

earthstar examiner

August 2009

Newsletter of the Missouri Mycological Society

Mingo 2009 September 17-20

by John Davis

It's time once again to register for this year's Fall Foray at Mingo National Wildlife Refuge, September 17-20. This will be an exciting and bountiful weekend in many ways. The Lake Wappapello area is rich in natural beauty, great not only for mycophiles but for anyone who enjoys the outdoors, and the perfect setting for gathering and sharing what you know about mushrooms with like-minded people.

Long ago, the Mississippi River changed its course and left an enormous portion of southeastern Missouri to develop as swampy, forested flood plain. Ancient trees grew here; but, as with Missouri's majestic shortleaf pines, they were easy prey for greedy loggers. Less than a century later, the great watery forest was virtually gone. To further denature the region, myopic agencies systematically drained one swamp after another until most of this magical place, known for its biodiversity, was just ordinary farmland. Mingo National Wildlife Refuge, which includes over 20,000 acres of diverse habitat and refuge-managed agriculture, is an effort to protect what is left of this landscape.

For those who are primarily about the mushrooms, there will be mycologists present to answer questions and to explain what this special landscape has to do with the mushrooms you're finding. They will also cover a broader range of topics through formal lectures

Amanita arkansana, a beautiful bright yellow mushroom with an orange tip, is one of many spectacular finds at Mingo.

and workshops. Among them, Dr. Andy Methven will give a presentation entitled "Swedish Mycological Musings." Another, Britt Bunyard, Editor-in-Chief of Fungi Magazine, will present an impressive selection of mushroom photographs while discussing mycoparasites and using fungi to provide examples of how evolution continues to operate in nature.

It will be hard not to learn something; but if it's a relaxing getaway you're after, come early and soak it all in. Unless you wish to find your own accommodations, we'll use the screened cabins and campsites at Camp Latonka Girl Scout Camp. Separate hot water shower facilities are available for men and women. Those coming on Thursday night will enjoy a potluck dinner together. Breakfast will be provided Friday morning and will be followed by an open schedule. It is possible to canoe, fish, and swim. The camp itself is on a cove of Lake Wappapello. We might go out in groups to foray at nearby locations. Or you could look for some of the 281 species of migrating birds for which the Refuge was created. The colorful prothonotary warbler likes a hollow

Continued on next page



Michael Perks, Willie May, Ken Gilberg and others take a lunch break at a pioneer cabin at Mingo.



Jane House

Mingo Registration Form

September 17 through 20

The registration fee to attend Mingo is \$55 for members, \$65 for non-members, \$40 for students, \$30 for children five and younger. HOWEVER, if your registration is postmarked by **September 3** you will get a \$10 reduction for each person registered. This fee includes six wonderful meals prepared by some of MOMS gourmet cooks: Friday breakfast, Saturday breakfast, Saturday sack lunch, Saturday dinner, Sunday breakfast & Sunday brunch. Thursday and Friday suppers are both potluck.

Name(s) _____

Address _____

Phone (day/evening) _____

e-mail _____

Reservations for Lodging:

Screened cabin with cots and mattresses, but no bedding or towel

\$6.00 per night per person. Circle number of people: 1 2 3 4

____ Thursday ____ Friday ____ Saturday Cost for lodging: _____

R.V. or tent site

\$3.00 per night per person Circle number of people: 1 2 3 4

____ Thursday ____ Friday ____ Saturday Cost for lodging: _____

Registration fees: Circle number of adults: 1 2 3 4 Total : _____

Circle number of students: 1 2 3 4 Total : _____

Circle number of children: 1 2 3 4 Total : _____

Grand total registration and per night fees enclosed: _____

I would like to be in a cabin with _____

I am a vegetarian _____

The success of the Mingo Foray depends on volunteer effort.

