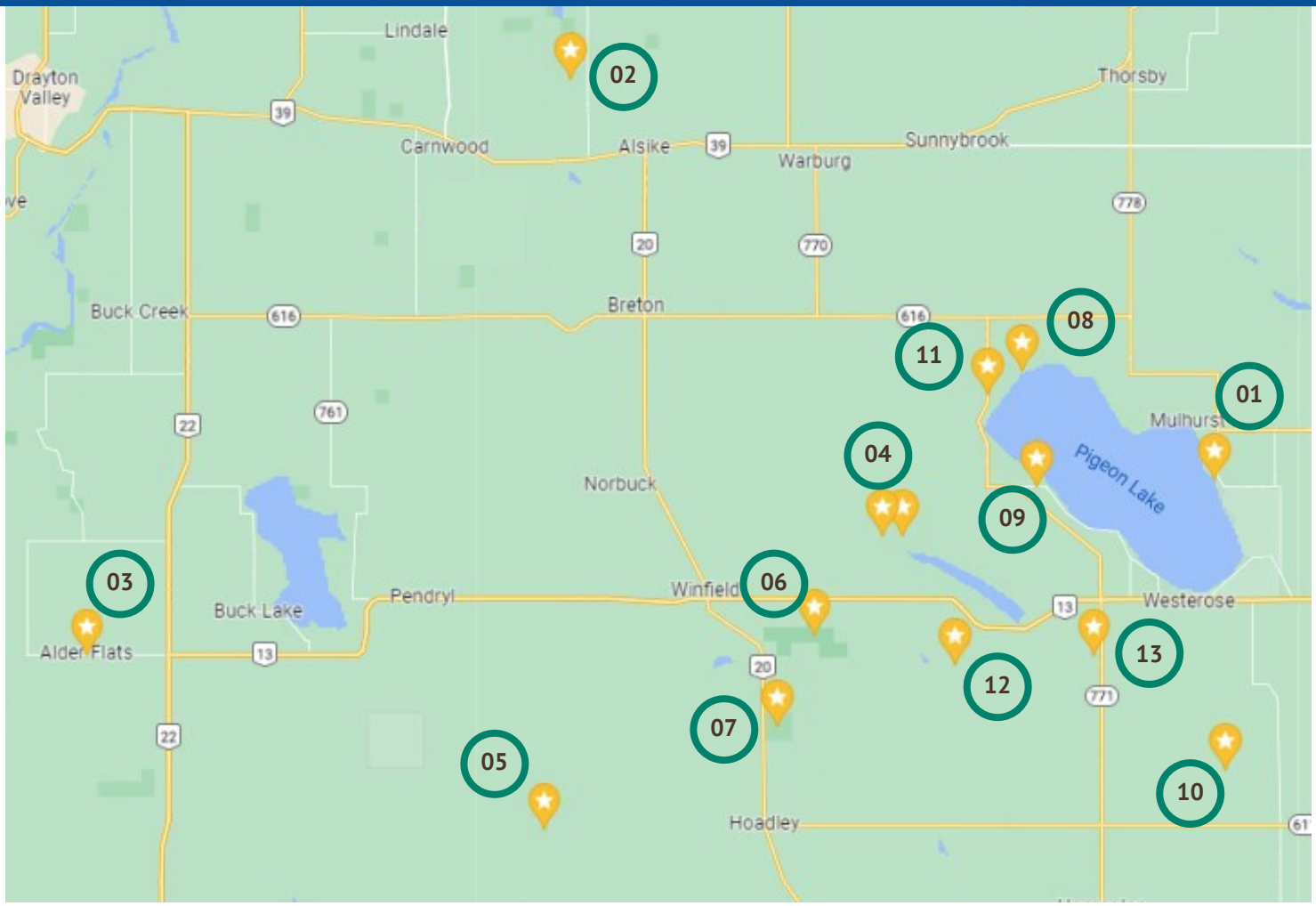
GAMF has never been without a cook-up of some sort of whatever delicious edible mushrooms we find. This year we found masses of the iconic, lobster-tasting *Hericium* mushroom. With the assistance of GAMF participants, Karen Slevinsky created a savoury side dish of *Hericium*, flavoured with some rosemary, thyme, and garlic and lightly toasted in olive oil.

What makes GAMF special is not the collection and identification of mushrooms, but the incredibly friendly, helpful, and passionate novice and expert fungi lovers who emerge from all over Alberta and rise to the challenge to help each other grow intellectually and learn about fungi. Through collaboration, we aim to grow our knowledge regarding fungal diversity in Alberta by building up our database and establishing our own fungarium. By sharing our knowledge, we aim for public education, awareness, and appreciation of all things fungi.

If you missed GAMF in 2022, stay tuned for 2023. Check out the photo gallery in the next few pages to get a glimpse of what GAMF is all about.

We have almost 7,000 specimens logged in our database.

