

MushRumors

The Newsletter of the Northwest Mushroomers Association

Volume 28, Issue 3

September 1, 2017

Whats New, a Letter from Our Treasurer

Greetings fellow NMA'ers!

I'm writing this article on a HOT August day, but I'm dreaming of a cool, moist autumn that will bring us a great diversity of fungi for our fall forays and for the Fall Mushroom Show.

What's New with the Board:

--Welcome to our new Board! President Brennen Brown; Secretary Deborah Gilbert; Treasurer Linda Magee, and Trustees Martha Dyck, Eva-Maria Gold, Mark Johnson, Buck McAdoo, Richard Mollette, and Christa Simmons.

--And a big thank you to those members who are assuming essential, non-Board duties: Membership Coordinator Eric Worden and Foray Coordinator Christa Simmons.

--Brennen will be doubling up to handle the V-P job, which involves coordinating our speakers' schedules and logistics, such as housing and transportation. He will need members' assistance to make our speakers feel welcome. Please volunteer to pick up, host, or drop off our speakers throughout the year.

--If you would like to be V-P, our President can appoint you as an acting V-P, and you can begin immediately.

What's New with the Club:

--Thanks, many times over to Jack Waytz! After more than 14 years of selfless service contributing content and formatting the NMA newsletter, Jack passed the newsletter formatting reigns to Amelia Thompson. Please look for more of Jack's excellent articles in the upcoming newsletters.

--The fall mushrooming season is here. Get ready to make the October 22, 2017 NMA Fall Mushroom Show a success. Contact our event coordinator Vince Biciunas via e-mail at: vince.biciunas@gmail.com to sign up for your usual slot or to volunteer for a completely different task.

--Remember you don't have to wait for the show to get your NMA t-shirt. Contact me via email at: lsmagee@gmail.com if you want a t-shirt now.

--Come attend our September meeting to experience Jack Waytz's amazing "Cooking With Mushrooms" demo.

Linda Magee
NMA Treasurer

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Elections 2017

Since we had no contested positions this year, the election of board members was accomplished using a "vote by acclamation" for those who were nominated or volunteered to join or continue as members of the board. To make things easier and to be more inclusive of members who might miss a monthly meeting when the voting is done, we followed our new guidelines/protocols and the election was held via survey software on the internet.

41 votes were cast in favor of the slate of proposed board members, with one vote against.

Sooooo....

This is the line-up for the coming year. (Please note that the Vice-President position is still open in case you want to join this great group of folks. Note: the former VP and others would give you a hand in learning what all the VP does, and how to do it.)

Submitted by Mark Johnson, Trustee

Officers:

President--Brennen Brown

Vice-President--OPEN

Secretary--Deborah Gilbert

Treasurer--Linda Magee

Trustees:

Martha Dyck

Eva-Maria Gold

Mark Johnson

Buck McAdoo

Richard Mollette

Christa Simmons

CONTACT INFORMATION

NMA

P.O. Box 28581

Bellingham, WA 98228-0581

www.northwestmushroomers.org

The Northwest Mushroomers Association meets 7–9 p.m. on the second Thursdays of Apr, May, June and Sept, Oct, and Nov. Meeting location is the downtown Bellingham Public Library.

We will inform you in advance of any changes in time or venue. Fungal forays and field trips are scheduled for the Saturday after each meeting. To stay apprised of forays, events and more, please join our googlegroups email list by signing up as a member.

Membership dues are \$15 for families and individuals and \$10 for students. Please make checks payable to NMA and mail "Attn: Membership" to the address above, or use Paypal online at northwestmushroomers.org/join-or-renew-membership/

NMA OFFICERS AND VOLUNTEERS

President: Brennen Brown

360nmapresident@gmail.com

Vice President: Open

Treasurer: Linda Magee

Secretary: Deborah Gilbert

Book Sales: Linda Magee

lsmagee@gmail.com

Membership: Eric Worden

360nmamembership@gmail.com

Field Trip Coordinator: Christa Simmons

360756-1449clsace9@gmail.com

Science Advisor: Dr. Fred Rhoades

fmrhoades@comcast.net

Web Site Manager: Erin Moore

chanterellerin@gmail.com

Newsletter Editor: Amelia Thompson

Newsletter Content Coordinator: Vince Biciunas

vince.biciunas@gmail.com

NEWSLETTER

MushRumors is published on Feb 1, June 1, Sept, and Dec 1, online at northwestmushroomers.org. Club members are encouraged to submit stories, photos, recipes, and artwork.

