

The Mycorizon

Newsletter of the New Mexico Mycological Society

April 2005

Volume 3 Number 28

President's Message

The extraordinary amount of precipitation we've seen so far promises to make this a great year for mushrooms. The next couple of months might prove quite productive for those opting to head for the hills in search of springtime fungi.

During the last few years, Terri and I have led a number of hikes in the Sandias. Our next excursion will be on April 16th, when we will lead a NM Mountain Club hike in Cienega and Armijo Canyons on the mountain's east side. We welcome and encourage NMMS members to participate. Besides providing an opportunity to stretch your legs and breathe fresh mountain air, these areas can produce some very interesting ascomycetes. We expect to make additional visits to similar areas during the weeks following. Descriptions of all scheduled outings are available at www.mycowest.org.

Progress on planning the Annual Foray has been slow. The hope had been to visit a lower latitude this year, but the search for adequate lodging has yet to meet with success. We still hope to hold the Foray from 11-14 August, but the availability of accommodation may necessitate a change.

Information, as we have it, will be available on our website and in the subsequent issues of Mycorizon.

David Wallis

WILD MUSHROOMS

Excerpts from FDA Food Code 3-201.16

Guidelines published in the Public Health Reasons Annex to the FDA 2001 Food Code

Over 5000 species of fleshy mushrooms grow naturally in North America. The vast majority have never been tested for toxicity. It is known that about 15 species are deadly and another 60 are toxic to humans whether they are consumed raw or cooked.

An additional 36 species are suspected of being poisonous, whether raw or cooked. At least 40 other species are poisonous if eaten raw, but are safe after proper cooking. Some wild mushrooms that are extremely poisonous may be difficult to distinguish from edible species.

In most parts of the country there is at least one organization that includes individuals who can provide assistance with both identification and program design. Governmental agencies, universities and mycological societies are examples of such groups.

If a food establishment chooses to sell wild mushrooms, management must recognize and address the need for a sound identification program for providing safe wild mushrooms.

Regulatory authorities have expressed their difficulty in determining what constitutes a "wild mushroom identification expert" and enforcing the Food Code provisions associated with it. In 1998, the Conference for Food Protection (CFP) attempted to alleviate this problem through the formation of a committee that was charged with determining what constitutes a wild mushroom expert.

continued on page 3

MONDAY APRIL 7th MEETING PROGRAM

A Walk in the Woods by Dr. Samuel Ristich

This videotape is half an hour long and very enjoyable. A group of mushroomers are led on a walk in the woods with Sam as the leader. Dr. Ristich presents several tips for field identification.

At the time this was taped in 1999, Dr. Ristich was 84 years old. We see that he is still ticking, as he is currently listed as the first faculty member for the annual Sam Ristich Foray, which is scheduled for August 11-14, 2005, in Pennsylvania.

Terri Wallis



NMMS

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Albuquerque, NM 87109-4126

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Committee Chairs

Terri Wallis: Programs
e-mail: twallis@mycowest.org
Ann Floyd: Equipment &
Refreshments & Editorial
The Foray committee is looking
for a chair person

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Mycological Society in
Albuquerque, New Mexico.

Membership

Yearly dues are \$20
(optional NAMA dues are \$32)
Mail application & check to:
NMMS Treasurer
6336 Mendius, NE
Albuquerque NM 87109-4126
Meetings: Are held on the 1st
Monday of the month, except
July & December at 7:30pm at
the NM Museum of Natural
History 1801 Mountain Rd NW

3/ 7/05

General Meeting Minutes

19:30—President Dave Wallis
called the meeting to order in the
multipurpose room at New
Mexico Museum of Natural
History.

Attendees: 14

New Business:

Treasurer's Report
Sharon Chong reported a check-
ing account balance of
approximately \$3719, plus a CD
of \$1762 maturing on 6/7/05.

Committee Reports:

Equipment – Ann Floyd
reported that a digital projector
cost are in the \$700 to \$1000
price range.

Foray – Doris Eng reported that
the committee is looking at the
Sacramento Mountains (Lincoln
Nat'l. Forest) in south central
New Mexico, with expected
timing in mid-August. Annual
mushroom banquet at Villa
Fontana would be a week or so
later.

Newsletter – Ann reported hear-
ing some questions about the
Zeri organization's objective.

Program – Ruth Bronson
reported that Jeff Smith is a
microbiologist at UNM.

Meeting Program

“Medical Mycology”
was presented by guest speaker
Dr. Larry Massie, pathologist at
the Alb. VA Hospital.

Meeting adjourned at 2110.

Respectfully submitted,
Mark Kalin

BEWARE

**of mushrooms that do not have
true pits or cavities and are
smooth, brain-like and shiny.
These mushrooms are called
False Morels and there have been
fatalities from eating them.**

NMMS SHOPPING

AVAILABLE AT MEETINGS

Select from great books, CDs
and DVDs that are practical
and entertaining. They are
useful to beginners as well as
veteran mushroom hunters and
make great gifts!

