

Spring 2019

# Spore Print



Alberta Mycological Society

## Feature Mushroom: *Cortinarius trivialis*

Fruiting bodies are seen in late summer, fall and even winter in warmer climates in North America.

This mushroom may be toxic, however it also contains a slimy veil which makes it quite unappealing.

It forms a mycorrhizal relationship with some aspen species.

Also known as; Slimy Webcap, Girdled Webcap

### Taxonomy:

Kingdom: Fungi

Division: Basidiomycota

Class: Agaricomycetes

Order: Agaricales

Family: Cortinariaceae

Genus: *Cortinarius*

Species: *C. trivialis*

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## We have a new website!

Join us at: <https://www.albertamushrooms.ca>

The website includes featured mushrooms, blog, member log in and resources and much more!

Our old website (<http://www.wildmushrooms.ws/>) is still live and will remain so as we work on transferring information to the new platform. Once completed we will close the domain.

All pictures and database information will still be hosted and available to members of the public and membership.

Please be advised: the website does not function fully with Internet Explorer.







## Current Board

Rosemarie O'Bertos - Past President

Karen Slevinsky - President

Mike Schulz - Vice-President

Rob Simpson - Treasurer

Elizabeth Lakeman - Secretary

Christine Costello - Membership Coordinator

Dr. Claude Roberto - Director at Large

Bill Richards - Director at Large

Catherine Jevic - Director at Large

Elizabeth Watts - Director at Large

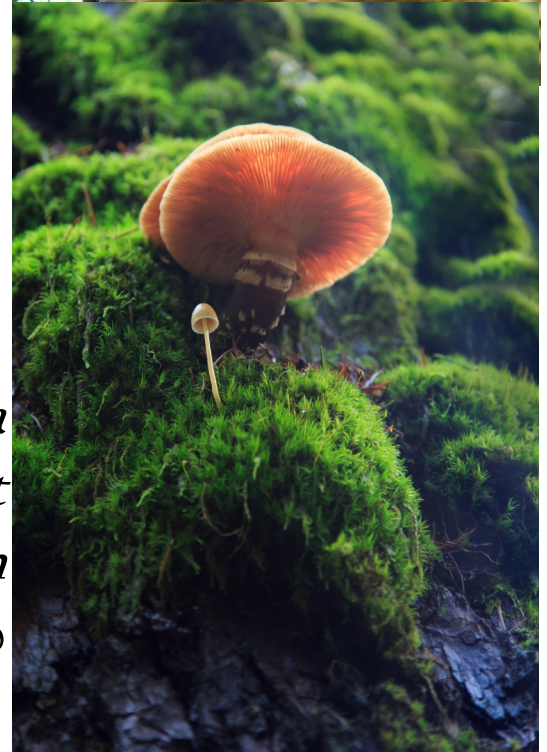
Dr. Jonathan Cale - Director at Large

Joelle Chille Cale - Director at Large

Isabella Tarasco - Director at Large

Lisa Oishi - Director at Large

Ryan James - Director at Large



*A lucky man can stumble upon a  
treasure while an unlucky one can't  
even find a mushroom*  
—Russian Proverb



## Foray Etiquette

As our society grows, we see more and more people out on our official AMS forays. That is fabulous! The more the merrier! However, there is a downside to these increased numbers. We have more people competing for the same space and the same mushrooms. There are also some other problems that arise. With all of these issues in mind, we thought it was prudent to list a few simple etiquette rules that will make forays more fun for all.

Remember, official AMS forays are about education and not how many edibles you can collect. The primary goal is not to fill your baskets to the brim. The point of these forays is to help educate members on where to pick, what to look for, how to identify, etc. It is also about science and the AMS reserves the right to any of the mushrooms for its use (*i.e. herbarium, DNA analysis, for AMS projects like the chaga tonic we made in February, or mushrooms we might need for culinary purposes such as the expo, President's Dinner or other events such as future culinary classes.*)

### Give a person some space to pick.

- Give at least a three foot area around them
- Don't jump in front of someone to grab a mushroom. They may have already seen the mushroom and are heading to it to pick it.

