



NMMS

6336 Mendius Ave NE
Albuquerque, NM 87109-4126

NMMS Board of Directors

President: David Wallis
Phone 505-262-0830
e-mail dwallis@mycowest.org

Vice President: Sharon Chong
Phone 505-823-2704
e-mail sharon@mycowest.org

Secretary: Mark Kalin
Phone 505-883-1639
e-mail mckalin@comcast.net

Treasurer: Sharon Chong
Phone 505-823-2704
e-mail sharon@mycowest.org

Editor: Ann Floyd
Phone 505-839-3890
e-mail ann@mycowest.org

Additional Board Members

1st Past President: John Rahart
2nd Past President: Doris Eng
Member at Large: Ann Floyd
Committee Chairs

Terri Wallis: Programs
e-mail: twallis@mycowest.org
Ann Floyd: Equipment &
Refreshments & Editorial

This newsletter is published
monthly by the New Mexico
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

TAOS NEWS VILLA FONTANA

The restaurant is closed
until February.

Currently showing
at the restaurant:

Retrospective of Carlos Gislimberti Art

Thurs – Sat 3:00pm – 6:00pm
or by appointment
call 505-758-5800

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

2006 MEMBERSHIP DUES

**Why is it important to receive
membership dues timely?**

**To attract speakers for
quality programs.**

**Planning of events like the
annual foray, etc.**

Yearly dues are \$20 (optional
NAMA dues are \$32)

Please bring to next meeting
or mail to:

NMMS Treasurer
6336 Mendius, NE
Albuquerque. NM 87109-4126

NMMS SHOPPING

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

How to avoid being poisoned by mushrooms.

by Ruth Bronson

1. Never eat any mushroom that has a cup at the base of the stem. It may be a deadly Amanita.
2. Never eat any mushroom that has a veil that is fine and threadlike. It is a Cortinarius and the veil is called a cortina. There are some edible Cortinarius but you should know the mushrooms very well before you eat them.
3. Never eat more than one species of mushroom for the first time in any one day.
4. Never eat more than a taste of a mushroom the first time you eat it. Wait for at least six hours before eating that mushroom or any other mushroom again.
5. Never assume that just because a friend says that he eats the mushroom that it is safe for you. You may be allergic to that species.
6. Never eat a mushroom that smells bad or is starting to spoil.
7. Never eat any small brown mushroom that you can not identify as to genera and species. It might be a deadly galerina.
8. Never trust any so called test for a poisonous mushroom such as putting a quarter in the pan you are cooking it in and if it turns black the mushroom is poisonous. That just isn't so.
9. Never overeat any species of mushroom as most mushrooms are rather indigestible and can make you sick even if they are not poisonous.
10. Never eat any mushroom you are not absolutely sure is an edible species.
11. Get a book that tells you how to identify the mushroom species and study it before trying any new mushrooms.
12. Join the New Mexico Mycological Society or some other society in your area and attend the meetings to learn more about mushrooms.
13. Eat the mushrooms that you know are safe and you have previously tried as soon as possible after picking them. Coprinus will turn to black ink within a day and become inedible.
14. If you have more edible mushrooms than you can eat at once then dry them or freeze them as soon as possible to preserve them for another time.

ON THE SAD SIDE

Heartfelt condolences go out to Wallis family.
Terri's stepfather passed away on 1/26/05.

Best wishes for a speedy recovery to Carolyn Buskirk. Carolyn recently had surgery then was in a senior assisted living facility in Rio Rancho where she fell and broke her hip. Her hip surgery at Lovelace Hospital went well. She is expected to be moved to Health South next week.

Send cards to:

Carolyn Buskirk
1720 Borealis
Rio Rancho, NM 87124-2925

continued from page 1

Mushrooms a Top Source...

A 3-ounce serving, about the amount you'd put on a cheese steak or mushroom-topped burger, supplies up to 5 milligrams.

The same standard serving size of shiitake, oyster, king oyster or maitake (hen of the woods) can contain up to 13mg in a 3-ounce serving or about 40 times as much as wheat germ.

Dubost notes that the levels of ergothioneine do not decrease when the mushrooms are cooked.

From:

<http://www.psu.edu/ur/2005/mushrooms.html>

Fungi Trivia

Southwest China's Yunnan Province earned 84.37 million US dollars from the export of 7,744 tons of edible mushrooms in 2005.



Dreamin'

Submission Deadline
for the March issue
Thursday February 23rd.

Return address:

NMMS

6336 Mendius NE

Albuquerque, NM 87109-4126



THE CULINARY CORNER



Asparagus & Morel Soup

3 tbsp butter
1 shallot finely chopped
4 cup chicken broth
1 lb asparagus, cut into 1/4 inch pieces
16 asparagus tips
4 cloves of peeled garlic
8 cups spinach leaves
1/2 tbsp fresh tarragon
1 pinch grated nutmeg
8 dried morel mushrooms
2 cloves of garlic
2 tbsp chopped fresh chives

Place asparagus tips into boiling water until barely soft, immerse in ice bath briefly, pat dry and set aside in warm place.

Place morels in a bowl, add boiling water to reconstitute, drain and chop coarsely. Sauté shallot in melted butter until translucent, add stock, asparagus pieces and garlic, simmer until soft. Add spinach, tarragon and nutmeg. When spinach has wilted puree content of pot with a hand wand. Add sea salt to taste. Add morels to skillet with melted butter, garlic and parsley stir until heated through. Place asparagus tips and morels in the bottom of soup bowls and ladle broth on top. Enjoy!

Send to:

Visit NMMS on the Web at www.mycowest.org