

MYCENA NEWS

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Submissions for the March newsletter are due by February 20th

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FEBRUARY GENERAL MEETING:

Tuesday, February 19th, 2018

7–10pm

Buckley Room/ Randall Museum

Dr. Frederick Barrett: Acute and persisting effects of psilocybin in healthy and patient populations

This speaker and topic is presented as a joint sponsorship between the MSSF and Bay Area Applied Mycology. It is free to members and open to the general public for a nominal fee of \$5 per person with advance tickets available here: <https://mssf-baam-psilocybin-talk.eventbrite.com>

AS THE PSYCHEDELIC renaissance blooms, many experimental laboratories and medical schools around the world are joining in to contribute to our knowledge of how psychedelic drugs affect the mind and brain. We will discuss recent findings from controlled laboratory studies with psilocybin, and review preliminary data from a number of studies at

Johns Hopkins investigating the effects of psilocybin in healthy volunteers as well as those with mood disorders.

Dr. Fred Barrett earned his PhD in cognitive neuroscience at U.C. Davis, and completed a postdoctoral fellowship in behavioral pharmacology, studying the neuropsychopharmacology of psilocybin with Dr. Roland Grif-

fiths at Johns Hopkins University. He uses music and pharmacological interventions, along with behavioral measures, computerized testing, and brain imaging techniques, to explore the neural basis of emotional func-

tioning and altered states of consciousness. His current research focuses on the acute and long-term effects of classic and atypical hallucinogens on cognition, emotion, and brain function. •

President's Post

Stephanie Wright

GREETINGS MSSF MEMBERS!

We have a lot of interesting guest speakers lined up for Spring 2019.

Next season's program is already being planned because some popular folks schedule their engagements more than a year in advance – they are difficult to book! High demand for a particular person is also reflected in the fees they command to be a speaker for our group.

MSSF will be collaborating more in the future with other Bay Area Mycology groups.

Doing so allows us to do more than we could as a solo organization (that collaboration is a lot like those mycorrhizal relationships between fungi and plants, beneficial for both).

For example, many of the speakers at our general meetings travel from out of state to present the interesting, educational, and varied material we are fortunate enough to have an opportunity to experience each month. The honorarium and associated costs for presenters we might wish to invite can exceed our budget – by sponsoring some events jointly with other groups, or communicating with the program coordinators of the other mycology groups in our region whose meetings are also scheduled the 3rd week of the month, one guest speaker can arrange to present to several groups on a single trip to the Bay Area. The result – all the groups can have a wider range of guests than would be possible otherwise.

Our upcoming February talk, on the 19th, is representative of this. It is sponsored jointly with Bay Area Applied Mycology and will be on the topic of the acute and persisting effects of psilocybin in healthy and patient populations studied in research at Johns Hopkins. I anticipate that this subject will be of interest to many people, and that there will be high demand for seats at this event.

Research for spring morel camping forays has started. This includes looking at the snow depth reports and long-range weather forecasts to guess when the snow will melt... it's tough to figure out more than a month in advance which weekends will be best for group camping, but that is what is needed in order to get things organized, and get the event onto the calendar and into the newsletter. Some folks are researching burn areas, and checking the permit process. As has happened in the past, various areas have been declared "off-limits," with no access allowed.

Keep an eye on the online calendar and MSSF social media outlets for updates. Although the camping forays need advance scheduling, changing local conditions mean that there will be some last-minute, one-day events nearby. Quick-start introductory forays often take place in our urban parks – they are a great way to learn the basics of mushroom

ID.

January was a busy month for mushroom related events. MSSF had a foray in McLaren Park and was represented at the Academy of Sciences NightLife event, “Fungus Among Us.” The Education committee also did a workshop for docents at the SF Arboretum—Paul Koski, Pascal Pelous, and Enrique Sanchez did events in January one after another—thanks guys!

Speaking of which, I get emails regularly from people who want more forays to be scheduled. The ones we have done in the last few months filled up very quickly and have had wait-lists. One way we can have more forays and educational events is if more people are willing to co-lead them. Please consider it, I have often found that teaching others what I do know, leads me to learn more. Contact Curt Haney for more information.

The general meeting in January was on the subject of truffle cultivation. It was standing room only, and very informative. Lots of things to smell! I was surprised at how much variation in scent there was among the different truffle species. I came away from the talk wishing I had a yard large enough for a few “truffle trees.”