Access the AMS Fungal Database



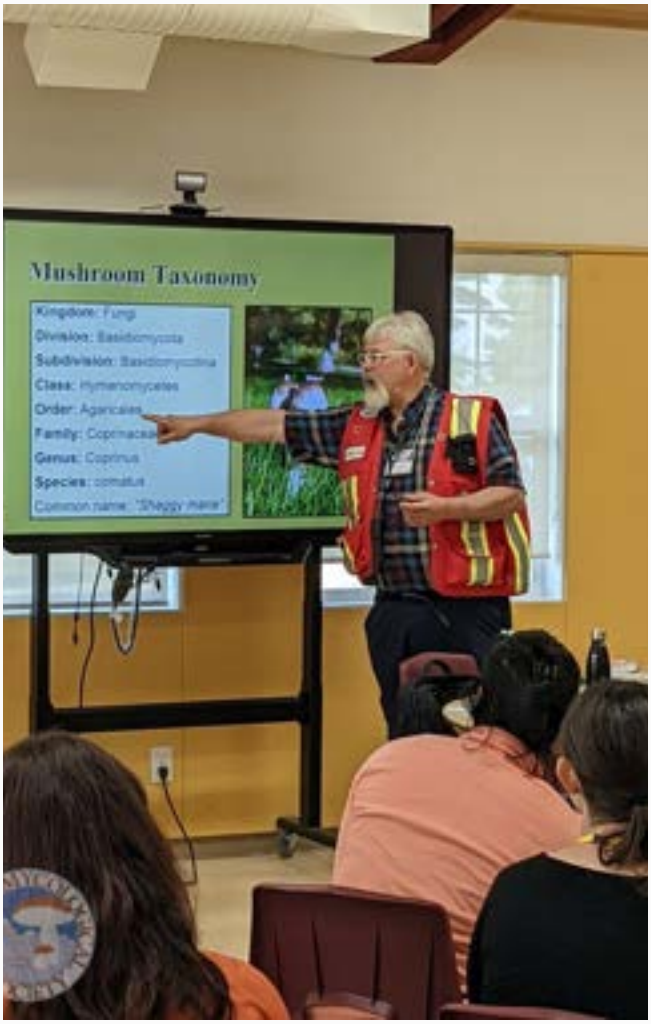
FORAY SITES

01	CAMP ST. BASIL
02	ALSIKE BAT LAKE (EARLY BIRD)
03	COYOTE LAKE NA (EARLY BIRD)
04	MOUNT BUTTE
05	ANDERSON CREEK
06	LLOYD CREEK
07	TOWN CREEK
08	RUNDLE'S MISSION TRAILS
09	PIGEON LAKE/ G&J MITCHEL MEMORIAL
10	MOUND RED PARK
11	ZEINER CAMPGROUND
12	BATTLE LAKE
13	PEACEFUL VALLEY PROVINCIAL RECREATION AREA

Foray participants follow their Foray Leader to each site carpooling convoy-style to minimize our footprint, avoid parking issues, and it's a lot more fun! Please note that some of these sites require a permit prior to foraging.

A Warm Welcome to Newcomers

No prior fungal knowledge is required to attend GAMF. Just bring yourself and thirst for fungal knowledge!



Intro to Mushroom Identification Workshop

Martin Osis, a former president of the AMS, takes our fungi newcomers through the basics before they embark on their first foray together as a group!

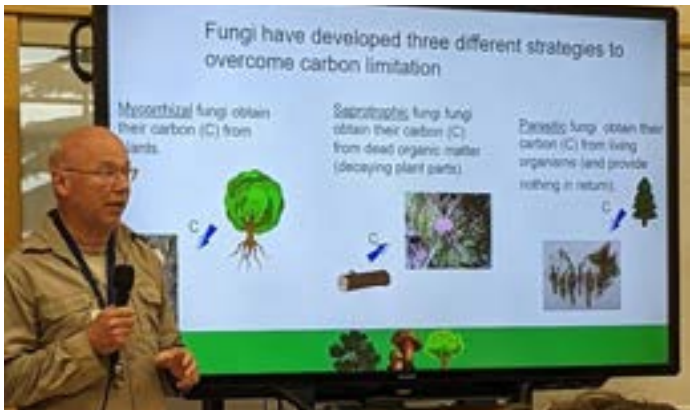
Guided by the foray leader, every step we take has the potential for us stumble on something new and exciting.

Brett Keith, an avid mushroom cultivator, found a rare *Hericium cirrhatum* during GAMF, a good reminder that we need to keep our eyes open to what's above and below.

Preparing a delicious Hericium side dish for the hard-working GAMF attendees.

When many hands make light work because... the struggle is real.

Presentations from Paul Kroeger (right), Michael Schulz (below), and Dr. Roland Treu (below right).



Lots of work and lots of play.

Database Entry

Drying & Preserving

Photographing

Display & Cataloguing

Microscopic Analysis

Workshop attendees get hands on experience making their own grow blocks.

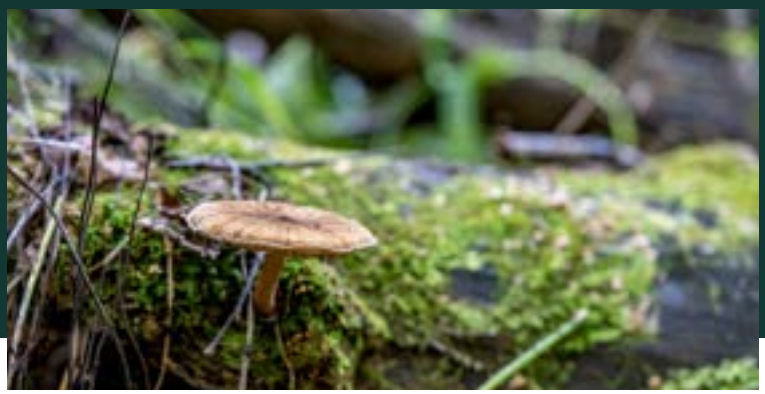
Fruiting oyster mushrooms from a grow block after only two days!

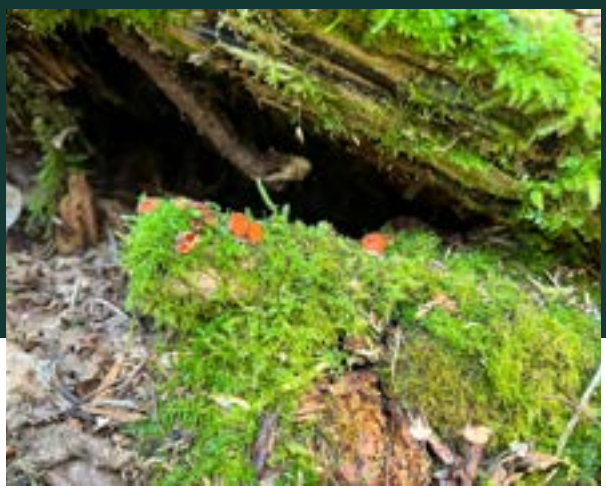
CULINARY MUSHROOM GROW BLOCKS WORKSHOP

New this year at GAMF, Candice Cullum, our incredibly capable Red Deer region foray leader, provided a mushroom cultivation workshop. During the workshop, Candice explained liquid culture, what materials make ideal substrates, and how to prepare a spawn and substrate mixture. More importantly, Candice provided valuable resources on growing and cultivating fungi in Alberta's dry climate. After teaching us the basics and tips and tricks of mushroom cultivation, all workshop attendees used their newly gained knowledge to make and take home their own oyster mushroom grow blocks!

