



THE TOADSTOOL REVIEW

Official Newsletter of the MMS, a Society for the Study of Mushrooms and Other Fungi.

PRESIDENT'S MESSAGE



By Barry Beck

This year has been another wild morel season. We came to the season much later than last year, but of course last year our season started super early, so we actually began our morel search this year, just a little later than normal. Thanks to fairly warm temperatures (once they started to “pop” at least) and a very rainy season, we saw some good hauls. Though as I’ve said before, it seems that the days of finding 100+ morels around one dead elm seem to be gone. Even this year, most people reported a few morels here and a few there.

We have lots of great news to report from this spring. The Bioblitz was held in the immediate metro area and that accounted for a large turnout. Thank you to everyone who participated. We also had a great lecture from Metropolitan Mosquito Control. I’m glad they’ll be out spraying this year -- with ample rain comes ample bugs. I feel that REI

will be selling a lot of mosquito head nets this summer.

So, what’s in store for the rest of the mushroom season? If these rains keep up we should have good harvests of chanterelles, boletes, oysters, and many other fungal favorites. Personally, I’m hoping for a good bolete year, it’s been a while since we’ve harvested *B. edulis* in good numbers. When they start showing up will be the question. Morels were 2 – 3 weeks late so we will have to wait and see if the Chanterelles and their relatives will be similarly delayed.

Well, I think that is it for now. I am off to my favorite Chanterelle spot. Unfortunately it’s just outside the Metropolitan Mosquito Control District’s treatment area so if you hear about a guy found passed out in the woods from a lack of blood due to the mosquito bites on his body on the news...



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UPCOMING MMS FORAY SCHEDULE SUMMER & FALL 2013

Please note our new policy on the MMS forays: Non-members and guests will need to pay \$10 and sign a waiver in order to participate in a MMS foray. The fee will be waived for NAMA affiliated club members (e.i. Puget Sound Mycological Society or other national clubs). Thank you!

Aug 3rd, 10 AM - Nerstrand Big Woods State Park

Take I-35 to State Highway 19 east into Northfield. Go south on State Highway 3, east on State Highway 246, then turn right onto County Road 29 west to the park entrance. Meet at the picnic parking lot at 10 am.

Aug 10th, 10 AM - Sand Dunes State Forest.

Go north on Hwy 169 to Zimmerman MN. Take a left (west) on Hwy 4 and go 5.4 miles west. Turn left at campground sign and go 0.4 miles. Turn right for 0.6 miles, then left at the Ann Lake Day Use sign. Go to the end of the road. Meet at 10 am.

Aug 17th, 10 AM - Lake Maria State Park

The park may be reached from the south via I-94 (exit 193) at Hwy 25, south to Chelsea Rd to Hwy 39 west and Wright County Rd 111, or from the north via I-94 (exit 183) to Hwy 8, County Rd 39 and County Rd 111. Take Park Rd to the parking lot by Lake Maria at 10 AM.

Aug 17th, 10 AM - Lake Maria State Park

The park may be reached from the south via I-94 (exit 193) at Hwy 25, south to Chelsea Rd to Hwy 39 west and Wright County Rd 111, or from the north via I-94 (exit 183) to Hwy 8, County Rd 39 and County Rd 111. Take Park Rd to the parking lot by Lake Maria at 10 AM.

Aug 24th, 10 AM - Return to Nerstrand Big Woods State Park

Take I-35 to State Highway 19 east into Northfield. Go south on State Highway 3, east on State Highway 246, then turn right onto County Road 29 west to the park entrance. Meet at the picnic parking lot at 10 am.