Please indicate how you will be able to help:

Friday: dinner, clean-up _____

Friday: prep for Saturday lunch _____

Saturday: breakfast, prep & clean-up _____

Saturday: dinner, prep & clean-up _____

Sunday breakfast, prep and clean-up _____

Sunday clean-up: Display Room ____ Dining Room ____ Bath House ____

Clip or copy this form and send it with your check made payable to MOMS to: Chris Umbertino, 1425 Marsh Ave, Ellisville, MO 63011, 314-482-8482, italheart1@yahoo.com. If you have questions about registration or this event, contact John Davis at (314) 302-6939 (shrooman@sbcglobal.net) or Sara Yates at (314) 843-5580 (s2yates@yahoo.com).

Mingo

Continued from page 1

tupelo trunk in the swamp; and the pectoral sandpiper stops here on its incredible voyage from the Arctic to South America.

Friday ends with another potluck dinner, the first mushroom presentation, and usually a campfire. Saturday is when most of the serious mushroom stuff happens. Breakfast, sack lunch, and dinner are provided; and several forays will be conducted by attending mycologists. Collecting is generally excellent, one reason being that we will have access to areas otherwise closed to such activity. Late September typically turns up dozens of species of mushrooms, including choice edibles like chicken of the woods, chanterelles, lion's mane, hen of the woods, and oyster mushrooms. Some things to consider bringing for this portion of the festivities are a basket, compass, knife/scissors, water bottle, long pants (which you can tuck into your socks), insect repellent, good boots, hat/sunscreen, and field guides. Afterward, we will identify our catch.

Saturday afternoon, Dr. Methven will offer a microscopy workshop. This will help us in identifying our finds. The day will close with potluck appetizers, a provided dinner, more mycology programs, and if possible, another soothing fire.

Sunday begins with another speaker yet to be determined. There will be coffee and cereal for those who must leave early. However, mid-morning those who participated in the mycophagy workshop will offer us a delectable brunch using, among other things, the previous day's harvest! Then we say our good-byes or linger in the area for more exploring. As you register, please consider enhancing your experience through volunteer service. The fun and rewards will only multiply. I can't wait for my first trip to Mingo and hope to see everyone there! Registrants will receive an email confirmation letter with more details.

Calendar

- Sun. 7/26** 10:00 a.m., Foray, Forest 44. Maxine Stone, 314-963-0280, VeryMaxine@aol.com
- Sun. 8/9** 10:30 a.m., Foray and Wine Tasting, Charleville Winery, Ste Genevieve, Chuck Yates, c2yates@yahoo.com, 843-5580
- Sat. 8/15** 10:00 a.m., Class, Common Mushrooms of Missouri, Part 2, Babler State Park. Maxine Stone, 314-963-0280, VeryMaxine@aol.com or Brad Bomanz, 636-225-0555, brad_bomanz@yahoo.com
- Sun. 9/6** 10:00 a.m., Foray, Rockwoods Reservation. Charlie Raiser, 314-821-6768, Charlieraiser@aol.com
- Tues. 9/8** 7:00 p.m., Bi-Monthly, Powder Valley Nature Center. Ken Gilberg 314-822-7627, kengilberg@charter.net
- 9/17 - 9/20** Mingo, Mingo National Wildlife Refuge, Puxico. John Davis, 314-909-0272, shrooman@sbcglobal.net or Sara Yates, 314-843-5580, s2yates@yahoo.com
- Sun. 10/4** 10:00 a.m., Foray, Hazlet State Park, Carlyle, IL. Leland Von Behren, 618-259-8517
- Sat. 10/10** 10:00 a.m., Class, Edible Mushrooms of Missouri, Maxine Stone 314-963-0280, VeryMaxine@aol.com or Brad Bomanz, 636-225-0555, brad_bomanz@yahoo.com
- 10/23-10/25** The Hawnting, Hawn State Park. Shannon Stevens, 314-481-4131, sporeprince@sbcglobal.net
- Sun. 11/1** 11:00 a.m.-4:00 p.m., Foray and Food, Wild Times at Babler. Jan Simons 314-773-4551, jan.simons@mobot.org or Steve Booker, 618-346-1740 arohd2@aol.com
- Tues. 11/10** 7:00 p.m., Bi-Monthly, Fungi Photo Show, Powder Valley Nature Center. Ken Gilberg, 314-822-7627 kengilberg@charter.net
- 11/21-29** 2009 NAMA, Mushrooming in Louisiana, near Lafayette. Annual meeting and foray. Pre-foray microscope class fills quickly, so register early. Option to stay 11/30.