Candice also provides other workshops, such as willow weaving. If you're interested in learning more about her upcoming workshops to keep your hands busy this winter (when you can't be picking mushrooms), check out her Facebook page Full Baskets.

Take home Grow Blocks will fruit oyster mushrooms from a specially-made opening in the lid. Eventually, the lid pops off and the mushrooms grow to their full potential.





GAMF 2022 ACKNOWLEDGEMENTS

by Karen Slevinsky

On Monday morning, September 5, 2022, the Great Alberta Mushroom Foray (GAMF) wrapped up with a group photo, clean-up, preparation for our Open House, and final words. It is my pleasure to share with you the words of thanks that were given to all the participants of GAMF 2022.

The end is near – the Open House is all that stands between us and the open road. Well, not quite. I have several acknowledgements to make.

1. *The* ***Alberta Conservation Association*** *– you may have noticed that their logo on the back of your name tag. In March 2022, the AMS was granted a Large Grant of $10,400 to be put towards the work of the AMS, which includes our annual GAMF. Your assistance foraging, gathering, and identifying fungi is part of the funded work.*
2. ***Candice Cullum*** *has donated this lovely handmade willow basket to the AMS, valued at $75 and stocked with Blue King Oysters, to be entered into a Draw. The draw is open to anyone who makes a donation to the draw box during the Open House. Note: The draw was made at noon in the laboratory with* ***Enoki Li*** *as the winner. A total of $170.75 was donated.*
3. *It is also important for the AMS to acknowledge the speakers who joined us from far and near.*
   a. ***Paul Kroeger*** *from Vancouver, British Columbia*
   b. ***Roland Treu****, Ph.D. from Athabasca University, Athabasca, Alberta*
   c. ***Mike Schulz*** *from Portage College, Lac La Biche, Alberta*
   d. ***Candice Cullum*** *from Three Hills, Alberta; and*
   e. ***Martin Osis*** *from Devon, Alberta.*
4. *Their presence here raises the scientific credibility of what we do at GAMF. Thank you all for your presentations and the assistance you provided us with the identification of the specimens in this area of Alberta. I and we all sincerely thank you.*
5. *I would like to acknowledge and introduce the Board members who attended this year's GAMF: Rosemarie O'Bertos, Mike Schulz, Robert Simpson, Christine Costello, Elizabeth Lakeman, Rick and Liz Watts, Lisa Oishi, Erica To, Melanie Fjoser, Mel Hohn, Sean Campbell, and Enoki Li. Please stand up and take a bow! Several Board members stand out for their significant contributions to the success of this year's GAMF.*
   a. *Christine – has done so much behind-the-scenes and on-site work to ensure that you all are registered and accounted for.*
   b. *Lisa, Erica, and Mel – must be thanked for their work together and separately on the brochure, name tags, permits, pre-GAMF forays, foray lead packages, and general great support of GAMF.*
   c. *Barb, Melanie, Liz, and Rick worked tirelessly in the laboratory on specialized aspects of this citizenship science event. They tracked the fungi, entered their identification into the spreadsheet, and photographed and prepared the specimens for dehydration.*
   d. *Robert for leading three forays, writing cheques, and long hours spent in the laboratory identifying specimens with the best of them.*
   e. *Although not on the Board, Bill Richards, Richard Slevinsky, Mitch Milgram, and Brett Keith deserve our appreciation and thanks for their great direct support of GAMF.*
6. *Finally, is it important for me to acknowledge what a great group of GAMF participants you have been. The work at GAMF is a citizen science study. You have proven to be outstanding citizens. You have all made sincere efforts to gather great specimens, identify as many as you could, and show grace in the face of drought and hunger. Ma and Pa of the kitchen of Camp St. Basil did manage to feed us after all.*

A sincere and warm thank you to you all. - Karen Slevinsky

Interesting Fungal Finds at Pigeon Lake, AB

GAMF 2022 observations by Paul Kroeger

It was great to foray again with the Alberta Mycological Society; especially to visit Pigeon Lake after some sixty years. My grandmother and great-grandmother had a cottage in Crystal Springs here at Pigeon Lake where I had formative childhood experiences in nature. Too bad it was such a dry year, but as a result many less conspicuous but still very interesting fungi were collected. It seems the only large fleshy things to make a strong appearance were *Russula* species, most of which are very difficult to identify. I got the feeling that some groups were entirely lacking or very scarce this year. It would be interesting to figure out what was not there which should have been. It seems to me the coral fungi were mostly absent and the boletes also seemed scarce.

I was pleased to be able to add a few interesting species observations and new identifications to the GAMF records of Alberta macrofungi. Here were a few highlights for me.

Collybiopsis peronata (A), previously know as *Collybia* or *Gymnopus*, is notable as an introduced and invasive European species. It is similar to the common *Collybiopsis confluens* but is more robust with an expanded woolly stem base and doesn't grow in such dense clumps. It forms large white strandy mats of mycelium and bound-together leaves and forest litter, to the exclusion of other litter decomposers. The spread of this species is being tracked. This seems to be the second AMS record.

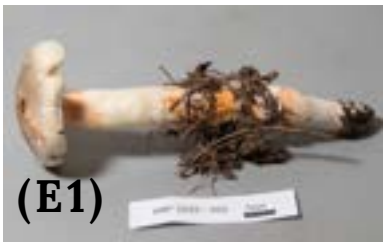
Mycena pelianthina (B) is an unusual looking mushroom that at first meeting is hard to place in genus. Though related to the bleeding *Mycenas haematopus* and *sanguinolenta*, its stature is more like a *Collybia*, *Hygrocybe* or *Leptonia*. It has purplish red colouring and very dark purple red gill edges, and large and thick stems for a *Mycena*. This may be the first Alberta record. The microscopic structure of the gill edge was neat to see, with large dark purple-brown thick-walled lance-head shaped cystidia.

