

Spore Print

Featuring Poplar Creek Natural Area

Our Role as Volunteer Co-Stewards



© Ken Dies



© Ken Dies

This Spore Print is dedicated to the Poplar Creek Natural Area, a beautiful habitat that the AMS co-stewards with Mr. Pieter van der Schoot, an unwavering environmental advocate, foray leader, and dedicated AMS member. Read more about Poplar Creek inside!

FEATURED MUSHROOM: *Russula fragilis*

Russula fragilis of the hundreds of species included in the genus *Russula*, has to be one of the most beautiful and delicate mushrooms. Although variable in colour, the "typical" *Russula fragilis* cap has a dark centre, pinkish towards the margin and greyish-olive in between, but it can also frequently be striking purple to violet or almost black in the centre. This mushroom is very small for a *Russula*, with a white cap that is from 2.5 to 5 cm in diameter and a 2 to 6 cm white stem. Its white gills are adnate to adnexed, closely spaced, producing white spores. Its flesh is white and very hot tasting. The specific epithet *fragilis* means fragile, and it has to be one of the most brittle of the *Russulas*, often falling apart when handled. Although it can be found growing on the ground in coniferous or mixed forests, it seems to prefer rotten wood, either above ground or buried, which is very unusual for a *Russula*. Salient features for identification are its fragile texture, peppery taste, white gills, white spores, small size, and growth on decaying wood. *Russula gracillia*, also found here in Alberta, is very similar, but it has creamy to pale ochre spores and microscopic differences.

Cap: 2.5 - 5 cm, dark centre fading to greyish olive and then pinkish towards margin, also seen purple and violet with almost black centre

Gills: white, close, adnate to adnexed

Stem: 2 - 6 cm, white

Spore Print: white

Taste: peppery

Feature mushroom brought to you by AMS member Ken Dies, fungi photographer and 2016 AMS President's Award recipient.

Kingdom: Fungi

Division: Basidiomycota

Class: Agaricomycetes

Order: Russulales

Family: Russulaceae

Genera: *Russula*

Species: *fragilis*

(Top photo courtesy of Mel Hohn)



SAVE THE DATES!

President's Message

Pandemic and forest fires notwithstanding, the Alberta Mycological Society (AMS) hosts two major summer events annually. Please mark your calendars with the dates that follow and plan to attend our Wild Mushroom Expo and our Great Alberta Mushroom Foray. At these events you will learn more about the fungi you are most interested in and maybe expand your knowledge to include other fungi.

On August 14, 2022, the AMS will present the Greatest Show from Earth at the University of Alberta Botanic Gardens. See page 15 of this issue for more details.

On the September long weekend, the AMS will hold the Great Alberta Mushroom Foray (GAMF) for 2022. This is the AMS' signature event. GAMF combines citizen science with our shared culinary interests in fungi. Fungi are gathered using formalized collection protocols and later identified by participants. Some participants are learned mycologists, others are Society members; together we will amass the typical fungi found in the varied (and not so varied) ecosystems in central Alberta. GAMF will be held in the hamlet of Mulhurst Bay at Pigeon Lake. The site has dormitories, large and small meeting rooms, sports fields, fire pits, a gazebo, and likely lots of fungi given the rains we have had so far in Alberta. The weekend starts with an assembly on the evening of September 2 and continues with two full days of forays and identification. The event closes the morning of September 5, 2022, with an Expo-like display. You will receive an email invitation in early August to register. Please watch your email for more details.

I would like to thank Kitty Hardy for the articles she has written for this issue, Erica To for her role as the grand master of its production, and all other contributors to this fine Spore Print edition. Your work is important. Thank you.

In closing, I would like to encourage you as members of our Society to make a financial contribution to the Alberta Mycological Society Graduate Award with the University of Alberta. This award is given to a student registered in a master's or doctoral program with a focus on Fungal Biology. The value is \$2,000 and it has been awarded to Alejandro Huereca Delgado, the first recipient of the AMS Graduate Award for his work on pollen-parasitic fungi. Please donate by clicking [here](#). You will receive warm feelings and a tax receipt.

Happy 'shrooming everyone, and I hope to see you at the Expo or GAMF or both!

Karen Slevinsky, President

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POPLAR CREEK NATURAL AREA

Our Journey to Stewardship



A Foray into Stewardship

by Kitty Hardy

steward: a person who undertakes the careful and responsible management of something entrusted to their care.