Sept 14th, 10 AM - Irving and John Anderson County Park

North on I-35 N. Take exit 143 for left on Anoka 17/Athens Trail. Continue onto 267th Ave NE then Slight right onto County Rd 9. Look for park sign. Take the 1st right onto Furman St NE, then .4 mi. park will be on the right. Meet at 10 AM. See website at: <http://www.andersonparkfriends-isanti.org/> Mapquest location: http://www.mapquest.com/mq/3-wXIO_4zb2VMIS2NS

Sept 28th, 10 AM - Lyndon Cedarblade Park

Go north on Hwy. 65 to Hwy. 22 (north of Ham lake). At the lights turn left (west) and goes 8.4 mi to Hwy 47. Turn right (north) and go 8.7 mi to Isanti 8. Turn left (west) and go 1.4 mi and park on left side (south). (Note: primitive woods--no facilities). Alternate route: 169 north to Zimmerman turn right (east) on Sherburne co.4 @ lights follow straight --- when hwy. changes to Isanti 8 go 5.5 mi -- park on right side (south).

Oct 5th, 10 AM - Lindwood Lake Landing

Take I35 north to the Wyoming (#135) exit. Go left (west) on Hwy 22 about 5 miles. Look for a sign for Linwood Lake Landing on the left side of road (before you get to the large "Linwood Pizza Man" statue and outlet). Turn left into the Linwood Lake Landing parking area.

SUMMER IS TIME TO GET INSPIRED FOR MORELS

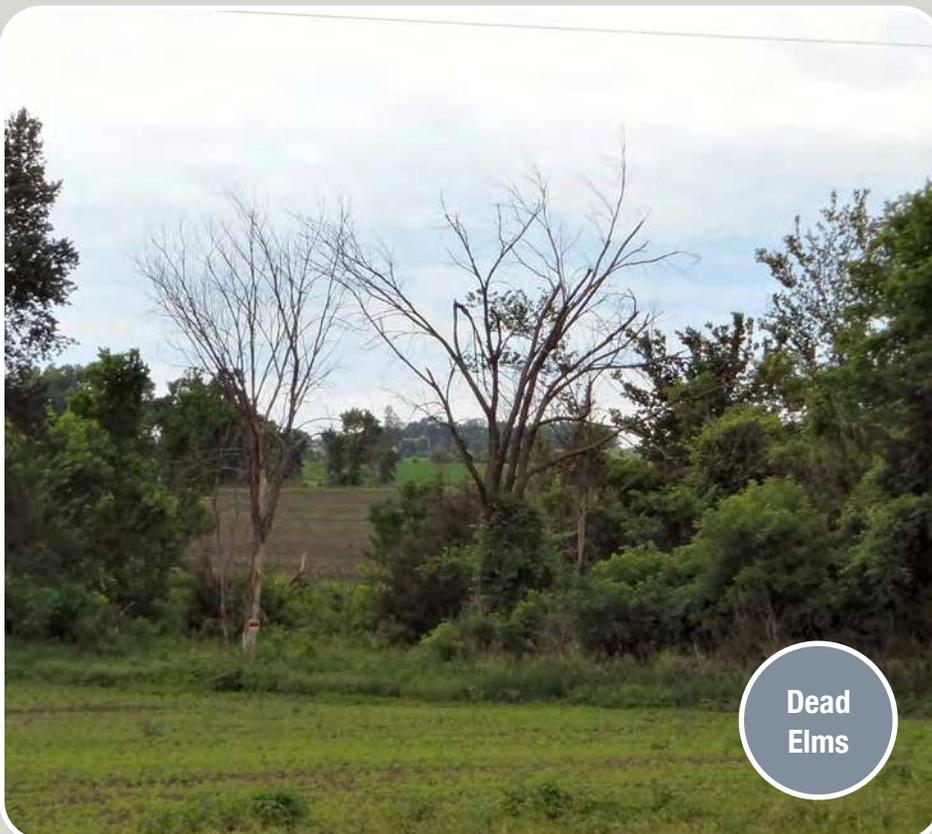
By John Lamprecht

Each spring new members ask how do you find morels? The question often is later repeated for several of the other more sought after edibles. For many fungal bodies the truth is simple...find the tree, find the mushroom. Short of becoming a tree expert this can be tough, one thinks, but this time of year tree identification can be much simpler because of the leaves and canopy – or lack thereof.