Theresa Halula prepared goodies for the meet-and-greet portion of the evening. And now that we’ve had a bit more rain, there were some interesting finds at the ID table.

I am pleased to report that MSSF finished 2018 with record high membership. It is time to renew your membership if you received a notice back in early-December and haven’t paid your dues yet. If you didn’t, receive a renewal notice, it most likely means you are already paid up for 2019 (for instance, if you have a multi-year membership type and paid dues a year ago) – but you can always check your membership status by logging in to the “Members Only” area.

If you have questions or need help renewing, send email to: <Membership@MSSF.org>

Osso Bucco is the omnivores main course at the February Culinary dinner on Monday the 4th. The vegetarian entrée is Chanterelle Risotto. I don’t know about you, but choosing between those two dishes isn’t easy for me.

Dinners are held at the San Francisco County Fair Building, located at 9th & Lincoln. Reservations are required; for more information, see the calendar.

Our youngest Council member, Balbina, has graduated from college and will be leaving San Francisco—Thanks for all your work, we’ll miss you!

And that brings me to the subject of how things get done in MSSF. The organization runs on volunteer power. A small number of people do a lot of work. It would be nice to share it among more people.

We currently have openings for TWO at-large council members, plus several committees need a chairperson or additional members. The council skews too much towards the AARP demographic; I specifically encourage younger MSSF members to consider joining the Council.

Members of committees don’t have to attend Council meetings, and tasks include things than can be done from home — without spending time in traffic, you can fit some needed projects into a busy schedule and make a difference to the club. All MSSF members are welcome to attend council meetings (listed on the calendar).

Please contact me or MSSF Vice President, Theresa Halula, <VicePresident@mssf.org> if you are interested in becoming more involved at the council level or contributing to specific committee projects.

I hope to see many of you at the next meeting, bring your friends!

- Stephanie Wright, <President@mssf.org> •

Mer de Terre or Oysters of the Forest

I WAS HAVING a hard time coming up with a subject for this month's article, until it presented itself to me on Mt. Tamalpais this past week—the often overlooked Oyster Mushroom. The mountain was looking revived after the rains; ferns and mosses in countless shades of green. Everything looked so alive and vibrant! We had been looking for mushrooms all day with little luck. Near the end of our 11 mile hike, just when we had given up hope of finding anything edible, Dave spotted them just off the fire road, an abundance of *Pleurotus* fruiting on a Tanoak. We hurried over to have a closer look. Yep, oyster mushrooms no doubt. I have to admit, when there are more interesting species to be had, we tend to pass on them but today we were delighted to have found something after such a long fungal drought.

Known as the Tree Oyster or Tree Mushroom, *Pleurotus ostreatus* is an edible species that grows on hardwoods. With few look-alikes and having an easily recognizable fan-shaped form, these widespread and abundant mushrooms are a good one for the beginning forager. Often fruiting in large clusters after the first rains, you can hit a windfall without having to search far and wide. Another notable thing about this species is you can take home an 'oyster log' you find in the woods and if conditions are kept favorable, you can 'grow' them at in the convenience of your back yard.

The key features of the Oyster mushroom



Pleurotus sp. found in Redwood Regional Park
I. Peterson

are described as 'overlapping tongue-like clusters' with an in-rolled margin when young. The stalk, which is often attached off center of the cap, helps when ID-ing this species. When foraging for this species, one thing to keep in mind is the fact that these mushrooms favor cooler weather. These recent rains and the cooler temps make for the perfect environment. They do degrade quickly so it is best to prepare them within a few days of finding them. They are best grilled or fried as showcased in this month's recipe:

Sugar Snap Peas & Oyster Mushrooms in Sherried Cream



- ¼ cup olive oil
- ½ lb. oyster mushrooms, cut into 1-inch pieces
- 1 shallot, minced
- 1 lb. sugar snap peas, strings discarded, halved lengthwise on the bias
- ½ cup dry sherry
- ½ cup heavy cream
- 1 tablespoon fresh Meyer lemon juice
- Meyer lemon zest, for garnish
- Salt & pepper to taste

STEP 1 In a very large skillet, heat 2 tablespoons of the oil until shimmering. Add the mushrooms and a generous pinch of salt. Cook over moderately high heat, stirring occasionally, until the mushrooms are browned and crisp, about 7 minutes. Add the shallot and the remaining 2 tablespoons of oil and cook until the shallot is softened, about 2 minutes. Add the snap peas to the skillet and cook, stirring, for 1 minute.