David Arora's
Mushrooms Demystified
*M \$35.00 **NM 38.50

David Arora's
All that the Rain Promises....
M* \$16.00 **NM\$17.50

Jack States'
*Mushrooms and Truffles
of the Southwest*
\$7.00 *MP \$9.00 **NMP

Vera Stucky Evenson's
*Mushrooms of Colorado and
the Southern Rocky Mountains*
**NOW ONLY \$15.00 *MP
\$16.50 **NMP**

Toadstool's Interactive CD
The Secret Lives of Mushrooms
*MP \$16.20 **NMP \$18.00

Taylor Lockwood's DVD
*Treasures from
the Kingdom of Fungi*
*MP \$15.00 **NMP \$17.00

Taylor Lockwood's Book
*Treasures from
the Kingdom of Fungi*
*M \$25.00 **NM \$27.50

Available at meetings or
contact Ann Floyd
at 839-3890 or via
e-mail: ann@mycowest.org

*M = member price
** NM = non-member price

WILD MUSHROOMS *continued from page 1*

However, the committee was unable to provide this information in a practical, useful manner for state and local regulators within the constraints of the Food Code.

The 2000 CFP recommended and FDA accepted the committee's alternative solution that a brochure be developed that will provide information on what constitutes a wild mushroom expert, and to replace "identification by a wild mushroom expert" with "written buyer specifications."

The CFP's recommendation attempts to provide the necessary information in a practical, useful manner for all stakeholders, and yet still convey the highest level of public health protection.

The CFP committee suggested that written buyer specifications place more responsibility on the food establishment to ensure that wild mushrooms are obtained from a safe source, and also provides state and local regulators a template to use in ensuring wild mushrooms sold at retail are obtained from a safe source.

However, the recommendation for written buyer specifications will not replace Food Code paragraph 3-201.16 (A) until the brochure is developed and accepted by the CFP and FDA. In the interim, the following guidance is provided regarding the identification of wild mushrooms:

A food establishment that sells or serves mushroom species picked in the wild shall have a written buyer specification that requires identification of:

The Latin binomial name, the author of the name and the common name of the mushroom species,

That the mushroom was identified while in the fresh state,

The name of the person, who identified the mushroom,

A statement as to the qualifications and training of the identifier, specifically related to mushroom identification.

Additional information can be found on the California Poison Control web site: <http://www.calpoison.org/public/mushrooms.html>

Source: http://www.matsiman.com/mushroom_news_flash_revised_food.html

THIS IS YOUR NEWSLETTER

We welcome your feedback, pictures, articles and suggestions for improvement!

Contact the editor at
(505)-839-3890

or send e-mail to:
ann@mycowest.org

past two years, Stamets has prepared more than a hundred strains of medicinal mushroom extracts for testing by the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health and the US Army Medical Research Institute of Infectious Diseases (USAMRIID), in their joint bio-defense antiviral screening program.

The results to date promise breakthroughs on this biomedical frontier.

Read more at:

http://home.businesswire.com/portal/site/google/index.jsp?ndmViewId=news_view&newsId=20050325005027&newsLang=en

Medicinal Mushrooms from Old-Growth Forests may counter Smallpox and similar Viruses

Kamilche Point, Wash.--
(Business Wire)-3-25-2005

Mycologist Paul Stamets tests over 100 mushroom extracts with NIH and USAMRIID. Several show selective potent anti-viral properties. Recent in vitro tests demonstrate that a specially prepared extract from

Fomitopsis officinalis is highly selective against viruses. *F. officinalis* is a wood conk-mushroom, known for thousands of years as Agarikon.

It is extinct or nearly so in Europe and Asia, and is still found in the old-growth forests of the American Pacific Northwest. It may provide novel anti-viral drugs useful for protecting against pox and other viruses.

That is the forecast of Paul Stamets, owner and director of the research laboratories of Fungi Perfecti of Kamilche Point, Washington.

Paul Stamets is a mycologist--a fungus expert and for the

INTERESTED IN JOINING NMMS?

Annual membership is \$20
Optional NAMA dues are \$32

Attend a meeting: 1st Monday of the month, except July & December at 7:30pm at the NM Museum of Natural History
1801 Mountain Rd NW

Mail application & check to:
NMMS Treasurer
6336 Mendius, NE
Albuquerque NM 87109-4126

Submission Deadline

for the April issue is
Thursday March 24th

THE CULINARY CORNER



Grilled Trout stuffed with Morels

1 tbs Butter
1 cup Morels, finely chopped
2 cups Watercress, finely chopped
1 clove Garlic, minced
1 tbs Fresh Dill, minced
4 Scallions with tops, minced
1 tsp Horseradish, prepared
½ tsp Salt
½ tsp Black Pepper, freshly ground
2 8oz Trout
Olive oil (mild extra Virgin)



Melt 1 tbs butter and add Morels, Watercress, Garlic, Dill and Scallions. Mix and cook covered for 5-10 minutes. Mix in remaining ingredients, except Trout. Stuff the Trout with this mixture. Brush sides of Trout with olive oil. Grill for 5-7 minutes per side.

Return address:

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Send to:

Visit NMMS on the Web at www.mycowest.org