Why is this important? We think of mushrooms as decomposers, but many fungi share a close relationship called “mycorrhizal” with the root system of trees and other plants. This relationship benefits both organisms and, in fact, is essential to the health of much of our flora. Many fungi are very specific as to which types of trees they form such relationships. My foraging experience and the books and texts of many experts tells us that morels seem to share such a relationship with a variety of trees and shrubs...oaks, cottonwood, ash, sumac, some types of pines, apple trees and elms to name a few, but the largest fruitings

invariably involve dead and recently dead elms. Finding these stands of dead elms mixed in with a few living ones nearby are the spots most likely to produce the springtime fruiting frenzy we seek.

At an early age on road trips we learn to notice tall landmarks...water towers, ball field lights, church steeples or spires. It is these “spires” I look for during the summer to search for new hunting spots for next spring’s morel hunt...not the spires of Saint Patrick’s or Hope Lutheran, but the towering bare wood of elms rising above small wood lots and shelter belts. These stands are all over the place. Some are very obvious as we walk city or county parks. But we also see them as we drive down city, country and suburban highways and back roads. Take note of them. Are they along places with easy access or part of a private woodlot? Maybe you have friends whose family has a farm with a woodlot or wide shelter belt...getting permission to walk around and check it out the following spring is not very hard...just ask...worst you can hear is no! It may lead to your prized secret spot or several of them for years to come and can help to extend that brief glorious season when we can break free of the bondage of winter and get out foraging for our state fungi!



UPCOMING MMS MEETINGS FOR SUMMER & FALL 2013

Aug 12th, 7:15 PM - Identification Meeting

Meeting 110 Green Hall, U of M St. Paul Campus

Bring in your mushrooms for help with ID. In addition we will be doing a "Mushroom of the Month" presentation.

Sept 9th, 7:15 PM - Fall Mushrooms I

Meeting 110 Green Hall, U of M St. Paul Campus

Fall is the best season for mushrooms. The tables at Rm 110 Green Hall will be full of interesting fungi. Bring in your mushrooms and learn how to identify them.

Sept 12th, 7:15 PM - Fall Mushrooms II

Meeting 110 Green Hall, U of M St. Paul Campus

More fall mushrooms! This is the best time to learn mushroom ID skills. We guarantee that you will leave the meeting knowing at least two new mushrooms