### Please don't be greedy

- Don't run ahead and pick all the mushrooms.
- If you find a lot of mushrooms call some of the newbies over so they can pick some.
- If you have too many mushrooms, share, don't waste.
- Share anyway, it will do your soul good.
- If you are leaving a lot of mushrooms behind, let the group know so others can go pick there.

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### Be on time for meetings, lunch etc.

- It is unfair to make other members wait for you, or to search for you, because you didn't show up at the agreed upon time.

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### SIGN IN / SIGN OUT

- **This is an absolute must. Be back on time and DO NOT LEAVE without signing yourself out.** The foray leader is responsible for you, and cannot leave until they know you are safely out of the bush. (*It is unfair to expect a fellow AMS member to have to track you down via phone because you didn't follow proper procedures.*)
  - If you want to go picking again after the first foray, you are free to go out on your own, AFTER you sign out.
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## Calendar of Events

Date - Event - Area

April 18—AMS Speaker Series: Dr. Toby Spribille

April 30—Foray Etiquette and Edible Mushrooms

For More events—visit our new webpage at:

<https://www.albertamushrooms.ca/events/>



## Did you know

A single Portobello mushroom  
can contain more potassium  
than a banana.







## News From The Veil:

### Study finds fungi, not plant matter, responsible for most carbon sequestration in northern forests

(Phys.org) —A new study undertaken by a diverse group of scientists in Sweden has found that contrary to popular belief, most of the carbon that is sequestered in northern boreal forests comes about due to fungi that live on and in tree roots, rather than via dead needles, moss and leaf matter. In their paper published in the journal *Science*, the team describes their findings after taking soil samples from 30 islands in two lakes in northern Sweden.

Scientists have known for quite some time that northern forests sequester a lot of carbon—they pull in carbon dioxide after all, and "breathe" out oxygen. But what the trees actually do with the carbon has been a matter of debate—most have suggested that it's likely carried to needles and leaves then eventually drops to the forest floor where over time decomposition causes it to leech into the soil. If that were the case, this new team of researchers reasoned, then the newest carbon deposits should appear closest to the surface of the forest floor. But this is not what they found—instead they discovered that newer deposits were more likely to be found at deeper levels in the soil. This was because, they learned, the trees were carrying much of the carbon they pulled in down to their roots (via sugars) where it was being sequestered by a type of fungi (*ectomycorrhizal*, aka mycorrhizal fungi) that eats the sugars and expels the residue into the soil.

In their study they found that 47 percent of soil carbon found on large island samples came about due to fungi, as did a whopping 70 percent of carbon in small island soil samples. Thus far, the team is only able to guess why there are such differences in the soils, but theorize it's likely due to differences in decomposition rates.

The amount of carbon stored in northern forests and how, is important because such trees cover approximately 11 percent of the Earth's surface and recent research has calculated that they hold approximately 16 percent of all worldwide sequestered carbon. And that's important, of course, because as global warming occurs, more sequestered carbon is released due to faster decomposition rates of dead forest matter. What's still not clear, however, is whether an increase in new forest growth due to warmer temperatures in more northern areas is likely to offset the increase in release of the sequestered carbon.

**More information:** Roots and Associated Fungi Drive Long-Term Carbon Sequestration in Boreal Forest, *Science* 29 March 2013: Vol. 339 no. 6127 pp. 1615-1618 [DOI: 10.1126/science.1231923](https://doi.org/10.1126/science.1231923)





## 2019 AGM

Every year, the Alberta Mycological Society hosts its Annual General Meeting followed by a mushroom dinner for its members. This annual event is a great way for members to get together in an informal setting, listen to a guest speaker, and have a delicious mushroom meal. At this event, our Alberta Mycological Society President awards the prestigious President's Award. This award goes to non-board members for their extraordinary contributions and efforts on behalf of the society.

This year, the Alberta Mycological Society welcomed Dr. Richard Summerbell as the honorary speaker for the 2019 AGM Lunch and President's Dinner.

Dr. Summerbell is a Canadian mycologist with the University of Toronto at the Dalla Lana School of Public Health.

At our AGM lunch, Dr. Summerbell explained why fungal skin rashes are so common, while at our President's Dinner, he presented a type of fungus that thrives off whisky, cognac, and rum.

