Annual Bowman Bay Foray Gives the 2010 Mushroom Season a Grand Finale

By Margaret Dilly

Photo by Mary Ann Armstrong

Idyllic setting for 2010 last mushroom hoorah

Some had hunted the previous day and were anxious to have two tables in from the park to display the fungi, then off to the hunt they all went. Claude, Maggie and Harold, and Joel graciously lead groups to different areas leaving Larry and me to identify.

The faucets had been shut down for the winter but the park ranger was kind enough to run a hose from his house to the parking lot so we could have water. Before the morning was over 41 people including members and guests has signed in. It was great to see Fien among them as she has been very ill.

As the foragers returned with their baskets full, we were deluged with mushrooms. Even with the help of identifiers Dick Morrison and Harold and Joel the 5 of us were unable to get names on everything. The identified species for the day were 80, with 18 non-gilled mushrooms, and 62 gilled mushrooms with several species of Inocybe and Mycena not named. The real find of the day was a very unusual Cortinarius C. mucicola with a brown umbonata cap and pale purple gills and brownish stem. This was sent to a specialist for identification.

As always the lunch spread was wonderful and enjoyed by all. There were even some Lepista nuda mushrooms (Blewetts) cooked up for all to try.

The weather was cold but beautiful in spite of the forecast for rain.

Everyone seemed to have a great day and began to disperse in mid-afternoon.

With the help of the Morrisons, Larry, Karen, Maggie and Harold, we put things back in order, bagged up the fungi, and headed for home, finalizing the clubs mushroom season for the year and looking forward to spring, the Survivors Banquet, and Morel Madness.
BOWMAN BAY 2010 FIELD TRIP
Species List

GILLED MUSHROOMS

Agaricus augustus
Agaricus campestris
Agaricus haemorrhoidarius
Agaricus hondensis
Agaricus moelleri (A. praeclarisquamosus)
Agrocybe praecox group
Amanita pantherina
Amanita vaginata
Armillaria cepistipes (A. mellea)
Chlorophyllum (Lepiota) rachodes
Chroogomphus tomentosus
Clitocybe dilatata
Clitocybe inversa
Clitocybe nebularis
Clitocybe sp.
Coprinus comatus
Cortinarius mucicola
Cystoderma amiantinum
Cystoderma fallax
Cystoderma (Cystoderma) granulosa
Gomphidius oregonensis
Gomphidius subroseus
Gymnopilus sapineus
Hebeloma crustuliniforme
Hebeloma praeldum
Hygrocybe conica
Hygrocybe laeta
Hygrophorus bakerensis
Hypholoma (Naematoloma) capnoides
Inocybe geophylla
Inocybe sp. (3)
Laccaria amethysteo-occidentalis (L. amethystina)
Laccaria bicolor
Laccaria laccata
Lactarius luculentus
Lactarius rubrilacteus (L. sanguifluus)
Lactarius scrobiculatus
Lactarius subflammeus
Lactarius sp.
Lepista nuda (Clitocybe nuda)
Lepista tarda (Clitocybe tarda)
Leucoagaricus leucothites (Lepiota naucinus)
Leucopaxillus gentianaeus (L. amarus)
Leucopaxillus albissimus

NON-GILLED MUSHROOMS

Boletus (Xerocomus) zelleri
Boletus chrysenteron
Bovista plumbea
Cantharellus infundibuliformis
Fomitopsis (Fomes) pinicola
Ganoderma oregonense (G. tsugae)
Helvella lacunosa
Hydnum fuscoindicicum
Hypomyces lactifluorum
Lycoperdon perlatum
Pseudohydnum gelatinosum
Ramaria sp.(3)
Sparassis crispa (S. radicata)
Suillus brevipes
Suillus lakei
Suillus tomentosus
Trametes (Coriolus) versicolor
Tremella mesenterica

Photo by Mary Ann Armstrong
Mushroom of the Month:
Hebeloma praeolidum (Smith, Evenson & Mitchel)  
By Dick Morrison

Fig. 1. Hebeloma praeolidum. Left: Group of young to mature mushrooms. Note the cobwebby veil on the upended specimen. Right: Lighter colored specimens found in damp weather.

