

MYCENA NEWS

OCT 2019
VOL 71:02

Submissions for the November newsletter are due by October 20th

TABLE OF CONTENTS

October Speaker	Enrique Sanchez 1	Mushroom Sightings	Rivkah Khanin 6
Mendo Camp 2019	David Gardella 2	Cultivation Quadrant	Ken Litchfield 7
Seeking MN Designer	Rivkah Khanin 3	Mycena News Submissions	8
Culinary Corner.....	Morgan Evans 4		



OCTOBER GENERAL MEETING:

Tuesday, October 15th, 2019

7–10pm

Buckley Room/ Randall Museum

Don Lattin: Rebranding Psilocybin — From Magic Mushroom to Modern Medicine

DON DRAWS FROM two of his books, *The Harvard Psychedelic Club — How Timothy Leary, Ram Dass, Huston Smith and Andrew Weil Killed the Fifties and Ushered in a New Age for America*, and his most recent book, *Changing Our Minds — Psychedelic Sacraments and the New Psychotherapy*. He will also discuss recent efforts in Denver and Oakland to decriminalize psychedelic mushrooms and other psychotropic plant medicines, along with ongoing efforts to get a similar

measure on the statewide California ballot in November 2020.

Lattin worked for more than two decades as a columnist and staff writer at the *San Francisco Chronicle*. He is also the author of *Distilled Spirits — Getting High, then Sober*, with a Famous Writer, a Forgotten Philosopher and a Hopeless Drunk. To learn more, go to www.donlattin.com

MSSF Mendocino Woodlands Camp Foray

November 8-10, 2019
Registration Now Open!

David Gardella

Deep in the Mendocino Woodlands, MSSF members, friends and family, gather once again for our annual north coast fungal rite of autumn. This weekend-long spectacular mycological event includes great mushroom themed dinners, guided forays, fun informative presentations, and plenty of mushrooms!

Seven years ago, we returned to our “3-F’s” roots, (Forays-Food-Fun). This year we will once again stay the course and continue with that theme. Some of our main features will be: A diverse selection of mushroom forays with experienced MSSF foray leaders. Saturday afternoon appetizer cooking demos with a multi-mushroom soup, grilled fresh bread, and a selection of grilled mushrooms. Deb Dawson and her Good Thyme Catering crew cooking fabulous meals to keep us all satiated. Saturday and Sunday mushroom table discussions with the Camp Mycologist. A couple of creative mushroom oriented pop ups. And, for the late nighters, the annual unofficially official late Saturday night mushroom cooking skillshare “MycoMendoMondo”. Feel free to bring your own fermented concoctions to share and add to the group fun.

We are excited to have two excellent speakers at camp this year, Dr. Roo Vandegrift and Christopher Hobbs, author of Medicinal Mushrooms. Both presenters will also be participating on forays.

All on-site meals and lodging (Friday night through Sunday lunch) are included in the

basic \$250 dollar per person member rate. To become a MSSF member, go to: <http://www.mssf.org/membership/join.html>

NOTE: Please leave enough time to apply for your Jackson Demonstration State Forest Mushroom Permit! Here’s the link to the mail in application form on the JDSF Cal Fire Website: JDSF Mushroom Picking Permit.

NOTE: A \$10 processing fee will be applied to any cancellations made prior to camp. There is a \$50.00 fee for any cancellations made after reservations have been closed and when camp is at capacity. *Full refunds cannot be guaranteed to anyone who cancels within one week of the start of camp.

Event details and sign up are on the MSSF website in the member’s only section under events. The link to register is: <https://mms.mssf.org/members/members.php>

REGISTRATION FOR CAMP WILL ONLY BE AVAILABLE ON THE MSSF WEBSITE, AND ALL PAYMENTS WILL ONLY BE ACCEPTED USING PAYPAL. The schedule of events and all required information for camp will be sent to registered participants later in October.

For registration questions, please e-mail Stephanie Wright at: lioness.chef@gmail.com or call (510)-388-5009 or contact David Gardella at: MendoDirector@mssf.org or call (602)-617-0150. The above e-mail addresses can also be used if you need help with the online reservation process. Foray sign-up choices will

be available during the registration process. Foray selection choices are on a first come first served basis.

