mushroom
SOCIETY OF UTAH

THE FUNGOPHILE

SPRING 2002 EDITION OF THE MUSHROOM SOCIETY OF UTAH NEWSLETTER

Gyromitra esculenta
A 'not so common' Spring mushroom in Utah.

Coming Up

Possible trip to Pictsweet in Filmore.
Summer forays to start in May

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Membership Secretary
Ronna Conlon 486-2717

Directors
Ardean Watts 581-1931
Sherman Brough 943-6183

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Spring Schedule

We are trying to arrange a tour of the Pictsweet Mushroom Farm in Filmore, Utah for some time in March. All members will be advised by phone when a schedule can be determined.

Our first foray of the Spring will be the first Saturday, the 4th of May. We will meet in the Olympus Cove Park & Ride at 3900 South Wasatch Blvd at 9:00 AM.

We will meet again the same time, same place the first Saturday of each month thru August. Our destination will depend on mushroom fruitings.

Corn Smut Goes Upscale

Corn Smut is one of the most offensive diseases ever to attack a vegetable. The wind-borne fungus *Ustilago maydis* most frequently infests developing ears of corn and appears at first as small white growths among the kernels. Within just a few days, these growths swell into blue-gray galls that grossly disfigure the ear. Smut galls can grow up to three-quarters of an inch long and, when mature, release clouds of sooty black spores into the air. These spores infect other plants and the soil, starting the cycle all over again.

Today about two percent of the U.S. corn crop is lost annually to U. maydis, and scientists continue to be on the lookout for resistant varieties of corn.

2001 MSA/MSU High Uinta Foray

All things considered, the 2001 High Uinta/Francis Foray was a success. The weather was not quite what we had hoped for in August, but there were enough mushrooms that no one got "skunked" and, most important, the Saturday MSA participants seemed to have a GOOD TIME! Many thanks to Ardean who helped coordinate the Saturday activities with the MSA. Thanks also to all who participated as hosts/guides for the two collecting sessions. As always, lack of time and lack of cooperation on the part of those darn mushrooms prevented us from identifying everything that was turned in. What follows is an alphabetic list of identified species collected during the foray.

Agaricus arvensis
Amylocystis lapponica (close)
Apiospora morbosa
Boletus edulis
Cantharellus cibarius
Chroogomphus rutilus
Clavariadelphus truncatus
Conocybe lactea
Cortinarius sp. (phlegmacium)
Cortinarius sp. (telamonia)
Cystoderma sp.
Dacrymyces palmatus
Ganoderma lucidum (Salt Lake)
Gloeophyllum saepiarium
Hebeloma crustuliniform
Hygrophorus erubescens
Hygrophorus olivaceoalbus
Hygrophorus pudorinus
Hygrophorus tephroleucus
Inocybe lacera
Laccaria laccata
Lactarius deliciosus
Lactarius fragilis (close)
Lactarius olympianus
Lactarius scrobiculatus
Lactarius uvidus
Leccinum fibrillosum
Leucoagaricus naucina
Marasmius oreades
Melanoleuca cognata
Melanoleuca graminicola
Mycena murina
Mycenastrum corium
Pholiota sp.
Polyozellus multiplex
Pycnoporellus alboluteus
Russula emetica
Russula rosacea
Russula xerampelina
Sarcodon imbricatum
Scutellinia scutellata
Spathularia sp.
Stropharia hornemannii
Stropharia sp.
Suillus brevipes
Suillus tomentosus
Suillus umbonatus (close)
Tricholoma imbricatum
Tricholoma leucophyllum
Tricholoma saponaceum
Tricholoma vaccinum
Tyromyces leucospongia
Xeromphalina cauticinalis

Ardean's Dip

12 oz. cream cheese, softened at room temperature
1 pound shitake mushrooms, chopped into 1/4 inch pieces and sauteed
1 bottle capers
1 bottle pimento
1 small can sliced black olives
a dash or two of cayenne pepper

Mix all ingredients together and serve with crackers.

Ardean Watts

Cheesy Mushrooms

Cut stems off mushrooms.
Fry in lots of butter and lots of garlic salt.
Place on plate, stem side up.
Sprinkle with lots of Parmesan cheese.