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

Wild Times at Babler

2009

You are invited
to a fun, fabulous, foodie foray

Sunday, November 1, 11:00 a.m.
Cochran Shelter

Please note location change!

Join your MOMS friends for a relaxing walk in the woods. We will be looking for hens and bluets and *Hericum* and who knows what else! But we do know what we will find in the shelter – great wild foods, tempting libations, and conversation with friends new and old! So don't miss out on the fun! Join us on Sunday, November 1 from 11:00 a.m. at the Cochran Shelter. The shelter that we have used in the past has burned, so please make note of this change in location. Bring a prepared dish or cook it there (fireplace and two charcoal grills available), something to drink, any cooking equipment that you need, and table service. Firewood will be provided; charcoal will not. Contacts: Jan Simons at jan.simons@mobot.org or 314-773-4551 or Steve Booker at arohd2@aol.com or 618-346-1740.



FEATURED WEBSITES

Digital Photo Tips From Cornell Plant Pathology Department

by Patrick Harvey

Want some good tips on taking photos of mushrooms and other subjects? Go to:

<http://www.plantpath.cornell.edu/PhotoLab/KnowledgeBase/DigiPhotoTips/DigiPhotoTips.htm>

This site includes lots of photography and Photoshop information, such as lighting and exposure, but also discusses botanical photography. To increase depth of field in macrophotography, try compositing images. Even more exciting is instruction in making 360-degree panoramas and object VRs, which allow the viewer to rotate the object.

Bimonthly Update

By Ken Gilberg

By the time this issue of the Earthstar arrives to you, we'll have already had the July Bimonthly, a combination evening foray and conversation with Walt Sundberg. As of this writing, I can tell you I'm looking forward to it.

The Bimonthly on September 8 will be an open forum for mushroom identification. Bring specimens for identification and field guides. We'll be looking forward to Mingo that evening also.

November will be our annual photo show. There's still plenty of time to take pictures for that. We'd love to see shots members having fun at all of our terrific events and forays. It's also fascinating to see the mushrooms people have stumbled upon in their travels and private adventures.

Join us on the second Tuesday of every odd month for our Bimonthlies.

learn

FEATURED RECIPES

by David Yates



Hen of the Woods Pesto

Hen of the Woods (*Grifola frondosa*) or any other fall favorite
Olive Oil
Fresh Garlic, minced
Fresh Herbs (marjoram and/or thyme work well)
Salt and pepper

Grind hens in a food chopper to a minced, but not paste, consistency. Dry saute in a pan over medium heat, until natural juices are released. Then stir in garlic to taste, and quickly sauté to finish. Remove from heat and stir in olive oil and herbs to your liking. Add salt and pepper to taste. Let cool and use as a pasta topping, bread dipper or pizza topping. It also freezes well. Enjoy!

Thai Style Hens

courtesy of The Forager Press, LLC

Juice of half a lime
1 Tbls sugar
¾ Tbls fish sauce (*If you prefer, look for veggie version at any local Asian grocer.*)
4 cups shredded Hen of the Woods (*Grifola frondosa*)
1 Tbls olive oil
1 Tbls ground roasted rice (*Dry sauté uncooked rice on medium heat until slightly brown, then grind in a coffee or spice grinder.*)
½ tsp ground cayenne pepper
¼ cup each fresh mint leaves & cilantro – chopped or julienne
Salt and pepper

- Mix lime juice, sugar & fish sauce in a small bowl and set aside
- Saute the hens in 1 Tbl cooking oil on medium heat until liquid is released and pan is dry
- Add the lime juice mixture and stir
- When absorbed add the ground rice, cayenne, salt & green onion and mix
- Toss with the mint and cilantro and serve!