IMPORTANT NOTES: We are located in Camp #1 this year. Anyone who would like to bring a camper or RV instead of utilizing a cabin is welcome to do so. (Please tell us if you would like to bring a camper or sleep in a vehicle instead of a cabin when you register for camp). Cabins have fireplaces and limited wood is available. We suggest you bring a couple of presto logs if you plan to make a fire in your cabin, (much less smoke and much easier). You can also bring fire starters which help greatly in getting fires started. As we want to limit fire usage in the cabins this year, we encourage all campers to enjoy the group fires with your camping friends in the dining halls and dance hall after dinner and until you return to your cabin at bed time. If you would like an alcoholic beverage with your dinners on Friday or Saturday night it will be BYOB. Also, please note that it is very important that every camper bring a flashlight to safely get back and forth to the cabins after dark. A complete list of what to bring, and directions to the camp will be sent to registered attendees in October.

Additional information about the Mendocino Woodlands Camp can be found at: www.MendocinoWoodlands.org (FAQS, MAPS & DIRECTIONS).

In Search of the Next Mycena News Editor/Designer!

Rivkah Khanin

Hello MSSF community!

I am no longer able to make the monthly newsletter. Are you tired of looking at the same old design? Are you jazzed about presenting all the fungal news in an exciting new way? Please reach out to mycenanews@mssf.org

Culinary Corner

Morgan Evans

Poor Man's Porcini

Fall has officially begun and with it a shift in meals I am hankering to make. With Summer produce on it's way out, things like wild rice pilaf and stews are on my mind. With no foraging prospects in my locale, I am making use of the supermarket mushroom aisle to satisfy my mushroom cravings. I happen to be fortunate to live a mere few blocks from Monterey Market, and while there are a variety of wild & exotic offerings there, I have been purchasing the lowly cremini. Really? Right?! Seems like I must have lost all culinary imagination. However, I find them satisfying in the way only an old food friend can be. Kind of like eating some boxed Annie's Mac & Cheese instead of making it from scratch. Usually only eaten on a backpack trip, I occasionally give in to this guilty pleasure when there is no other food in the cupboard!

Botanically speaking, the Cremini is simply a brown version of the ubiquitous 'White Button' mushroom.



White Button Mushroom

Both are in the genus *Agaricus* and the species *bisporus*. (*Agaricus* means 'gilled mushroom' while *bisporus* translates to 'two-spored basidia lining the gills'.) *A. bisporus* is the most commonly grown mushroom domestically, with up to 90% of the mushroom production. It has increased in popularity in North America with the introduction of two brown strains, Portobella & Cremini.



Cremini Mushroom

The three mushrooms are all actually the same species. Portabella is a marketing name the mushroom industry came up with for the more flavorful brown strains of *Agaricus bisporus* that are allowed to open fully; while the cremini is actually the same brown strain that is not allowed to open before it is harvested. I was always under the impression that you should eat mushrooms with closed gills as they are fresher but the Portabello has debunked that.



Portobello Mushroom

Portobellos and Cremini's are considered by some to have a more earthy and hearty flavor than it's pale cousin. So the next time you are in the mushroom aisle and debating over spending a few more cents/pound on the brown variety, take a chance and see for yourselves if they are worth the extra money. You could even try the recipe below where the cremini is enhanced with dried porcini, a trick Marcella Hazan used to use. It might be a game changer for you the next time you cook a mushroom dish which if you're reading this, might be quite frequently!!

PASTA WITH SLOW-COOKED PORTOBELLO MUSHROOMS



Recipe by Mark Bittman

- 8 ounces portobello mushrooms
- 3 cloves garlic
- 2 or 3 thyme sprigs
- 1/2 cup extra virgin olive oil
- Salt and pepper to taste
- 1/4 cup dried porcini mushrooms, optional
- 3 cups tomatoes, peeled, seeded and chopped (canned are fine)
- 1 pound penne or other cut pasta
- Freshly grated Parmesan cheese

1. Trim hard parts from mushrooms and discard. Rinse mushrooms quickly to remove grit; cut caps into slices and stems into small chunks. Combine in a medium skillet with 1 clove garlic (crushed and peeled), thyme, olive oil and some salt and pepper. Cook over sufficiently low heat so that mixture bubbles but mushrooms do not brown. Continue to cook, stirring infrequently, until they are quite shrunken in size and appear firm, 30 to 45 minutes. (At this point, you can pause for several hours before resuming cooking.) If you are using porcinis, soak them in hot water to cover for a few minutes so that they soften.