Holly Holman

Crab Stuffed Mushrooms

These could be served on practically any occasion - from the most casual brunch to the fanciest dinner party.

1/4 onion, finely chopped
1/4 cup butter, melted
3 tablespoons bread crumbs
1/4 teaspoon dry mustard
1 can (4 1/2 oz.) crabmeat, rinsed & drained
1 lb. large fresh mushroom
1/4 cup butter, melted

Combine onion, 1/4 cup melted butter, bread crumbs & mustard. Stir in crab. Set aside. Discard mushroom stems. Put mushroom caps on baking sheet, round side up. Brush tops with 1/4 cup melted butter. Broil 3 ½ inches from heat until lightly browned. Remove from broiler. Flip over. Fill bottoms with crab mixture. Bake at 325 degrees for 7 to 8 minutes. Yield: 12 servings.

Huitlacoche Soup

1-1/2 cups milk
3 Tablespoons flour
3 Tablespoons buttet or margarine
2 Tablespoons Worcestershire sauce
4-6 drops Tabasco sauce

Blend together all ingredients in a, blender or food processor until mixed.

Cook slowly, stirring until white sauce thickens.

1 cup of Huitlacoche (or slightly more)
1 small yellow onion
1 clove garlic
2 Tablespoons bland oil or margarine or ghee (clarified butter)
1 cup chicken broth

Chop finely all solid ingredients above and saute until tender. Add the Huitlacoche last as it cooks a little quicker. Blend in blender or food processor with the chicken broth. add to the cream sauce, heat and enjoy.

Susan & Jared Hzelton

Little Porkies

1 ½ pound pork loin, cubed
1 10 oz can mushroom soup
½ pound mushrooms, sliced
1 6 oz package Stove Top dressing

Brown pork. Stir in mushroom soup and simmer for 40 minutes. Add sliced mushrooms. Mix the stuffing mix according to package directions and spread stuffing mix on top of mushrooms. Continue cooking for 20-30 minutes.

Don Johnston

Mushroom Chicken Lettuce Cups

4 Lg Shiitake Mushrooms (stems removed/discarded)
5 Lg Italian Brown Mushrooms
2 dried Black Fungi (Champignon noir)
1 tsp cornstarch
2 tsp each dry sherry and water
1 tsp soy sauce
1/2 tsp salt
Dash pepper
3/4 Lbs chicken breasts minced
5 tblspn cooking oil
Cooking sauce (directions follow)
2 tsp minced fresh ginger
4 cloves garlic, minced
3 green onions, minced
1 can (8 oz) bamboo shoots, minced
1 can (8 oz) water chestnuts, minced
Hoisin sauce
Several Heads Belgian endive or iceberg lettuce leaves, washed, drained & chilled.
Soak fungi in warm water for at least 30 minutes. Drain and remove stems. Mince all mushrooms and set aside. In bowl, combine cornstarch, sherry, water, soy, salt, and pepper. Add chicken and stir to coat, then stir in 1 tsp oil

and let stand for 15 minutes to marinate. Prepare cooking sauce and set aside.

Heat wok or pan over high heat. Add 3 tblspn oil. when hot add chicken and stir-fry until opaque (about 3 min) Set aside.

Add remaining oil to pan, when hot add ginger, garlic, onion and stir. Add mushrooms, bamboo shoots and water chestnuts and stir-fry for 2 minutes. Return chicken to pan, stir cooking sauce and add to pan stirring until sauce bubbles and thickens. Serve Hot.
To eat, spread a little hoisin sauce on the lettuce leaf and spoon some mushroom/chicken mixture on top.
Cooking Sauce: In bowl combine 1 tsp soy sauce, 1 Tb dry sherry, 2 TB each oyster sauce and water, 1 tsp sesame oil, 1/2 tsp sugar and 2 tsp cornstarch.

Pat and Wes Glenn

*We have used all dried mushrooms in this recipe before

In Central and South America, however, there is a long tradition of eating corn Smut (known as huitlacoche or cuitlacoche), and farmers in these areas receive a premium price for their infected corn. In Mexico, canned huitlacoche is even found in grocery stores.