Phaeomarasmius erinaceella (C) is a little brown mushroom that is rarely recorded. They look like reddish brown diminutive little *Pholiotas* with scaly caps. *P. erinaceella* has minutely scaly caps that look velvety to the naked eye but are clearly finely scaly under a handlens, whereas the related *Phaeomarasmius erinaceus* looks scaly even without a lens. This may be the first AMS record of a *Phaeomarasmius*.

Pycnoporellus fulgens (D) is an unusual polypore that always seems to grow with old *Fomitopsis* fruitbodies, and sometimes right out of them. The exact relationship between these two species is not known, but observations suggest the parasitic growth of *Pycnoporellus* upon *Fomitopsis*. Not uncommon, but always stimulates interesting conversation and speculation.

Tricholoma badicephalum (E1)/(E2) is a recently recognized member of the group of *Tricholoma* with rings, including *focale* and *zelleri*, as well as the pine mushroom. I'd previously referred to it as *Tricholoma robustum*, a European name, but it turns out to be a western North American species described by Zeller in 1935 as *Armillaria badicephala*. It is very similar to *Tricholoma focale* but has darker cap with blackish fibrils and a corn silk odour and stains brighter ochraceus yellow.

Volvopluteus michiganensis (F) is a rare mushroom that appeared at the Lac La Biche GAMF in 2007 as three collections by three different people at different foray sites. DNA sequencing of Lac La Biche material, originally identified as *Volvariella gloiocephalus*, matched the rare Michigan species. It was very interesting to see it again at Pigeon Lake this year. It is otherwise only known from Michigan and the Dominican Republic. This find does not make it feel so rare.



Volvopluteus cf ***gloiocephalus*** (G) also appeared at Pigeon Lake. It was good to compare it side by side with *michiganensis*. The latter had very scant remnants of a thin yellowish white veil at the stem base while the gloiocephalus had a more pronounced thicker white membranous volva or cup at its base. The colour of the *gloiocephalus* fleshy cap was pale grey-tan and the stem white, while the thinner cap and stem of michiganensis was Isabelline, a sort of dirty yellowy grey-brown hue apparently named for the colour of Queen Isabelle's knickers following a long siege. Both species have viscid caps and have free gills that become pinkish as they mature.

Several of these interesting collections were earmarked for DNA sequencing, and all were preserved as specimens for the AMS's future fungarium. Future research may show them to be even more unusual or significant than we now think of them or maybe not.

Thank you all for your hospitality, and for your friendly welcome and many great conversations. It is always exciting to spend time with the different mushrooms and mushroom people, east of the Rockies.

Paul Kroeger

EDMONTON REGION

Foray Leaders:
- Elizabeth Lakemen
- Enoki Li
- Josh Smith
- Karen Slevinsky
- Mel Hohn
- Rob Arthur
- Rosemarie O'Bertos

CALGARY REGION

Foray Leaders:
- Barb Shworak
- Christine Costello
- Sean Campbell

"OTHER" AREAS

Foray Leaders:
- Candice Cullum
- Elizabeth Lakeman
- Josh Smith
- Lisa Oishi
- Martin Osis
- Mel Hohn
- Melanie Fjoser
- Pieter van der Schoot

RED DEER REGION

Foray Leaders:
- Candice Cullum
- Katie Arbour
- Patty Bretin

OUR FORAY PHOTOBOOK

A SUCCESSFUL FORAY SEASON

We tuck another successful foray season under our belt. Our AMS foray leaders hosted almost 40 forays in various locations in Alberta, not including the 12 forays organized as part of the Great Alberta Mushroom Foray event. Our forays include our stewardship forays to the Poplar Creek Natural Area, which is championed and monitored throughout the year by AMS life member Pieter van der Schoot. We organized weekend forays and bite-sized forays in provincial parks and public lands near Edmonton, Red Deer, and Calgary, as well as urban city forays. That's right. You don't need to go far to see a huge variety of fascinating and elusive mushrooms. For forays in provincial parks, the AMS ensures we apply for and receive a permit to collect and study mushrooms for public education purposes.

Our forays are a great opportunity for families, children, budding photographers, and anyone interested in learning about our natural biome to get their feet wet in foraging. While we focus on and get visibly and loudly excited about mushrooms, you'll find our fellow foray attendees have a wealth of knowledge about plants, wildlife, and the complexities of our ecosystem and are happy to share this knowledge.

In the pages that follow, you'll get a taste of the incredibly diverse fungi that fruit in Alberta. If you didn't get a chance to attend any forays in 2022, not to worry! The 2023 foray season is just around the corner, and it kicks off with the much sought-after morel season. Stay tuned for our foray notices!

Animal bones, like this moose skull, is essential for calcium addition to the soil.

2022 Edmonton Region Forays

Foray Leader: Elizabeth Lakeman
- Ministik Lake (May 22)
- Lac Ste Anne (August 27)
- Weald (September 16-18)

Foray Leader: Enoki Li
- West Edmonton River Valley (July 24)
- West Edmonton River Valley (August 31)

Foray Leader: Josh Smith
- Northwest of Edmonton (July 16)
- Northwest of Edmonton - Busby (July 31)

Foray Leader: Karen Slevinsky
- Ministik Lake (May 22)

Foray Leader: Mel Hohn
- Urban City Foray (May 31)
- Moose Hill Hall (June 26)
- Northeast Edmonton River Valley (July 28)
  - Assisted by Becky Schuck

Foray Leader: Rob Arthur
- Northwest Edmonton (July 14)

Foray Leader: Rosemarie O'Bertos
- Central Edmonton River Valley (July 18)

CENTRAL EDMONTON RIVER VALLEY


(A)


(B)


(C)


(D)


(E)


(G)


(F)

Led by Rosemarie O'Bertos (aka "Mushroom Mama"), a huge variety of mushrooms were found on this foray on July 18th. Forays like this show that we have tremendous fungal diversity here within our own backyard.