Hens a la Dave

5 pounds fresh Hen of the Woods (*Grifola frondosa*)

- Cut hens into bite-sized pieces
- Put into Ziploc bag. Seal tightly
- Pack into box sized for 5 lb. of mushrooms
- Tape box securely
- Take box to local post office and mail to:
David Yates, 3654 French Ave., St. Louis, MO 63116

Hawn State Park and Pickle Springs Foray, aka the Hawnting

Friday, October 23 to Sunday, October 25

By Shannon Stevens

Yes, we are doing it again! This is always a great camping weekend; fall weather, nip in the air, nice warm bonfire, good friends, great food, plentiful mushrooms.....it just doesn't get any better! Bring your musical instruments and your pre-Halloween spirit and join in the revelry and camaraderie with all your friends. The sky's the limit so if you have any talents to share; skits, costumes, songs, ghost stories, poetry, magic, whatever, don't be shy, bring it on. Let's have some fun!!!

Oh yeah, bring your baskets, as we will be hunting up some 'shrooms on both Saturday and Sunday. This week end has proven to be a great one for good edibles—Blewits, Hens, Lobsters, Chix and who knows what else. Hawn has some gorgeous trails and Pickle is an amazingly beautiful 2 mile loop. Don't forget the regular stuff—basket, bug spray, long pants, knife, etc. and field guide if you wish. Bring everything you need for primitive camping and what you can to make it less so.

All meals are BYO with potluck style dinners. Also, be sure to bring your own plates and flatware, etc., as these things will not be provided. For those environmentally conscious folks, bring your own tableware and wash it, as

Look for the Chicken tree at the Hawnting to find *Polypore - Laetiporus cincinnatus*, Chicken of the Woods



Jon Rapp

there is water on site! "Monster Pan" will be reanimated for any contributions to the creation of culinary curiosities and maybe it'll be time for another round of paella! Don't forget to bring a pumpkin to carve. If you carve it, it will glow! Our campsite is the one designated for the Boy Scouts and is located at the far end of the loop, on the right, up the hill, just before the shower house. Carpeted with pine needles and away from the crowd, it is just a short walk down the hill to the shower house. The state charges \$2 per night per person for camping.

Can't make it to Hawn? Be sure not to miss the **Sunday matinee foray, 10 am, at Pickle Springs Natural Area** as this is always a beautiful hike. Don't forget to bring something (to share) for lunch afterwards.

For more information or to let me know you'll be joining us, contact Shannon Stevens, 314-481-4131 or Sporeprince@sbcglobal.net.

Hawn State Park and Pickle Springs are both off Highway 32 between I-55 and Farmington. For each, there is a sign on Hwy. 32 directing you. See everyone there!!!

Come one!
Come all!



Joe McFarland signs his new book, *Edible Mushrooms of Illinois and Surrounding States*, at the Missouri Botanical Garden on Saturday, September 12 from noon to 2:00.

You know you have to come see Joe and buy his new book...he's part of MOMS...and you'll be seeing him at Mingo the following weekend. You won't want to be without his new book as we go foraging in the Mingo National Wildlife Refuge! Beautifully illustrated with three hundred of Joe's gorgeous photographs, this engaging guidebook carefully describes forty different edible species of wild mushrooms found around Illinois and surrounding states - and that, of course, includes Missouri. Veteran mushroom hunters Joe McFarland, staff writer for the Illinois Department of Natural Resources magazine *Outdoor Illinois*, and co-author Dr. Gregory M. Mueller, Vice President for Science and Academic Programs for the Chicago Botanic Garden, also impart their wisdom about the best times and places to find these hidden gems. Recipes too! Don't miss this opportunity to see Joe, our dear MOMS friend, and congratulate him on the first book on Illinois mushrooms in ninety years!

Earthstar Opportunity

By Maxine Stone

This is the last Earthstar I'll be editing. I've been doing this for just over a year and I must say—it's lots of fun. You get all of this terrific information a month before anyone else learns of it. Now it's time for someone else to step up to the plate, either as a designer or editor. Jane House can do either role, but simply doesn't have time to do both.