The first time I saw huitlacoche on a restaurant menu it was described as "corn mushroom." Although I was accustomed to cutting out the occasional gall from my own home-grown ears of corn, I ordered the dish, corn-mushroom crepes. They were delicious and the earthy, smoky flavor gave me an appetite for more smut.

But when I asked the farmers where I live in cornfield-rich Davis, California, for some that I might try cooking at home, they didn't take the question seriously. Later, a more discreet inquiry when no other customers were present-yielded a trunkload of smutty corn. Huitlacoche is only now becoming a gourmet item in the United States. Trendy restaurants in California and New York City now offer it, and in response to the increasing demand, farmers in Florida and Pennsylvania-in cooperation with the USDA--have actually begun cultivating it. As for me, although I have not yet seen fresh huitlacoche sold in the gourmet section of my local supermarket, I know where to get a ready supply, either from the occasional ear of infected corn in my garden or from growers near my home. When the boils appear, I cut them from the ears of corn as soon as they have begun to turn blue. But instead of throwing them away, I cook with them, using a recipe I adapted from Diana Kennedy's The Art of Mexican Cooking.

-Robert Sommer

Smut-Filled Tortillas

1 lb. corn smut
3 rnild chili peppers
2 cloves of garlic
1 small onion, chopped
3 tbs. vegetable oil
2 tbs. cilantro or epazote, chopped
Salt and pepper to taste

Char, peel, and seed the peppers. Cut them into narrow strips. Saute the garlic and the chopped onion in oil. Add the chilies and the corn smut. Cook covered over medium heat for 20 minutes. During the last five minutes, add cilantro or epazote. Add salt and pepper to taste. Fill corn tortillas with the mixture and warm them in the oven. Huitlacoche can be frozen for future use.

Tricholoma Warning

A brief report in the 9/13/01 New England Journal of Medicine describes several cases of mushroom poisoning in France. According to a review of this report in the Colorado Mycological Society newsletter, these poisonings were the result of repeated ingestion of Tricholoma equestre, also known as T. flavovirens. Between 1992 and 2000, twelve people (three of whom subsequently died) developed rhabdomyolysis, a disorder involving destruction

of muscle tissue, after eating three or more consecutive meals that included T. equestre/ T. flavovirens. All those affected reported muscular fatigue, weakness, stiffness, and pain within a day or two of the last mushroom containing meal. Other symptoms included dark urine and facial redness. Eight of the victims exhibited profuse sweating. In those who survived, some weakness persisted for several weeks. As part of an investigation, mice were given extracts of T. equestre and all showed evidence of damage to muscle tissue. This mushroom turns up occasionally in our area and has apparently been eaten without ill effect. Nevertheless, even though the French mushrooms might be chemically or otherwise different from western U.S. strains, it would still be advisable to AVOID eating T equestre /T. flavovirens until more information about the toxic potential of this species becomes available.

2002 Feast

On January 16 MSU had our 3rd annual 'feast'. It was again a great success with some wonderful taste treats. A surprise this year was the appearance of Cathy Stevenson, food editor with the Salt Lake Tribune. Cathy wrote a wonderful article about mushrooms and their increasing popularity. The article included many interesting tidbits from our feast, MSU, and our members. The article appeared in the Wednesday, January 23rd edition of the Tribune.

Mushrooms of Utah Supplement

Please note the inserts in this issue of the newsletter are prepunched for addition as a supplement to our book, Mushrooms of Utah. Simply remove the staples and file them as you wish in your book .

2002 dues are now past due

If your name on the address label is followed by an 01 your membership has expired. The following is our new dues structure.

$15 Family Membership in MSU
$47 Family Membership plus membership in NAMA
$30 Student Membership in MSU and NAMA

Your name_____
Address_____
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Annual membership includes all members of your household in the MSU and in the North American Mycological Association. Make check payable to MSU and send to: Ronna Conlon, Membership Secretary, Mushroom Society of Utah, 143 East Gregson, Salt Lake City, Utah 84115-3818. Any questions, you can reach Ronna at (801) 486-2717.