While fishing with a friend on Heart Lake near Anacortes last October we stopped for a break in the woods when I came across a group of brownish mushrooms with a strongly sweet odor and a thin cobwebby veil in the moss along a trail (Fig. 1, Left). Not being certain of the genus, and unable to pass up a potentially interesting mushroom, I took some photos, collected the group and made a visit to Buck MacAdoo, who thought they were most likely in the genus Hebeloma. Using the monograph by A. H. Smith, et al, The Veiled Species of Hebeloma in the Western United States, the mushroom keyed out to H. praeolidum, an intensely sweet smelling species found in the PNW. It also keyed out to H. praeolidum using the 2008 Pacific Northwest Key Council key “Notes on Hebeloma in the Pacific Northwest” edited by Ian Gibson. (Note: Using the limited Hebeloma key in Arora’s Mushrooms Demystified, 2nd Ed., which doesn’t include H. praeolidum, this species fit into the H. mesophaeum group, referred to as Veiled Hebelomas).

The following description of H. praeolidum is based on the original description by Smith, et al, and the specimens collected near Anacortes and Bellingham in fall of 2010. Cap (1.5) 2-4 (6) cm broad, convex to expanded umbonate in age, bicolored, the disc pale dingy tan to brown, the margin pale buff to grayish buff. Surface viscid and glabrous except for scattered fibrillose patches from remains of the pallid buff cortina (veil). Context flesh buff. Gills adnate to slightly notched, broad (to 3 mm deep), moderately close, edges entire, pallid with a tawny olive cast when mature, not spotted or beaded. Stipe 4-7 cm long, 4-8 mm thick, equal to slightly enlarged towards base, pale pinkish-buff near apex, darkening to brown below in age; fibrillose remnants of veil tissue sometimes evident on the upper stipe. Veil a cortina (thin and cobwebby), whitish to buff, evanescent, most often evident in young specimens. Odor sweetly aromatic, often intense, somewhat unpleasant. Taste disagreeable to mildly unpleasant, milder in some specimens. Spore print cigar brown. Spores inequilateral in profile, ellipsoid to sub-fusoid, apiculate, faintly marbled, often with one large oil droplet; not dextrinoid, (9)11.5-14 x (5) 5.8-6.7 um, the 2010 WA collections averaging 12.3 x 6.4 um (Fig. 2 A). Cheilocystidia 36-50 (70) x 5-8 (11) um, hyaline, smooth walled, upper 2/3 filamentous with a slightly inflated basal area, some fusoid-ventricose with a long neck, apex obtuse (Fig. 2 B); some small thin-walled clavate cells 9-12 um wide present in hymenium (Fig. 2 C). Habitat scattered to gregarious in moss or soil under mixed conifers.
Important Field Characteristics (the most important are in **bold**):

**Cap bicolorous, the disc dingy tan to darker brown, the margin pale buff**, fragments of veil tissue sometimes adhering to the cap margin; 2) **Palid to buff, thin cobwebby veil present in young specimens**, which may disappear in older ones; 3) **Gills adnate to slightly notched, up to 3 mm broad, not beaded or spotted in age**, tawny olive when mature; 4) **Stem 4-7 cm long, 4-7 (8) cm thick, equal or slightly enlarged towards base, tawny buff above, brownish towards base**, scanty buff colored fibrils from the veil sometimes present near apex; 5) **Odor heavy, sweetly aromatic**; 6) **Taste disagreeable to mildly unpleasant**.