2. Set a large pot of water to boil for pasta and salt it. Mince remaining garlic. Turn heat under oil to medium, and add garlic to the portobellos along with the drained porcinis. Cook, stirring occasionally, until garlic begins to color. Add tomatoes and raise heat to medium high. Cook, stirring occasionally, until they break up and become saucy, about 15 minutes.

3. Meanwhile, cook pasta until it is tender but not mushy. Taste sauce and adjust its seasoning. When pasta is done, drain it, toss with sauce, top with Parmesan, and serve.

Yield: 4 servings.

OCTOBER CULINARY GROUP DINNER

“Under a Harvest Moon”

Captains: Mike Ahern & Paul Lufkin

Main Dish: *Roast Pork w/ Creamy Mushroom Sauce*

Vegetarian Main Dish: *Mushroom Risotto*

Salad: *Refreshing Green Salad w/ Lemon Vinaigrette*

Side Dish #1: *Roasted Vegetables Of The Season*

Side Dish #2: *Seasoned Rice*

Dessert: *Tiramisu*

Coffee & Tea

10-07-19

7:00 p.m.

Hall of Flowers

(County Fair Building)

9th Avenue & Lincoln Way

Golden Gate Park

San Francisco, CA

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, so that members may enjoy each other's company, learn about mushroom cookery, and have a delicious meal. Culinary Group dinners are open to current members of MSSF and the Culinary Group, and their guests -- go to www.mssf.org for information, to join the Culinary Group, and to register for its dinners. Contact Paul Lufkin (phone: 415-515-1593) with any questions about the upcoming event.

September Mushroom Sightings

Rivkah Khanin



Phaeolus shweinitzii, *Pisolithus arhizus*, *Laetiporus gilbertsonii*

The Premiere Mushroom Cultivation Event in the Bay Area

Far West Fungi Farm Field Trip Potluck BBQ

Sunday, November 3rd Noon—4pm
1186 Trafton Road, Moss Landing, CA

<https://www.eventbrite.com/e/far-west-fungi-farm-tour-we-cook-for-you-tickets-68896341813>

This is the 31st biannual Far West Fungi Farm Field Trip Potluck BBQ event begun 15 years ago as a field trip from my community college “Mushroom Cultivation” class. By gradually inviting students’ friends and family members, more mushroom societies’ members, gardening organizations, rare fruit growers, culinary types, and customers of Far West, it grew to be a bigger and bigger event semester by semester. As it broke 150, then 200, then 300 and more, each time we continued to evaluate the management of the event with Far West’s resources, including the strictures they must follow with governing agencies.

Last March’s FWFFFTPBBQ broke over 500 by clicker counter and it was time to go ahead and make some more drastic changes that we had been discussing and gradually implementing for the past several years. This fall the farm sold Eventbrite tickets online to better limit and gauge the number of attendees.

The features of this event remain tours of the farm to learn how they organically grow over a dozen types of gourmet and medicinal mushrooms, from substrate prep and inoculation, to growing out, to fruiting, harvesting, and recycling back to compost. The farm tours are followed by food prepared and served by the Garrone family and their Far West employees. This time the potluck will be limited to optional desserts and fermentations brought by the attending public. After the meal, the recycle pile will still be available for collecting recycled mushroom blocks for your own garden, yet paid attendees will also receive a preharvesting mushroom block that can be fruited at home, something like blooming a prebudded amaryl-lis bulb during the holiday season. There will also be educational and vendor booths and popups of mushroom related topics.

For further details on how the FWFFFTPBBQ operates and for how to make your own mushroom garden using Far West Fungi Farm recycle blocks please check your Mycena News for October 2017 in the mssf.org newsletter archives.

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.)

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

October 2019 VOL 71:02

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

Enrique Sanchez
Morgan Evans
David Gardella
Ken Litchfield
Rivkah Khanin

Editing and Layout

Rivkah Khanin

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 2019–2020

President: Stephanie Wright
President@mssf.org

Secretary: Colleen Sudekum
Secretary@mssf.org

Vice-President: Theresa Halula
VicePresident@mssf.org

Treasurer: Pascal Pelous
Treasurer@mssf.org