Sakatah
Foray



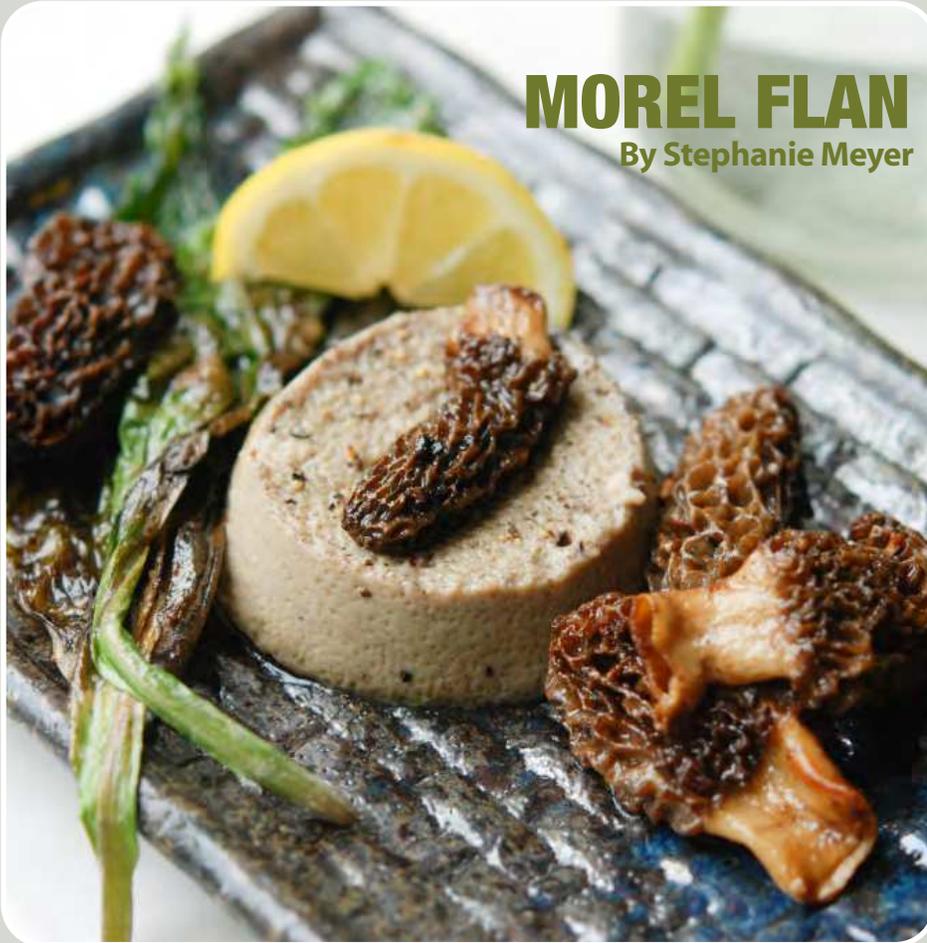
Innoculating
Logs



Totem
Poles



Elba
Foray



MOREL FLAN

By Stephanie Meyer



Kathy Yerich on foray

Local blogger, writer and cook Stephanie Meyer had given us her amazing recipe for morel flan. Check out her original post here on [Fresh Tart](#), where she chronicles her trip to the [Brown County Morel Mushroom Festival](#) with our very own Kathy Yerich. Break out those dried or frozen morels and you're in business. Thank you Stephanie!

Morel Flan

by Stephanie Meyer

- Serves 6
- 4 Tbsp. soft butter, divided
- 1 oz. package dried morels
- 4 ramps, chopped (or shallots)
- 1 c. cream
- 1 c. whole milk
- 1 large egg
- 3 egg yolks
- 1/2 tsp. sea salt
- generous grating of fresh nutmeg
- 1/4 lb. (or more) fresh morels, cleaned
- 1 Tbsp. sherry
- freshly ground black pepper

Butter 6 4-oz. ramekins with 1 Tbsp. of the soft butter. Set aside. Set out a large glass baking pan, large enough to hold ramekins without touching.

Put dried morels in a plastic bag and crush into small pieces with a rolling pin. Pour cream and milk into a medium saucepan and heat over medium heat until hot but not simmering. Remove from heat and stir in crushed morels and chopped ramps. Let morels and ramps steep for 30 minutes. Preheat oven to 350 degrees F.

Strain cream into a clean, medium bowl, pressing down on solids to extract all the liquid. Discard crushed morels and ramps.

Whisk egg, yolks, salt, and nutmeg into the morel cream. Taste and adjust seasoning (add perhaps a bit more salt if you like). Pour mixture into buttered ramekins. Set ramekins in large glass baking pan and fill pan with hot tap water until water reaches half-way up ramekins. Place pan in oven and bake for 40 minutes or until flans are just set.

Remove pan from oven and using tongs, remove ramekins from water. Let flans cool for a few minutes while you sauté the morels.

Heat remaining 3 Tbsp. of butter in a large skillet over medium heat. When butter is bubbling and hot, add sherry and stir for a minute until sherry has boiled away. Add morels to the pan. Add a pinch of salt to the morels and sauté until just starting to brown, turning a few times, about 5 minutes. Remove pan from heat.

To serve, run a knife around the edges of each ramekin. Invert the flans onto serving plates. Holding the ramekin firmly down on the plate, give the ramekin and plate together a good side-to-side shake until flan releases. Divide warm, fresh morels over and next to flans. Top with a grind of freshly ground black pepper. Serve immediately.