## President's Award

**Congrats** to Barb Shworak on winning the President's Award this year!







## New: Speakers Series

The Alberta Mycological Society is thrilled to announce our NEW Spring Speaker Series.

We kicked things off with Carleton Gruger of [Gruger Family Fungi](http://www.familyfungi.ca)

Presentation: "Growing Mushrooms on Waste: How Hemp and Mushrooms can Save Agriculture"

Learn More: about this amazing local business: <http://www.familyfungi.ca/our-story/>



**NOTICE:** If you are not receiving emails regarding events such as speaker series or foray notices;

- 1) Log in to the website and ensure that you have 'checked off' receive emails under your profile.
- 2) If you are still having troubles, please use the contact us form on the website for further assistance.





## Cooking with Mushrooms

### Wild Mushroom Risotto

Serves 6 first-course or 4 main-course servings

Popular in the Italian kitchen for eons, risotto and wild mushrooms were embraced in the nineties by American home cooks and restaurant chefs alike. Offer this delicious version as a starter or a main course.

### Ingredients

- 5 cups canned low-salt chicken broth
- 1/2 ounce dried porcini mushrooms,\* rinsed
- 2 tablespoons (1/4 stick) butter
- 1 tablespoon extra-virgin olive oil
- 2 1/2 cups finely chopped onions
- 12 ounces cremini mushrooms, finely chopped
- 2 large garlic cloves, minced
- 1 tablespoon minced fresh thyme
- 1 tablespoon minced fresh marjoram
- 1 1/2 cups arborio rice or medium-grain white rice
- 1/2 cup dry white wine
- 1/2 cup grated Parmesan cheese
- Additional grated Parmesan cheese

## Recipe

### PREPARATION

1. Bring broth to simmer in heavy medium saucepan. Add porcini and simmer until just tender, about 2 minutes. Using slotted spoon, transfer mushrooms to plate. Cool mushrooms and chop finely. Cover broth and keep warm over very low heat.
2. Melt butter with oil in heavy large saucepan over medium heat. Add onions; sauté until tender, about 10 minutes.
3. Add cremini mushrooms; sauté until tender, about 8 minutes.
4. Add porcini, garlic and both herbs; sauté 4 minutes.
5. Add rice; stir 2 minutes. Add wine; cook until liquid is absorbed, stirring often, about 3 minutes.
6. Add 1 cup hot broth; simmer until liquid is absorbed, stirring often, about 8 minutes.
7. Continue to cook until rice is just tender and mixture is creamy, adding more broth by cups full and stirring often, about 30 minutes.
8. Mix in 1/2 cup cheese. Season with salt and pepper.
9. Serve, adding additional cheese separately.

\*Porcini are available at Italian markets and many supermarkets.

## **Volunteer!**

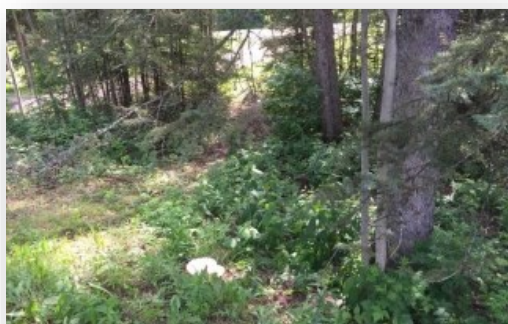
If you are interested in mycology, particularly leading forays please email our board for further information about volunteering opportunities: [amsdirectors@wildmushrooms.ws](mailto:amsdirectors@wildmushrooms.ws)





## What Have I Found?

One of our members submitted these mushrooms from Lac Ste. Anne County, Alberta in 2016. Without additional information such as smell, spore print, etc., our best guess is that it looks like *Leucopaxillus giganteus* – the gills of which should peel off fairly easily.



### CAUTION!

Please use the utmost caution when considering whether or not to eat a fungus. **If you do not absolutely know what you have picked, DO NOT EAT IT!!!!** Always remember, eating fungi can be dangerous and the effects vary from person to person. If you have properly identified an edible mushroom, always eat a small portion first and keep some of the mushroom in your refrigerator in case your body reacts adversely to it. This eases the diagnosis in case of mushroom poisoning. Please report all mushroom poisonings to [Contact Us](#). Happy shrooming to you all...



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