STEP 2 Add the sherry to the skillet and simmer until reduced by half, about 3 minutes. Add

the cream and simmer until the mushrooms and snap peas are coated in a light sauce, about 3 minutes. Stir in the lemon juice and season with salt. Transfer to a platter, garnish with finely grated lemon zest and serve.

Culinary Group News....

January's dinner, *A Japanese New Years Feast*, was quite celebratory. Lots of tasty mushroom appetizers, an entrée of salt roasted salmon, a plentiful seaweed salad and tasty green beans in a miso dressing, all made for a traditional meal. Many thanks to team captains Tom and Mark Sasaki for organizing and for the rest of the volunteers who helped make the meal a success. February's dinner to be held Monday the 4th, is an Italian Feast. Bring some vino rosso and vino bianco to cover your bases! See you then...

HALL OF FLOWERS

Lincoln Way and 9th Avenue
San Francisco, CA
February 4th, 6 pm

For more information, contact Laura Parker, Lesley Stansfield, or Paul Lufkin (415-515-1593)

The MSSF Culinary Group, an all-volunteer committee of MSSF, is open to all MSSF members who are interested in the gastronomical aspects of mushrooming. It meets on the first Monday of each month (with a few exceptions for holidays) at 7 p.m. at the San Francisco County Fair Building (Hall of Flowers), Golden Gate Park, 9th and Lincoln, San Francisco. •

Education Committee

Paul Koski

THE MSSF'S EDUCATION COMMITTEE was busy in January with several outreach activities to inform people about fungi.

On January 10th the MSSF set up an exhibit at the California Academy of Science Thursday evening NightLife event. The theme for the evening was Fungus Among Us and proved to be one of the best attended of the Academy's NightLife events. The MSSF was one of several organizations displaying educational information, cultivation techniques and art work around the fungal theme. The MSSF tables displayed fresh fungi, spore prints, books, posters and handouts. Many thanks to MSSF members Paul Koski, Enrique Sanchez, Ken Litchfield, Alan D'Souza, Madhu Kottalam, Gregg Miller, Pascal Pelous, Shawn Lyles, Taylor Bright, Zach Orford, and Theresa Halula. All helped set up and staff the tables, discussing fungi with the continual crowd of visitors to the tables.

Then on Saturday, January 12th Paul Koski and Enrique Sanchez were presenters at a San Francisco Botanical Garden Society docent training session about fungi. Paul had a PowerPoint slide show introducing fungus varieties, characters and important relationships of plants and fungi. Enrique discussed cultivation methods and showed some active cultures he brought with him. After the indoors presentation, Paul & Enrique led two groups of docents through the Botanical Garden looking for mushrooms and other fungi to photograph. We returned indoors to end with a discussion with what was seen and how fungi form important mycorrhizal associations with plants,

serve to decompose dead trees and help to return nutrients to soil. The 20+ docents attending expressed appreciation for information they could use as they lead walks through the Botanical Garden.

The next day on Sunday January 13th, Enrique organized a foray in San Francisco's McLaren Park for about 25 participants. Several attending were from the Telluride Festival in Colorado. Pascal and Paul helped Enrique lead groups through the park to look for fruiting mushrooms. After about an hour and half of foraging we all returned to the parking area to display, discuss and identify the specimens that were collected. In all about 40 species were found and most could be identified as common local urban park fungi.

Participation in these events is important in disseminating information about fungal characters, life cycles and ecological importance to those who attend. Public gatherings give the MSSF public relations opportunities to help individuals and families to learn how fungi are identified, mushroom cultivation techniques, get questions answered and learn more about MSSF meetings and activities. •