The mushrooms identified are: (A) Stinkhorn, (B) *Hericium coralloides*, (C) *Pholiota squarrosa*, (D) Stinkhorn egg, (E) *Peziza repanda*, (F) *a hairy oyster*, (G) *Amanita virosa*, (H) *Polyporus badius*, *Coprinus atamentaria*, *Russula grisea*, *Lactarius*-looking something, *Chlorophylum rhacodes*, *Cercopemyces crocodilinus* (a good guess), *Amanita muscaria*, *Fomes fomentarius*, *Ganoderma applanatum*, and *Leccinum boreale*.


(H)

WEST EDMONTON RIVER VALLEY

The North Saskatchewan River runs northeast through Edmonton. There are multiple locations to access and walk the Edmonton river valley trails to find mushrooms. Foray attendees often find they don't have to stray far from the trails to find a wide, interesting variety of mushrooms.

Enoki Li and Mel Hohn led a foray group out to this river valley on July 24th. Despite the lack of rain, they found an abundance of mushrooms. They identified the following mushrooms: *Leccinum insigne*, *Leccinum boreale*, *Hericium ramosum*, *Hydnum sp.* *Polyporus badius*, *Russula fragilis*, *Russula nigricans*, *Russula subfoetans*, *Pluteus cerivinus*, *Pluteus pellitus*, *Pluteus patricius*, *Pluteus leoninus*, *Pluteus tomentosulus*, *Agaricus haemarroidarius*, *Agaricus xanthodermus*, *Inocybe sp.*, *Mycena sp.*, *Coprinellus*, *Myxophalia*, *Amanita fulva*, *Ramaria abetina*, *and a variety of little brown mushrooms.*

2022 Red Deer Region Forays

Foray Leader: Candice Cullum

- Medicine Lake (May 25)
- Pine Lake (June 12)
- Central Region (July 16)
- Medicine Lodge Ski Hill (August 13)
- Alford Lake Conservation Centre - Backcountry Hunters & Anglers (July 29-31)

Foray Leader: Candice Cullum, Katie Arbour, Patty Bretin

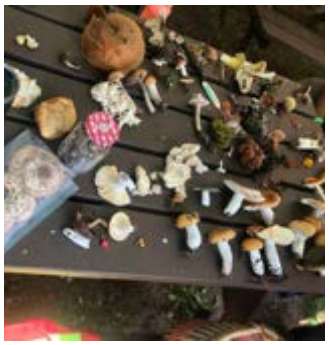
- Caroline Area (July 10)

Foray Observations

Red Deer region forays typically have full attendance. Candice also led a foray during the Backcountry Hunters & Anglers Rendezvous event held from July 29 to 31. With these veteran naturalists and foragers, they found *Leccinum*s, oysters, *Russula*s of all colours, lots of *Suillus*, slippery jacks, and more!

Luckily, after last years "heat dome" that hit central Alberta, most mushrooms that were absent last year, fruited this year. Mushrooms have an inherent ability to stay dormant for years and will fruit when conditions are right again; one of the many reasons why we admire and are fascinated by fungi.

Candice observed that we may see more frequent blue oyster mushroom sightings due to *escaped* spores from cultivation activities. While there are concerns about European or culinary species that might outcompete with our species native to western Canada, Candice remarked that there's not much we can do to intervene in their migration. Fungi have incredible ability and intelligence to adapt. Their migration is very intentional.



CAROLINE AREA FORAY

Candice Cullum, Katie Arbour, and Patty Bretin led a full foray out to the Fiesta Lake Conservation area on July 10th. The foray attendees could not have asked for better weather. It was a warm, clear, sunny day following recent rains. They found an abundance of different mushrooms.

They identified the following mushrooms:
Agaricus silvicola, *Ampulloclitocybe clavipes* (aka *Clitocybe clavipes*), *Cortinarius venetus*, *Fomitopsis ochracea*, *Gloeophyllum sepiarium*, *Gomphidius glutinosus*, *Hericium coralloides*, *Leccinum boreale*, *Phellinus tremulae*, *Russula emetica*, *Trichaptum biforme*, and *Tricholoma saponaceum*.

The AMS gives m*ush* thanks to these foray leaders for this great foray!

2022 Calgary Region Forays

Foray Leaders: Barb Shworak, Christine Costello, and Sean Campbell

- McLean Creek (May 29)
- Pinetop Provincial Recreation Area (June 21)
- Northwest Calgary (July 3)
- Kananaskis Area (July 16)
- Dickson Dam ACA Site (August 7)
- Castle Mountain Resort (August 27)
- Kananaskis Area (September 22)
- Porcupine Hills (October 2)

Kudos to the Calgary region foray leaders who tackle the unsatiable demand for mushroom hunting excursions in southern Alberta. Barb and Christine led two back-to-back forays in the same day at McLean Creek, and their foray to west Bragg Creek in the Kananaskis area had 51 attendees! TheMcLean Creek foray was fruitful for attendees who found and took home morels.

Here are just some of the mushrooms identified in the 2022 foray season: *Russula xerampelina* (shrimp brittlegill), *Flammulina velutipes* (velvet foot/enoki), *Gompidius glutinosus* (slimy spike cap), *Cortinarius sp.*, *Clavariadelphus ligula* (club coral), *Lactarius deliciosus* group (saffron milk cap), *Chlorociboria aeruginascens* (Green elf cup), *Pluteus cervinus* (Deer mushroom), *Hydnum repandum* (hedgehog), *Morchella sp.*, *Aleuria aurantia*, *Crepidotus sp.*, *Dacrymyces chrysospermus* (*Dacrymyces palmatus*), *Exidia sp.*, *Fomitopsis mounceae*, *Fomitopsis sp.*, *Galerina marginata*, *Gloeophyllum sepiarium*, *Mycena sp.*, *Peziza sp.*, *Phellinus tremulae*, *Ramaria stricta*, *Rhodofomes cajanderi* (*Fomitopsis cajanderi*), *Rhodofomes rosea* (*Fomitopsis rosea*), *Tremella mesenterica*, *Trichaptum biforme*, and many more!