Submissions should be made three weeks prior to the date of publications to Vince Biciunas at vince.biciunas@gmail.com

A Word From Our President

Hello Mushroomers,

I hope you are as excited as me for this Fall. We will be having a lot of events available for club members and for the public. Keep your eyes open for information about all of the guest speakers that we will be hosting. The Mushroom Show on October 22, 2017 will be a great time for the whole family.

If you are more of a hands on learner, then the mushroom forays are going to be perfect for you. Come join us at one of Whatcom County's trails and parks where you can explore and learn with expert mushroomers.

For more information about our activities visit: <http://www.northwestmushroomers.org>

Contact me directly at: 360NMApresident@gmail.com if you have any questions or concerns.

I hope you all have had a wonderful Summer,

Brennen Brown
NMA President
360NMApresident@gmail.com
360-920-4159



Centerpiece at the Wild Mushroom Show by Vince Biciunas

IMPORTANT DATES

September 14, Thursday	NMA Meeting - Cooking Demo with Jack Waytz
September 16, Saturday	Foray at the Cascadia Skillshare and Barter Faire
September 23, Saturday.....	Foray at Lummi Island Heritage Trust Lands
October 12, Thursday	NMA Meeting - On Psilocybes by Caleb Brown
October 14, Saturday	Foray, location to be determined
October 21, Saturday	Collect and Sort Mushrooms for Wild Mushroom Show
October 22, Sunday	28th Annual Wild Mushroom Show
November 9, Thursday	NMA Meeting - Fake Fungi-Slime Molds by Mark Johnson
November 11, Saturday	Foray, location to be determined

Club ID Class

The Club ID Class is full but we are maintaining a waiting list. Likelihood of openings is slim but if there is enough additional interest, we may design some new educational opportunities, particularly in association with monthly forays. Email Fred Rhoades for additional information and/or to be on the list: fmrhoades@com-cast.net

The Fungus Amongus Class

Presented by Fred Rhoades through the Academy for Lifelong Learning

Time: 9:30-11:30 a.m.

Where: Garden Methodist Church

This class is for anyone interested in learning to identify local mushrooms. Students will collect different kinds of mushrooms during the week and bring them to class for further study. Classes combine 15-to-30 minute talks by the instructor with hands-on practice identifying the mushrooms people bring in. Characteristics of the best edible species and the worst poisonous species will be discussed. Two optional field trips with easy walks at times arranged by the class will be offered.

Registration deadline is September 21, 2017:

Mushroom Foray

At The Cascadia Skill Share & Barter Faire

When: Saturday, September 16

Where: Lookout Arts Quarry, Old Hwy 99 North

Time: 10:00am - 2:00pm

Directions: Take I-5 to Exit 242 - Nulle Road; Turn East onto Nulle Rd and then continue to curve right onto Old Hwy 99 N. The Quarry is on the West side of the road. (It is just south of the Squires Lake Trail Parking lot.) You will see a sandwich board sign for our group at entrance.

This foray is unique in that it is being held in conjunction with the Cascadia Skillshare and Barter Faire. “Skill-sharing is about teaching and learning all kinds of useful, handy, and practical skills. The goals of the Faire are to help revive lost skills, showcase some new ones, and provide a place where all of us can come learn from folks in the community with experience in these crafts and trades.”

There is NO charge to attend our foray (just tell the folks at the gate, you are attending the foray only), however if you would like to also attend the Skillshare/Barter Faire there is a \$20 charge at the gate on the day of the Faire or \$15 if purchased ahead of time online: <http://www.cascadiaskillshare.org/the-faire/registration/>

We will be searching for Mushrooms at both the Lookout Arts Quarry as well as at Squires Lake Trail areas. Please arrive before 10:30am for coffee/tea/registering as we will start hunting mushrooms at 10:30am, then re-group to identify them and eat lunch at 12:30. Bring a pot-luck dish to share. Remember also to bring your own plates and utensils! We will have coffee and tea available.

This foray will also be available to people paying to attend the Cascadia Skillshare and Barter Faire. We will appreciate any assistance you can provide these newcomers to Mushroom Foraying!

Everyone will also be asked to sign in with name and phone number and sign themselves out when they get back from the woods, so that we don't leave anyone behind. We will have an identifier present to identify and label our mushrooms. They will generate a list of what was found. For this foray, we will be leaving most if not all our mushrooms at the Faire so folks attending the Faire Sunday can see them too. Afterwards the mushrooms will be returned to the forest.

Questions:

Eva Gold 612-386-7405

Christa Simmons 360-961-8470



Photo by Vince Biciunas

28th Annual Wild Mushroom Show

Mark Your Calendars!