 McLaren Park Mushroom Foray List

January 13, 2019

<i>Scientific Name</i>	<i>Common Name</i>
<i>Agaricus sp.</i>	No Common Name
<i>Agaricus xanthodermus</i>	Yellow Staining Agaricus
<i>Amanita muscaria</i>	Fly Agaric
<i>Amanita pantherina</i>	Panther Amanita
<i>Armillaria mellea</i>	Honey Mushroom
<i>Bolbitius titubans</i>	Sunny Side Up
<i>Cholophyllum brunneum</i>	Western Shaggy Parasol
<i>Chroogomphus vinicolor</i>	Pine Spike
<i>Clitocybe nuda</i>	Blewit
<i>Cortinarius croceus</i>	Mustard Gilled Cort
<i>Crepidotus mollis</i>	Hairy Crep
<i>Gymnopilus junonius</i>	Big Laughing Gym
<i>Hebeloma crustuliniforme</i>	Poison Pie
<i>Helvella vespertina</i>	Western Black Elfin Saddle
<i>Hygrophorus gliocyclus</i>	No Common Name
<i>Hypholoma fasciculare</i>	Sulfur Tuft
<i>Laccaria amethysteo-occidentalis</i>	Western Amethyst Laccaria
<i>Lactarius alnicola</i>	Golden Milk Cap
<i>Lactarius deliciosus</i>	Delicious Milk Cap
<i>Lactarius rubidus</i>	Candy Cap
<i>Lactarius xanthogalactus</i>	Yellow Staining Milky Cap
<i>Leratiomyces ceres</i>	Cherry Chip
<i>Leucopaxillus albissimus</i>	Large White Leucopax
<i>Mycena purpureofusca</i>	No Common Name
<i>Peziza sp.</i>	No Common Name
<i>Russula sanguinea</i>	Rosy Russula
<i>Sparassis radicata</i>	Cauliflower Mushroom
<i>Suillus pungens</i>	Pungent Slippery Jack
<i>Tapinella panuoides</i>	No Common Name
<i>Tricholoma myomyces</i>	Mouse Trich

MSSF Forays 2019

Curt Haney

GREETINGS MSSF MEMBERS old and new. I have officially volunteered to be assigned by our new President, Stephanie Wright, to the position of Foray Coordinator for the MSSF. Norm Andresen has held this position for longer than I can remember, and was also in this position when I joined the MSSF 20 years ago. One of my first forays with the MSSF was led by Norm and after a day with him in the forest I was hooked on Fungi. Thank you, Norm, for your many years of service and for continuing to volunteer as a foray leader for the MSSF.

Membership in the MSSF is currently at an all-time high. However, there is only a small core group of members that volunteer to make sure the society functions as a whole. The majority of MSSF members pay their dues and then sit back, read the monthly published Mycena News, reap the benefits the society provides, and enjoy themselves.

The MSSF is a 100% volunteer non-profit organization. In order for the society to function and progress, volunteers are needed and valued. Do your part, and volunteer to fill a vacant position on the Council, or on one of the many committees. You can go to the MSSF website www.mssf.org log in as a member, go to the file archives section and then open the section on; Council Member Position Descriptions to get an idea of what is involved in a particular position or committee. There are several council positions currently open, plus many opportunities to be assigned to a committee under a current council member. Attend a scheduled council meeting, or contact the President at; President@mssf.org to find out how to volunteer. Another simple way to contribute to the society is to submit an article to the Mycena News for publication. You can

even submit pictures of mushrooms you have been finding for possible publication.

As the Foray Coordinator for the society, I am currently accepting volunteers for the Foray Committee. I am seeking members who are interested in organizing, leading or assisting with all types of forays. You do not need to be an expert in identifying mushrooms to volunteer on the foray committee, just a desire to get involved and participate. On the home page of the MSSF website you can click on forays to find out what types of forays the MSSF provides, (with descriptions). They are: Local Forays, Day Trips, Quick Start Forays, Car Camping Forays, Spring Morel Forays, and Fall Forays

Also, under the descriptions of forays is an extensive list of Collecting Equipment suggested for anticipating on a foray.

The following MSSF members are currently on the foray committee: Curt Haney, Norm Andresen, Brennan Wenck, Enrique Sanchez, Pascal Pelous, Paul Koski, and Don Hughes.

The MSSF Spring Morel Forays will be conducted during the April – June time frame depending on many different factors, such as; moisture levels from snow melt, spring showers, soil temperature, forest accessibility, and volunteers to organize and lead forays. Due to the many extensive forest fires at elevation over the past two years, promises for an exciting Morel season this spring. Keep your eye on the MSSF calendar for announcements of upcoming forays. Some forays may be announced in advance, while others may be announced with short notice. It all depends on when the Morels and other types of fungi start fruiting. In addition, email notices of pop-up Morel forays may be sent out to members on short notice when massive fruitings are discovered by foray

scouts.

The foray committee will soon be researching burn zones from 2017 and 2018 in order to determine the probability of fruitings, and accessibility to those locations. If you have any ideas or location suggestions for spring forays, or if you are interested in volunteering to be a member of the foray committee please contact me at LingKing@sbcglobal.net or leave me a voice message at (415)-640-6233.