CALGARY CITY

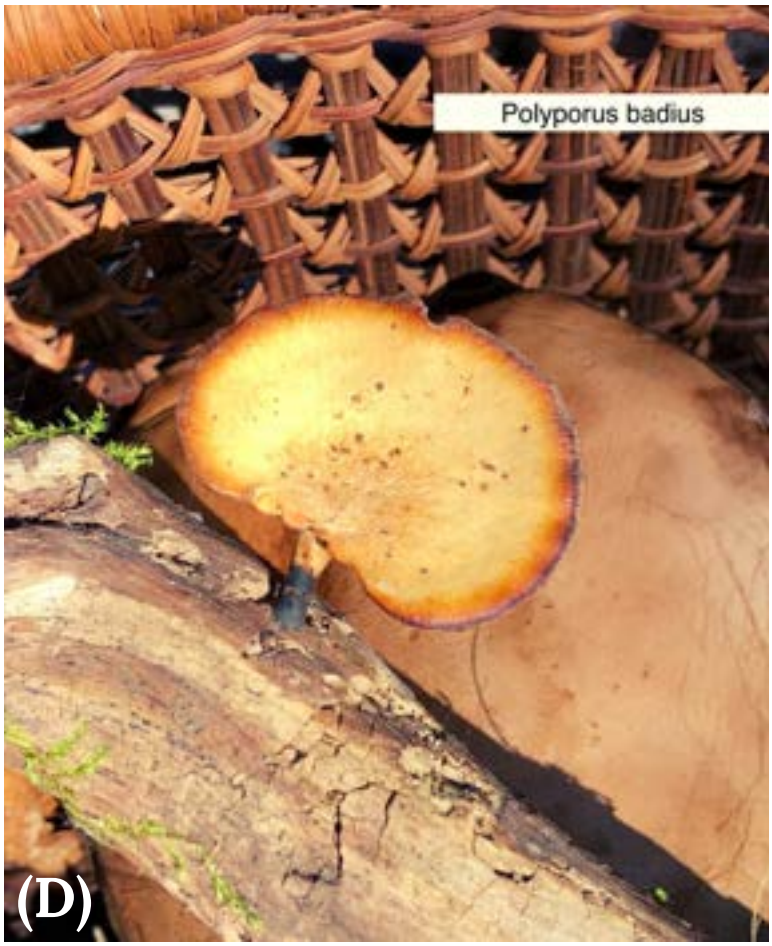
This urban city foray on July 3rd produced a variety of mushrooms: (A) *Russula* sp. (left) and *Pluteus cervinus* (*left*), (B) Marasmius oreades, (C) *Polyporus alveolaris*, (D) *Leccinum insigne* (aspen bolete), (D) *Morchella sp.*, (E) *Coprinus comatus* (shaggy manes), and *Phellinus tremulae* (aspen bracket). During this foray, attendees were encouraged to bring mushrooms they've found at home that they'd like help identifying.

WEST BRAGG CREEK PROVINCIAL RECREATION AREA (KANANASKIS AREA)

July 16th marked Alberta Parks Day when many park entrance fees are waived. Located approximately 45 minutes from Calgary in the foothills, the West Bragg Creek Provincial Recreation Area is a mixed forest of mostly aspen, spruce, and pine. Many attendees were first timers hoping to find and learn lots.

Unfortunately, the rain had not cooperated and the pickings were slim with most specimens being old and somewhat dry.

Notwithstanding, the following specimens were found: *Cortinarius sp.*, (B) *Gyromitra esculenta*, *Gyromitra montana* (very large and old), (C) *Pleurotus populinus*, *Lactarius deliciosus* group, *Leccinum insigne* (aspen bolete), *Lycoperdon perlatum*, *Panaeolus sp.* (on horse dung), and (D) *Polyporus badius*. Of note were some unique, but very old specimens of what appeared to be (A) *Pseudorhizina sphaerospora*, an ascomycete fungus related to false morels of the genus *Gyromitra*.



2022 "Other" Region Forays

Poplar Creek Natural Area
Foray Leaders: Lisa Oishi, Mel Hohn, and Pieter van der Schoot

- May 29
- August 7
- October 22

Pre-Expo Forays
Foray Leaders: Josh Smith, Lisa Oishi, and Robert Simpson

- Ashland Dam
- Perryvale
- Fort Assiniboine

GAMF Early Bird Forays
Foray Leaders: Lisa Oishi and Mel Hohn

- Alsike Bat Lake (September 2)
- Coyote Lake Natural Area (September 2)

Cardinal Divide
Foray Leader: Martin Osis

- September 17

Grande Cache
Foray Leader: Martin Osis and Melanie Fjoser

- July 22-24

William Switzer Provincial Park
Foray Leader: Martin Osis and Melanie Fjoser

- July 2

Karamat Wilderness Ways (Rat Root Rendezvous)
Foray Leader: Candice Cullum

- August 24

GRANDE CACHE WEEKEND

Weekend forays are a fun, engaging opportunity to immerse yourself into mushroom collection and identification. Martin Osis, former president of the AMS, and Melanie Fjoser, Director-at-Large, hosted a weekend long foray on July 22 to 24 in the Rocky Mountains around Grande Cache. During longer forays, you can hear interesting mushroom journeys and sightings from others and make new foraging friends. Weekend forays, like this one, often have spontaneous potlucks to cook up whatever scrumptious edible mushrooms are found.