**Comments**

*Hebeloma praebulidum* was described in the *The Veiled Species of Hebeloma in the Western United States* by Smith, Evenson and Mitchel from a collection made in Olympic National Park, WA in 1941. The Heart Lake specimens and the other Whatcom County collections matched this description with these slight differences: the odor was not always as intensely sweet and the taste not as disagreeable, ranging from oddly unpleasant to somewhat mild in some individuals; the spores were also slightly larger, measuring 11.5-14 x 5.8-6.9 um compared with 9-12 x 5-6.5 um. According to David Arora about 200 species of *Hebeloma* occur in North America, and Smith, et al, listed almost 100 species of veiled Hebelomas in the western U. S. Many species are similar in overall appearance and coloration which ranges from white to tan to varying shades of brown. Because of the many “look-alike” species and somewhat drab coloration Arora puts them in his category of “BUMS” (“Boring Ubiquitous Mushrooms”). Species are difficult to identify, and can often only be distinguished by microscopic characters (e.g., spores, cheilocystidia) or somewhat transient traits such as the presence of a veil. Most PNW *Hebeloma* species have a radish-like or somewhat unpleasant odor, but a few have a sweet or fragrant odor. Many species are poorly known and some are undoubtedly not yet described. As noted by Trudell and Ammirati, the genus in North America needs a thorough study using modern taxonomic techniques, such as DNA analysis.
**H. paeolidum** may be fairly common in our area in the fall as I came across it while on mushroom forays in different locations in woods near Anacortes as well as in Sudden Valley. It has also been reported from Idaho. **H. pinetorum** is another fragrant species with a veil described by A. H. Smith from the PNW. It was found under salal and lodgepole pine in Oregon, and differs from *H. paeolidum* in having a cinnamon buff to pinkish cap with narrow lamellae, spores with a blunt apex, and fusoid to sub-cylindric cheilocystidia which differ from the filamentous to elongated fusoid-ventricose cheilocystidia of *H. paeolidum*. *H. sacchariolens* is another sweet or strongly fragrant species found in the PNW, but it lacks a cobwebby veil (Subgenus *Denudata*), has a larger cap which is white to pale cream with a brown disc, the spores are distinctly larger (12-17 um x 7-9 um) and the cheilocystidia are cylindric-clavate to capitate.

Mushroomers who collect for the table should certainly learn to recognize the genus *Hebeloma* as several species are known to be poisonous (the name “Poison Pie” is given to *H. crustiliniforme*, a fairly common somewhat meaty species), and the edibility of most species is not known. As a practical matter all *Hebeloma* species should be regarded as poisonous. However, according to M. Beug some intrepid souls claim that *H. crustiliniforme* (or a look-alike) is edible. The toxins found in *Hebeloma* species affect the gastrointestinal tract, causing mild to severe discomfort, vomiting, diarrhea, and related symptoms of gastric distress. Symptoms usually occur within 30 minutes to a few hours after eating the mushroom and can last for a few hours to several days and be very unpleasant. Based on the current literature, *Hebeloma* species are not considered to be deadly poisonous in themselves. However, any mushroom with toxic potential can have dire consequences for the young, the old or those in poor health. The toxic compounds involved are apparently quite varied and are not well known. Several triterpene glycoside compounds known as hebevinosides have been isolated from some species, such as *H. versipelle*. Certain of these and related compounds have been shown to have potential medicinal benefits, and there is active interest in investigating them further for their beneficial bioactivity. Note: don’t forget to have the species of whatever you eat identified by an expert. If for some reason you should decide to test the edibility of a *Hebeloma* for yourself, do it at your own risk. And if you do, a report on your experience would be much appreciated as a valuable contribution to mushroom science!

- Dr. Dick Morrison

**References**


Black Trumpet Stir Fry

1/2 lb. black trumpets
1 bunch spring onions
1 garlic clove, crushed
1 green pepper, diced
1/2 lb. bean sprouts
soy sauce to taste
olive oil

Roughly chop the trumpets, finely slice the spring onions. Heat oil in frying pan and throw in everything together cook for 2-3 minutes, stirring continuously. Serve immediately for a tasty side dish.

Recipe from *Wild Foods*, by Roger Phillips

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The Two Recipes Featured in My Mushroom Cookery Class, November, 2010   By Jack Waytz

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The Northwest Mushrooms Association meets on the second Thursday of the months April, May, and June and September, October, and November, from 7 - 9 pm.

Meeting Location is back to the Bellingham Public Library. We will inform you in advance of any changes of venue. Membership dues are $15 for individuals and families and the special price of $10 for students. Please make checks payable to NMA and send to: Cris Colburn, membership, at the mailing address above.