I'll be happy to coach, co-edit, assist or just stay away if any of you good people would like to try it out. Please contact me so that I can fill you in on what exactly needs to be done. It's really not very hard—and you would be contributing an enormous amount to MOMS. Maxine Stone, 314-963-0280, VeryMaxine@aol.com



Hot Hot Tonka

By Shannon Stevens

Photos by Jon Rapp except where noted

Well, I knew it was going to be hot but just had to go anyway, the lure of the 'shroom is potent indeed! Maybe it was the promise of refilling my recently emptied mason jars with freshly dried trumpets and chanterelles or perhaps it was merely wanting to spend time in the woods with friends but whatever the reason, I disregarded the heat warnings, loaded the cooler with ice and refreshments, packed up most of the usual paraphernalia and headed down 44 towards Ha Ha Tonka State Park at Lake of the Ozarks.

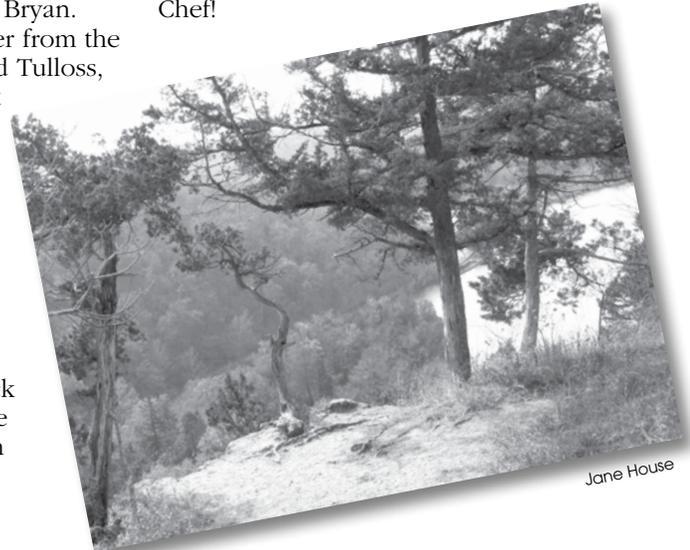
The A/C in my truck had just been checked and fortified with a dose of Freon, the prognosis, however, from the mechanic was dubious at best. I did lose my trusty lantern due to a serious oversight in my packing abilities. Luckily I was taking a nice curvy exit ramp when it decided to liberate itself from the bed of my truck. Inertia, gravity and the laws of physics all came together in a wonderful display of 'cause and effect' as it went hurtling off to the side, hitting the pavement a couple times, smashing into pieces and landing harmlessly into the ditch

Anyway, arrived at the campsite around 1:30 on Friday and ran into Jon and Nancy Rapp going across the road to the trailhead. Stopped the truck in the road and talked for a bit, it was already quite hot so I kept the A/C going. Ahh, enjoy it while I can! My spirits lifted a bit when I spied several large yellow clumps just up the trail. It's great when you can spot your quarry from the road!

Jay Justice was next to show up, then Steve Booker joined us. Dennis McMillan came by followed shortly by Chris Crabtree, Shauna and two friends in from California; Chandler and Bryan. Skip and Sherry Kay came over from the KC area. Soon enough Dr. Rod Tulloss, our special guest for the week end, showed up with his wife Mary and the specimens already on the table didn't stand a chance!

After a while most folks decided to go on a 'scouting' mission to a possible spot for Saturday's hunt. Two and a half hours later they came back with all kinds of fodder for the I.D. table. That's when the fun

started! Man, I'll tell you what, between Dr. Tulloss, Jay, Chris and Sherry, there was enough knowledge to make my head spin! They were goin' back and forth with species and sub-genera and talking about stuff that had numbers instead of names. Flashbulbs were a poppin', chemicals were a'flyin', knives were gleamin' along with the glint and glitter of field lenses, books were being brandished while pens were pounding out field slips as more and more trays were filled with freshly identified specimens. I honestly felt like I was watching an episode of Mycological Iron Chef!