The 28th Annual Wild Mushroom Show is going to be the “Best Thing in Town” on Sunday, October 22, 2017.

We anticipate a bountiful fruiting of wild mushrooms to show off and learn about at Bleedel Donovan Pavilion and Multi Purpose Room. We will invite our friends, family, and neighbors to come and share in this beauty.

The Show comes together when everybody in the mushroomers club chips in with some volunteer time and effort. How can you help, even if you’re not an expert identifier?

First—You can collect specimens on the Saturday before, October 21st. Visit your favorite collecting sites, or go together with fellow mushroomers, and bring back pristine specimens. If possible, three of a kind are best. It is important that the entire stipe and some substrate comes back with you, so that identifiers can get a head start. Bring your finds, each collected in a separate container, to the Pavilion Building at Bloedel Donovan Park any time between 5:00 PM and 9:00 PM on Saturday.

Second—You can help set up the displays on Sunday morning or you can volunteer an hour at the Membership Table, or an hour with Book Sales, or an hour with Touch and Smell, or just help with clean-up.

Third—You can participate in the pot luck supper we share at 6:00 PM on Sunday, after the room is totally cleaned up of mushroom displays. It’s always a convivial group that dines on club members’ finest dishes, celebrating a job well done.

Fourth—And Most Importantly—you will have an unprecedented opportunity to study the world of fungi, learn the sorting by genus, take a closer look at the ID’s of the mushrooms you personally brought in, and rub elbows with identifiers as they bring order out of seeming chaos.

In short, plan on making it a mushroom weekend, invite your friends and family to join you, and let Vince know how you’d like to help! (vince dot biciunas at gmail dot com) or 360-671-1559.



*Marsutakes Shipped overnight from Forks, WA
by Vince Biciunas*

Fungi - Good Guys or Bad Guys

Fungi - Good Guys or Bad Guys? A research project for you, by *Christine Roberts*.

Spanish scientists have discovered that people with Alzheimers dementia all appear to have fungal infections in the bloodstream. If this is the cause rather than a symptom, it offers a potential route for treating the disease if it can be caught early. There are several web sites reporting this, here is one:-

<http://www.alzheimers.net/1-18-16-fungus-cause-alzheimers/>

Fungi can also be the heroes in this story, triggering nerve regrowth in the brain and nervous system. Many of the mushrooms consumed in China for keeping the brain sharp have been found very effective at preventing dementia. Here is a brief report on that:

<http://www.express.co.uk/life-style/health/758722/Mushrooms-help-reduce-dementia-by-boosting-nerves-in-brain>

Honeybee Population Helped by Fungus

Honeybee populations have decreased at an alarming rate worldwide in the past decade. Watch how one team of researchers is using compounds extracted from a common mushroom to combat the parasitic mite capable of decimating honeybee colonies.

https://www.scientificamerican.com/video/how-a-mushroom-could-solve-the-honeybee-crisis/?WT.mc_id=SA_WR_20170809

Submitted by Fred Rhoades



*Centerpiece at the Wild Mushroom Show
by Vince Biciunas*

The ‘Ghost Pluteus’; A White Variant of *Pluteus exilis*, The Western Deer Mushroom

by *Dick Morrison*

This story begins while my wife, Marcia, and I were hiking on the North Whatcom Trail near Lake Whatcom, outside of Bellingham, WA in October 2016. Off to the side of the trail in a dimly lighted spot at the base of a decaying stump, I noticed a group of what looked like *Pluteus cervinus*, the deer mushroom. Along with the deer mushrooms were some eerily white mushrooms of similar stature and form that stood out in striking contrast to the darkened background. After taking photos of the mushrooms they were collected and taken home for identification. Using standard keys for our area (1, 2, 5) the brown specimens keyed out to be *P. cervinus*, as expected. The white specimens were a bit perplexing, but as they matured the gills turned pale pinkish, producing a salmon-pink spore print typical of the genus *Pluteus*. Subsequent microscopic examination confirmed the mushroom to fit the description of *P. cervinus*.

As there was no mention of a white form of *P. cervinus* in the literature initially used, I turned to the 2016 book, *Mushrooms of the Redwood Coast*, by Siegel and Schwarz (3) which contains many updated names and newer taxonomic information. In this resource I learned that a western U.S. species named *P. exilis* has often been misidentified as *P. cervinus*, and is actually much more common. It was also noted that ‘albino’ (white) forms of *P. exilis* occur fairly commonly in nature, which would explain the collection we found on the North Whatcom Trail. Finally, in comparing the description of the North Whatcom Lake Trail collection with that of *P. exilis*, it turns out our mushroom is this species, not *P. cervinus*! Siegel and Schwarz (3) used the non-technical common name of western deer mushroom for *P. exilis* to distinguish it from the deer mushroom, *P. cervinus*. Because the ghostly white variant of *P. exilis* in this article was found in late October, around Halloween, it seemed fitting for me to give it the nick-name of ‘ghost pluteus’.