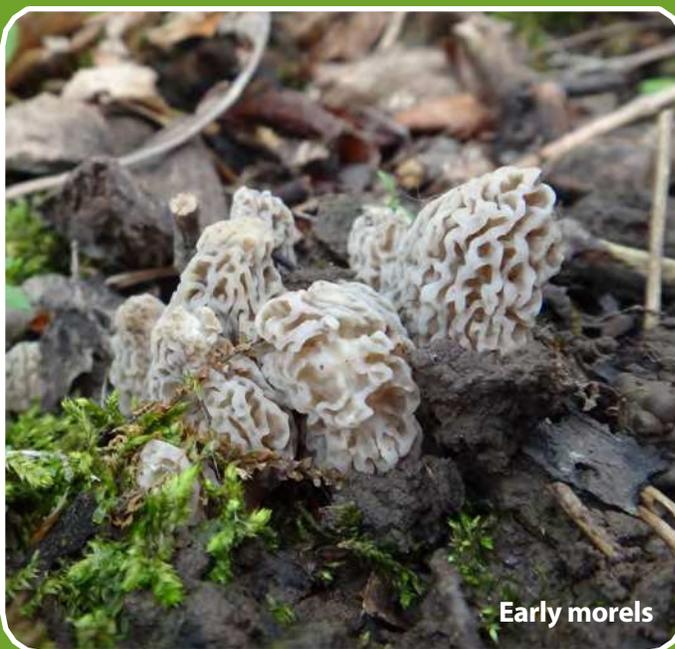
The goods



New member Marty Miller with his prize



Fearless foragers



Early morels

ANNUAL ELBA FORAY REPORT

May 18th more than 30 of our members, old and new gathered for the annual Elba foray in beautiful SE Minnesota. The previous weekend the Sakatah foray suggested it might still be a bit early and early success, or lack of it, showed the season had yet to begin in earnest. A few morels were found "on top" of the hilly ravines, but only where sun had warmed the surrounding soil. Most places held soil temps barely in the low 50's which is the threshold reported in some of the guides. Where the temps were a bit higher due to this warming of sun...high on west or south facing slopes...some limited success was experienced, enough so that a number of the new foragers did get to pick their first morel. Many very small greys were also noted so the real start was likely a week or more away. Regardless it was a good learning experience and nice weather for a walk in the woods. Please enjoy the photos showing a bit of success.



NAMA 2013 FORAY IN THE OZARKS

The 2013 NAMA Foray will be held in the beautiful Ozark Mountain Range of Arkansas, October 24-27, hosted by the Arkansas Mycological Society. It promises to be a spectacular event with a stellar faculty that includes chief mycologist Dr. Clark Ovrebo, Dr. Alan Bessette and Arlene Bessette, Dr. Andy Methven, Dr. Michael Kuo, Dr. Jean Lodge, Dr. Tom Volk, Dr. Britt Bunyard and the "Magnificent Mycologist of Texas", David Lewis. Come spend time with these knowledgeable mycologists, attend lectures, explore the unique habitat of this region, and meet some new friends.

The Ozark Mountain region is characterized by a diversity of terrestrial, aquatic, and karst habitats, ranging from extensive glades and tall grass prairies to both coniferous and deciduous woodlands as well as cypress swamps, fens, sinkholes, sloughs, and a plethora of clear-flowing streams and rivers fed by an abundance of springs, including some of the largest freshwater springs in North America.

For more information and registration: <http://www.namyco.org/events/NAMA2013/index2013.html>

NAMA Lowers Dues! Now is a great time to Join NAMA.

(Note: Membership in NAMA is required to attend NAMA Forays).

\$24 members of affiliated clubs (electronic)

\$30 members of affiliated clubs (hard copy)

\$29 individual/family membership (electronic)

\$35 individual/family membership (hard copy)

\$35 individual/household membership outside North America

Electronic: <http://www.namyco.org/join/index.html>



MINNESOTA MYCOLOGICAL SOCIETY

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