Fien is our field trip coordinator. Field trips are scheduled for the Saturday after each meeting.

*MushRumors* is published every other month (roughly). Deadlines for submissions are the 15th of odd-numbered months. (Of course, exceptions will be made in the event of fungal finds of unusual import!)

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Our member meetings are moving back to their original location! First meeting is in April. Join us at the downtown Bellingham Public Library, 210 Central Avenue, in the downstairs meeting room.
Chanterelle Ragout

1 - 1 1/4 lb. sliced chanterelles
3 medium sized onions
4 oz. bacon
1/4 stick margarine
salt, ground black pepper to taste
2/3 cup water
1 tblsp. whole wheat flour
2/3 - 3/4 cup heavy cream
2 tblsp. parsley, chopped

Cut onions into thin slices and the bacon into 1/2 inch cubes. and cook in pot for 5 minutes. Add margarine and cook until onions are glassy. Add chanterelle slices and apply salt and pepper. Cover pot and cook for 25 minutes, stirring often. Add water and bring to boil. Using a shaker, stir the flour into 2 tablespoons of the cream and stir into the mushrooms. Bring to a boil, then reduce the heat and simmer for 5 minutes. Add the remaining cream, and salt and pepper to taste. Stir in parsley. Consume greedily!!

Recipe provided by Dr. Oetker’s Gute Kueche (Good Kitchen) Series, Beste Gemuese Rezepte (Best vegetable recipes)
Attention All Northwest Mushroomers Association Members: Welcome to the Beginning of the 2011 Mushroom Season and the Annual Spring Survivor’s Banquet!

This year our Survivor’s Banquet takes place on Saturday, March 5, from 5 to 9 pm. Join us at the at Bellingham Elks Lodge #194, 710 Samish Way, Bellingham, just a bit south off of I-5’s Exit 252, from 5 pm to 9 pm. We’ll gather after 5 pm (or between 3 and 5 if you’re coming to help decorate tables) for a cocktail hour, then have our potluck dinner at 6 pm, followed by a raffle of donated mushroom-related items, or other nice raffle gifts (no white elephants, please), and an informal slide show program. We ask that an ingredient card or written recipe accompany all potluck dishes, using only certain edible mushrooms. Fred has provided the list below. Please adhere strictly to the mushrooms on the list. Bring your potluck dish, a beverage—the Elks Club will have a bartender there to pour the drinks we bring in to share, some cash for raffle tickets, and cash or checks if you would like to purchase any new mushroom books. Maggie will bring a supply of some of the newer publications just out. And bring your checkbook to reserve your space and room at this year’s Mother’s Day Morel Madness. Oh, and don’t forget your membership has to be up to date by March 5th!

This is a potluck supper for members and guests only. Please limit the mushrooms you use to those listed below—see you there!

Boletus edulis - porcini, cepe, king bolete, etc.
Boletus rex-veras - spring king
Boletus mirabilis - admirable bolete
Cantharellus species - chanterelle
Coprinus comatus - shaggy mane
Hericium species - lion's mane and bear's head
Hydnum repandum & Hydnum umbilicatum - hedgehogs
Morchella species - morel; no Verpa, Ptychoverpa, Helvella or Gyromitra
Tuber gibbosum & Tuber oregonense - Oregon white truffles
Leucangium carthusianum - Oregon black truffle
Pleurotus pulmonarius, Pleurotus populinus & Pleurotus ostreatus (& other cultivated species)
Northwest oysters & cultivated (in PNW) oysters
Sparassis crispa - cauliflower
Tricholoma magnivelare - American matsutake
Hypomyces lactifluorum on Russula brevipes - lobster
Agaricus augustus - prince agaricus
Agaricus brunnescens (= A. bisporus) - cultivated crimini, portobello & white button
Lentinula edodes - cultivated shiitake
Flammulina velutipes - cultivated (only) enokitake
Tuber melanosporum - French black truffle
Tuber magnatum - Italian white truffle

No raw mushrooms: all mushrooms, even store bought and dried mushrooms (after rehydration), should be thoroughly cooked.