The prolific and renowned mushroom mycologist Rolf Singer (1896-1994) described *P. exilis* in 1989 from a collection found in northern California (4). The typical, pigmented form of *P. exilis* can be identified by its fairly large size (cap 4-12+ cm across, stem 5-15 x 0.7-1.5 cm wide, base slightly enlarged), light brown to blackish brown convex cap, often with a white margin, free white gills that turn pink, brownish scaly fibrils on the stem, radish-like odor, and growth on decaying wood of both conifers and hardwoods. Microscopic characters include smooth, subglobose to broadly ellipsoid spores (7-8 x 5-5.5 um), gills with abundant thick walled, bottle shaped pleurocystidia crowned with 2-4 hooks or “antlers”, club shaped cheilocystidia, and a cap cuticle lacking clamp connections. The albino ‘ghost pluteus’ fruiting body is also large and of the same form, but is white, except for the salmon-pink gills and spore print in maturity. Microscopic characters are the same as the wild form. Although white, the ‘ghost pluteus’ does not appear to be a true biological albino, since the spores and spore print are pigmented pinkish-salmon.

The following are common *Pluteus* species similar to *P. exilis* which might be encountered in our area, but differ in various ways. *P. atomarginatus* has distinctly blackish brown gill edges. *P. petasatus* typically fruits on wood chips in urban areas, is large, meaty and stout, and has a pale light gray to whitish tan convex cap with brownish flattened scales at the center. *P. cervinus* has a paler

cap, a stem with fewer fibrils, and can be found on wood chips. As some morphological traits of *P. exilis* and *P. cervinus* can intergrade (3), the identification of some collections is difficult, and may even require DNA sequencing to determine species with certainty. However, as both of these species are edible this would likely be of little concern to the everyday mushroomer, and is a detail best left to motivated mushroom fanatics and mycology academics. The taxonomy of *Pluteus* species is complex and still being actively studied, so changes are likely. In the meantime, Michael Kuo (2) has produced a very helpful updated 2015 key to the genus *Pluteus*, which can be found on the internet.

For fungophiles in our area who collect members of the deer mushroom group for the table, the chances are good that they are eating *P. exilis*, rather than *P. cervinus*. Both *P. exilis* and *P. cervinus* are listed as edible, as are *P. petasatus* and *P. atromarginatus*. However, mushroom books vary in reporting on their gustatory appeal. For example, Siegel and Schwarz (3) say the true *P. exilis* is soft fleshed, and often has an unpleasant taste. Arora (1), discussing *P. cervinus*, comments that young, firm specimens can be quite good, but waterlogged specimens may be tasteless. He rates *P. petasatus* as tasty and firm and the best of the genus. Those who intend to eat the pink-salmon spored *Pluteus* species on wood or woody substrates need to be confident that they do not confuse them with the often poisonous species of *Entoloma*, which are terrestrial.

References:

1. Arora, D. 1986. *Mushrooms Demystified*, 2nd Ed. Ten Speed Press, Berkeley, CA
2. Kuo, M. 2015. The genus *Pluteus*. From the Mushroom Expert.Com website: <http://www.mushroomexpert.com/pluteus.html>.
3. Siegel, N., and Schwarz, C. 2016. *Mushrooms of the Redwood Coast – A Comprehensive Guide to the Fungi of Coastal Northern California*. Ten Speed Press, Berkeley, CA.
4. Singer, R. 1989. New taxa and new combinations of Agaricales: (Diagnoses fungorum novorum Agaricalium IV). *Fieldiana, Bot.* 21:94. Field Museum of Nat. Hist., Chicago, Ill.
5. Trudell, S., and Ammirati, J. 2009. *Mushrooms of the Pacific Northwest*. Timber Press, Portland, OR.

The ‘ghost pluteus’, the white variant of *Pluteus exilis* (two specimens on left), fruiting adjacent to three normally pigmented fruiting bodies (on right) by Dick Morrison



Who Am I ?

Send your ID of the Mystery Mushroom to Vince, and be the first to get it right.
Winner gets to choose the next Mystery Mushroom



Hint:

This was found on a Douglas Fir in Whatcom Falls Park, mid-day.

Submitted by Holly Roger