Despite the dry weather, well over 20 different species of mushrooms were found. The following mushrooms were identified:

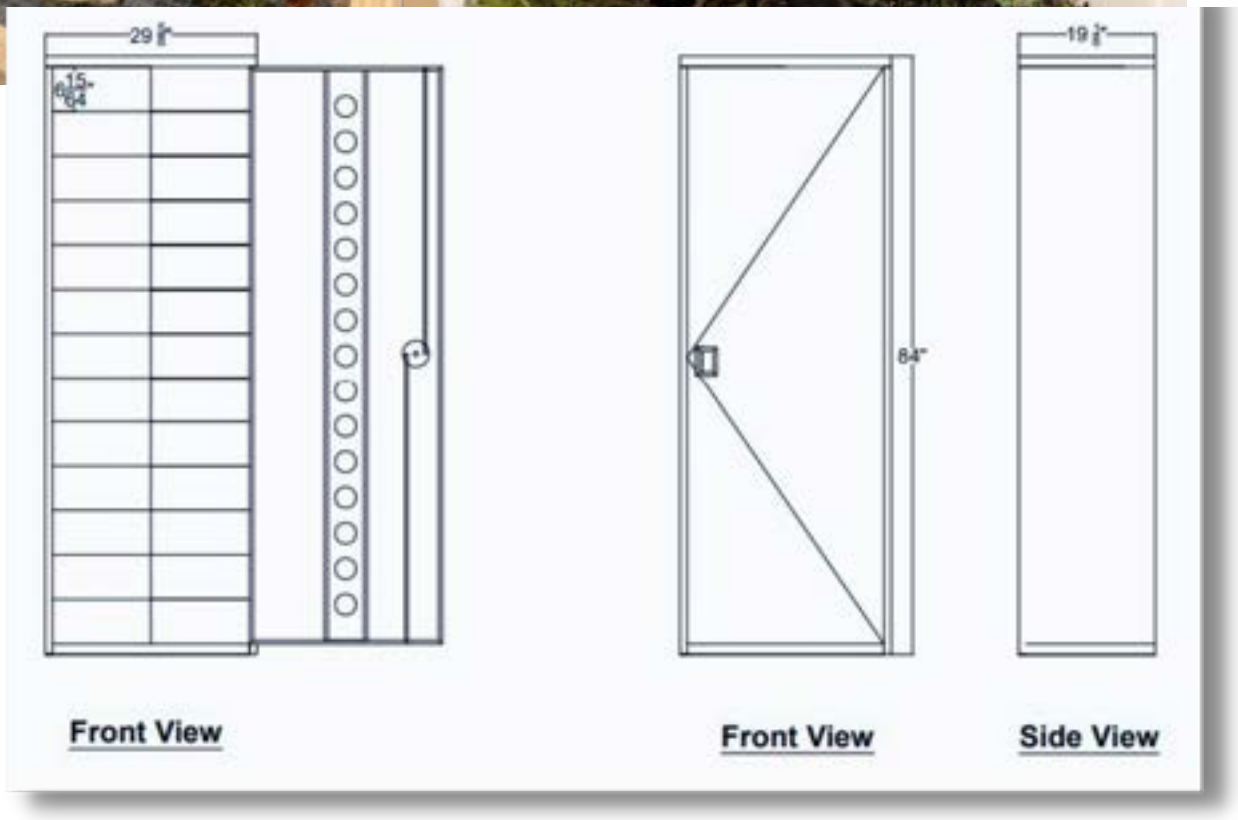
Fomitopsis ochracea, *Lactarius rufus*, *Lycoperdon pyriforme*, *Suillus tomentosus*, *Trametes suaveolens*, *Pluteus lutescens*, *Pleurotus populatum*, *Inocybe dulcamara*, *Leccinum ochraceum*, *Suillus granulatus*, *Leccinum sp.*, *Leccinum insigne*, *Pluteus cervinus*, *Pluteus sp.*, *Inocybe sp.*, *Omphalina fusco-nigra*, *Lyophyllum loricatum cf.*, *Tricholoma rutilans*, *Leucopaxillus giganteus*, *Russula fragilis*, *Gymnopilus luteofolius*, *Polyporus badius*, *Fomitopsis sp.*, and *Inocybe geophylla.*

HINTON AREA

On July 2, Martin Osis and Melanie Fjoser hosted a five hour foray with 20 attendees at the **William A. Switzer Provincial Park** (Gregg Lake Campground). The AMS has held the Great Alberta Mushroom foray in the Hinton area due to the abundance of diverse mushrooms found there; most recently 2018.

On this cool, misty day (perfect mushroom fruiting weather), the following mushrooms were identified:

Gomphidius glutinosus, *Gymnopus dryophilus*, *Peziza repanda*, *Pluteus pellitus*, *Xeromphalina campanella*, *Mycena pura*, *Pluteus lutescens*, *Pluteus cervinus*, *Plurotus populinus*, *Helicybe sulcata*, *Melanoleuca sp.*, *Crepidotus mollis*, *Hygrophorus sp.*, *Syzygospora mycetophila*, *Psathyrella sp.*, *Gyromitra sp.*, *Trichaptum sp.*, Witches Butter, and *Agricybe aceriola*



A FUNGARIUM OF OUR OWN!

By Karen Slevinsky

This year the Alberta Mycological Society has commissioned the construction of a refridgerator-sized cabinet that will serve to store and catalogue our fungal collections; primarily from our annual Great Alberta Mushroom Forays (GAMF). It is currently being manufactured out of high-quality stainless steel by Pulse Metalworks in Edmonton, Alberta.

Specimens deemed worthy for preservation have been dehydrated at every GAMF for a number of years now. For the majority of the years, these specimens have been carefully packaged and mailed to Scott A. Redhead, Ph.D. Dr. Redhead is the Curator of the National Mycological Herbarium in Ottawa, Ontario. At GAMF 2021, a new plan emerged. A decision was made to hold off on mailing our carefully preserved and curated specimens. By January, we had a plan. We will build, curate, and develop our own fungarium.

Funding for the fungarium was made available by a grant from the Alberta Conservation Association. In March 2022, we were informed that we were the successful recipients of an ACA Conservation and Community and Education Large Grant of more than $10,000. We anticipate that we will be able to accession dehydrated specimens from GAMF 2021, 2022, and at least three more years. These specimens will provide tissue for DNA analysis some time in our future.

The fungarium and dehydrated specimens will be housed at Portage College in Lac La Biche, Alberta.This is a central location in Alberta, and is also where the Alberta Mycological Society, Vice-President Mike Schulz works as a College Instructor.