I hope to see many of you in the spring picking Morels! •

Calendar

SUNDAY FEBRUARY 3RD

Tilden Fungal Fair
10 a.m. – 4:30 p.m.
Tilden Park Nature Area
600 Canyon Drive
Berkeley, CA

MONDAY FEBRUARY 4TH

Culinary Group Dinner
7 p.m.
Hall of Flowers (County Fair Building)
9th Avenue & Lincoln Way
San Francisco, CA

TUESDAY FEBRUARY 12TH

MSSF Council Meeting
7:30 p.m.
Randall Museum
199 Museum Way
San Francisco, CA 94114

TUESDAY FEBRUARY 19TH

MSSF & BAAM present: Dr. Frederick
Barrett
7 p.m. – 10 p.m.
Randall Museum
199 Museum Way
San Francisco, CA 94114

check [here](#) for more events

Mushroom Sightings
Rivkah Khanin, East Bay Hills



Gymnopus brassicolens/ Stinking Gymnopus
Lactarius rubidus/ Candy Cap



Pleurotus ostreatus/Oyster and *Trametes versicolor*/ Turkey Tail
Omphalotus olivascens/ Western Jack O'Lantern





Suillus pungens/Pungent Slippery Jack
Laccaria amethysteo-occidentalis/ Western Amethyst Deceiver



Clavaria fragilis/Fairy Fingers
Entoloma medianox/Midnight Entoloma



Mycena News Submissions

Please do send in your submissions for the Mycena News pronto. The new monthly official deadline is now midnight the 20th of each month. (Any month that the 20th falls before or on the general meeting the deadline will be the Wednesday after the general meeting, ie Nov 22 2017, Feb 21 and Mar 21 2018)

This does not mean to wait until the 20th of each month to turn in your stuff; it means that is the deadline and you should shoot for getting it in starting by the first of the month.

If you have something that is dependent on the general meeting like photos of the mushroom ID table or the hospitality preparations, etc. you now can get that in before the deadline.

Please email your submissions to:

mycenanews@mssf.org

Please use this MN email address as, if you send it to newsletter individuals, it can get lost when we try to search down all the submissions if they aren't submitted to the official email address.

Best format is to "save as" a Microsoft Word Document, 97-2003, with a minimum of formatting in the doc. You may also use a "notepad" style document with only "plain text."

We ask that you please follow these conditions:

- Please DON'T use any ALL CAPS.
- Please DON'T use any indents, tabs, or bullets.
- Please DON'T use any bolding, underlining, or any other italics besides:
- Please DO include italics for scientific names or foreign words.
- Please DO use single spaces between words and ends of sentences.
- Please DO use ONLY left justification for all paragraphs, titles, signoffs, etc.
- Please DO use 11pt New Times Roman font if you have it, but NOT multiple fonts or unusual fonts or multiple sizes.

For bibliographies that often have special formatting included in your submitted doc, if you have lifted them from other docs, you may just leave all the original formatting, and we can see better what was intended and make modifications for the masterdoc, if needed.

Please follow these above conditions for your official submissions, however if you would like for us to see how you envision the formatting of your submission, you can also submit a second version formatted in that manner and we may be able to make use of that.

As we get submissions they are each incorporated into a MN masterdoc with certain in-house MN master formatting for the final design layout. The design layout software removes all previous formatting from the masterdoc, so any extra formatting you insert, beyond the above parameters, only complicates the prepping of the masterdoc, so please DON'T do that, and DO follow the above submission conditions. •



MYCENA NEWS

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Mycological Society of San Francisco
The Randall Museum
199 Museum Way, SF, CA 94114

Find us on social media



(click me!)

Mycena News is the members' newsletter of the Mycological Society of San Francisco, published monthly September–May.

Please e-mail photos, comments, corrections, and correspondence to mycenanews@mssf.org

To subscribe, renew, or make address changes, please contact Stephanie Wright: membership@mssf.org

Past issues of Mycena News can be read online at <http://mssf.org/mycena-news/issues.html>

Contributors

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Morgan Evans
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MSSF VOLUNTEER OPPORTUNITIES

Join the Council leadership, learn the inner workings of the MSSF and help make decisions that shape the future of the society. Do your part by contributing your time to this 100% volunteer organization!

To learn more about all council and committee positions, go to: www.mssf.org members-only area, file archives, council member position descriptions. Or email president@mssf.org.

MSSF OFFICERS 2018–2019

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