Jane House

Not to say that any of these mushroom magicians would have frowned upon any of us mortals who had any questions--in fact they imparted their knowledge freely many times throughout the weekend. Knowing that my brain was broiling from the heat and probably wouldn't retain any information, I decided not to impede progress and sat back panting, watching the show, thinking how lucky MOMS is to have such gifted friends as these.

Soon enough, folks started drifting away, leaving for their respective hotels. Stan eventually showed up and set up his mega-tent, thinking perhaps his family would join him tomorrow. He was quick to point out, as sweat poured off his head, that he had just come from doing an inventory in a nice cool 58 degree cave. "That must have been heaven," I said, "welcome to hell!"

The few of us who remained at camp sat around the tables, marveling at the miracle of the mushrooms and talked about the heat and how the trumpets were already past their prime. We listened to the sounds of the night; frogs, owls, whippoorwills, one of the best things about camping in my book.

Back at the tent, with sweat pouring, I finally drifted off to sleep only to be awakened by the rummaging sounds of some critter tearing into the trash bag I knew we had left out. I wasn't too concerned, but knowing that industrious raccoons can open coolers I got up to see what was going on. The night creature had crept off before I came around with my light so I never saw what it was, but I did see the nice mess it left behind.

Alrighty then, a new day dawns with the promise of higher temperatures. Fifteen of us set out around 8:30 including some newcomers, a family from St. Joseph Missouri; Theresa, Georgia and Yari. They definitely get the perseverance award due to the fact that their vehicle overheated on the way down and they wound up renting a car to continue the trek!

Well, it didn't take long to start sweating and thoroughly soak our clothing but we were not deterred. The pickings were not as plentiful as the previous two years especially in the trumpet and chanterelle area but we managed to fill up our baskets anyway with an



assortment of fungal finds. Enough of this heat, time to head back to camp and cool off and possibly grab a bite to eat.

Back at camp folks were nibbling at lunch-type stuff and re-enacting the scene from yesterday's I.D. session but it didn't take long for those who had hotels to drift away for a nice cool-down. Hey, I woulda' done the same! I eventually slipped away myself for a refreshing dip in the swimming hole just down the road. Ahhh, just what the doctor ordered. As I sat in the pool and poured water over my head I could envision wisps of steam rising up from my twice-baked noodle!

The rest of the afternoon was a repeated series of chillin' in chairs, rehydrating with refreshments and a couple more trips to the swimmin' hole. Patrick Harvey showed up somewhere in there. Our good friend from the 'zarks, David Gasper, showed up to say hi again. I believe Dennis melted sometime during the afternoon. Shauna and her guests also departed.

Get's dark quick around there so I gave Jay the high-sign to introduce Rod for his presentation. Dr. Tulloss held us enthralled for about an hour with his introduction to Amanita classification. This guy really, really knows his Amanitas and was in no way shy about sharing his passion for the species. We truly were lucky to have him with us. Thanks Doc!

Well it didn't take long for folks to clean up and depart for hotels or home.

Patrick, Steve and Stan decided they had enough and headed for cooler climates leaving only Jay, myself, Chris and the family from St. Joe in camp. After cooling off once again in the creek, we all headed for our tents.

Sure enough, about an hour or so into our slumber the telltale signs of imminent rain were upon us and I hurried out to put the rainfly on my tent. Chris did the same then came up to put a tarp over the remaining specimens. Sounds of rain and thunder sang us to sleep.

Sunday morning I didn't really feel like getting all hot and sweaty and drive home in mid-day sun without A/C so I packed up and bid everyone a fond farewell then headed for the highway while it was still cool. At last count we had close to ninety species identified so it turned out to be a very fruitful, though very hot, endeavor after all. Thanks to everyone who helped to make that happen and I hope to see you all next year along with anyone else who wants to join the fun. I can only hope the temps will be a bit cooler!





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*year that term will expire

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