Alberta Conservation Association

SHIITAKE MUSHROOM SOUP

As many of you have already experienced this year, it's cold and flu season. Submitted by AMS member, **Louise Sandy**, we have a healthy, immunity-boosting soup recipe for you to try while we wait for spring. Louise found this recipe online from Your Healthy Heart Online Course.

Servings: 4-6

Ingredients

- 1 tbsp Olive oil
- 1-2 Large onions (chopped)
- 10-12 Cloves of garlic (minced)
- 2 cups Fresh shiitake caps (thinly sliced)*
- 3 tbsp Ginger root (grated)
- 5-6 Slices of astragalus root (dried)
- 1 tsp Dried thyme
- 1 tsp Dried rosemary
- 1 tsp Dried parsley or celery tops
- 1 tbsp Salt

Directions

1. Sauté the chopped onions in olive oil until they are soft.
2. Add the minced garlic to the onions and sauté for another few minutes.
3. Then add the thinly sliced shiitake caps and continue to sauté for a few minutes.
4. Pour in 8 cups of water and turn heat to high.
5. Add the grated ginger root and slices of astragalus root to the soup.
6. Stir in the dried thyme, rosemary, parsley or celery tops, and salt. .
7. Bring the soup to a boil.
8. Turn down the high and simmer for approximately an hour.
9. Serve at once or let the soup cool and serve the next day.

* You can substitute fresh shiitake caps with 1 cup of dried shiitake.

Photos:
Milkovic, T. (2017). *Organic Shiitake* [Photograph]. Public Domain Unsplash.com. https://unsplash.com/photos/uX-8hmrUIwk
Bluebird Provisions. (2020). *Dried mushrooms on a wooden bowl* [Photograph]. Public Domain Pexels.com. https://www.pexels.com/photo/dried-mushrooms-on-a-wooden-bowl-6141474/

Bison Bourguignonne with Sautéed Mushrooms

Brought to you by Karen Slevinsky

This French dish is a memorable, delicious, but easy to make treat for your family and guests. For our assorted mushrooms, I used **honey mushrooms**, **morels**, and **horse mushrooms**, but you can use your favourite mushrooms or whatever you've managed to find foraging. And while this recipe typically calls for Burgundy wine, I used Apothic Red.

Ingredients

	Vegetable oil or butter or bacon fat
6	Medium onions or a dozen small onions (chopped)
2 lbs	Bison stew meat*
2-3	Cloves garlic (minced or crushed)
2-4 cups	Assorted mushrooms (diced)
1 cup	Heavy or whipping cream
1	Bottle of dry red wine (Burgundy recommended)
1 2/3 tsp	Salt
	Bay leaves
	Ground pepper to taste

* Alternatively, you can use 1 lb of bison stew meat and 1 lb of ground bison.

Directions

1. Set aside 2 of your small chopped onions or 1 medium onion. In a stockpot, sauté the rest of your onions in vegetable oil, butter, or bacon fat (add as necessary) over medium heat until translucent.
2. Add the bison in small portions and cook on medium-high heat. When all the meat is browned, add and mix in the pepper, bay leaves, garlic, and 1 teaspoon of salt.
3. Pour the red wine over the bison until the meat is just covered (typically 2/3 of the bottle). Cover, reduce the heat to medium-low, and let the bison cook for about 2.5 hours.*
4. In a large frying pan, add your diced assorted mushrooms, the chopped onions you set aside, and 2/3 teaspoons of salt. Add a small amount of water and cook the mushrooms and onions over medium heat. When the water has evaporated, add some butter to "glaze" the mushrooms. If your pan is not big enough, you may have to transfer them out to cook the rest of your mushrooms the same way.
5. When your bison stew is ready, add the sauteed mushroom and onion mixture, gently mixing them together.
6. Add just enough cream to lightly coat the meat and mushrooms. Add salt to taste and cook on low heat for about 15 minutes more.
7. Serve the Bison Bourguignonne over a bed wild rice and a large crown of buttered steamed broccoli. You can also use steamed spinach or several spears of asparagus.

* Instead of cooking your bison on your stove, you can cook your browned bison in a covered roasting pan in the oven at 325°F for about the same amount of time.

I served my bison bourguignonne over a bed of wild rice, a gift I received from a special friend. The rice is from Robertson Trading Ltd. from Lac La Ronge in Saskatchewan. I cooked one cup of wild rice in four cups of water with a bit of salt (approximately 45 to 60 minutes), which serves 6. After it was cooked, I added some butter prior to serving. It was exceptional wild rice, long and full of natural flavour.

Enjoy this colouring page, courtesy of Mel Hohn, AMS Director-at-Large.

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Don't forget to check out our social media!

With the goal of enhancing fungal research, the Alberta Mycological Society (AMS) is proud to champion the AMS Graduate Award with the University of Alberta (U of A).

With the creation of this award, AMS wishes to inspire university students to pursue fungal research to foster an appreciation for fungi and their role in our ecosystem. The AMS hopes that many more people will become just as enthralled and interested in mushrooms as we are.

AMS has committed to funding this award at $2,000 per year for five years. If donations towards this award exceed $50,000 in five years, the funds will be placed in the Endowment foundation at the U of A enabling this award to be awarded in perpetuity. We encourage all members to donate. Your donations must be made directly to the U of A. You will receive a taxable donation receipt from the U of A. If the Endowment reaches more than $2,000 per year there may be more than one award presented each year.

Click here or on the photo of Alberta's *Leccinum boreale* mushroom below to donate.

You can also contact Michelle Ngo, Assistant Director, Leadership Annual Giving from the U of A by telephone (780) 492-9487 or email mngo1@ualberta.ca to make a one-time or recurring donation by credit card or EFT transfers. Cheques can be written out to the "University of Alberta" and mailed to: University of Alberta, University Development, 3-501 Enterprise Square, 10230 Jasper Ave, Edmonton, AB, T5J 4P6.

Correction to the Spore Print Summer 2022 edition:
We would like to clarify that the Poplar Creek Stewardship area is comprised of eight *quarter* sections of land, not to be confused with eight full sections of land. We sincerely apologize for this inaccuracy.