Foragers are observers by nature. Year after year, I have observed a natural evolution from casual to avid forager or from amateur mycologist to keen naturalist, a progression that feels as natural as the changing seasons. AMS' evolution into an environmental stewardship role was natural, engaged as our organization is in building relationships between our members and Alberta's natural environment.

We are a society dedicated to learning about mushrooms. You cannot learn about mushrooms without learning about the life that grows with them. Fungi are integral to the health of ecosystems. Therefore, you might say that we have taken a cue from the star members of our society and taken steps towards becoming beneficial to the health of the natural world. After all, without it, where would we hunt mushrooms?

Getting out as often as we foragers do – returning to our proven haunts after every rain, driven by the memory of the mushrooms we found there, and the desire to find more – we can't help but notice changes, some of them more subtle: erosion by wind and water, scratch, bite, and dig marks left by animals, and nests constructed by birds; some of them more striking: sweeping changes made by industry, development and recreation, wildfires, and floods.

I've found amazing spots on crown land that burst with mushrooms, only to return the following year to find a clear cut. The once plentiful mycorrhizal mushrooms won't fruit there again for many decades.





Crown land, also known as public land, is administered by the Land Management Branch of Alberta Environment and Parks. Individuals, groups, organizations and companies can apply for research and collection permits to gather resources from them. There's a lot of public land set aside in Alberta and a lot of people with differing ideas on how to use this land.

Many of these remote areas are made accessible by extensive networks of logging roads. The ability to drive deep into the wilderness and fill a basket with wild mushrooms is a privilege not to be taken for granted. But it can weigh heavily on the heart to witness erosion alongside the gravel roads, piles of garbage and bullet casings left behind by campers and hunters, trees scarred from axe throwing, deep ruts left by off-road vehicles, and silted rivers filling with soil that was once held in place by forests. I often haul out more garbage than mushrooms from these untamed, but far from untouched places.

In contrast to Public Land Use Zones, there are parcels designated as Natural Areas. These areas preserve and protect sites of local or ecological significance while providing opportunities for education, low-impact recreation, and nature appreciation activities.

The AMS (that's you and me) have one such natural area in our care. The name of our slice of Albertan paradise is the Poplar Creek Natural Area. While it is not "ours" in the sense of ownership, it is ours to care for.

The leap into stewardship was led by Bill Richards, long-time AMS member, and Pieter van der Schoot, an environmental advocate and recipient of the AMS President's Award in 2009. Pieter is one of our stars that some of you may know for his significant contributions to the Society. With Pieter's



Bill Richards (top centre), Pieter van der Schoot (bottom centre), and Martin Osis (bottom right)

encouragement, the AMS agreed to become co-steward of the Poplar Creek Natural Area in 1990. His land is located close to the Poplar Creek allotments, which consist of eight quarter sections (about 1,280 acres). He visits often and has graciously hosted visits by AMS members.

If you're already a member and you're interested in helping with the stewardship project, keep your eyes on your inbox for dates of upcoming visits.



Non-members, join us to get updates on all our adventures, forays, gatherings, and stewardship visits.

If you have a particularly keen interest in learning more about this stewardship, send an email to contactus@albertamushrooms.ca.

Feet and Eyes on the Ground at Poplar Creek – But, as Oyster mushrooms will remind you, Don't Forget to Look Up

We could talk about stewardship as a concept until we're blue in the face, but it really is so important to get out there. Board members will be visiting a few times per year and will write reports on their findings. Because, when it comes to changes in the natural world, memory is fallible. Taking photographs and detailed notes results in the entry of information about each visit into the world of data. And it is data that can convince those in charge of land management on the value of protecting ecosystems. There are still 3 quarter sections of the Poplar Creek Natural Area that don't have the same level of protection as the other five. We hope to prove that they too deserve this consideration.

A visit in May 2020 yielded much information. Soil temperatures were taken at different times of day and in different places. This is of particular interest to us because it is a factor in the fruiting of mushrooms. The group observed signs of animal presence – porcupine scratches up a tree, holes pounded by a woodpecker, and droppings left by both a young and an adult moose, along with hazelnut shrubs that had been nibbled by them.

They observed and identified plenty of fungi, even this early in the season, proof that you can go hunting for mushrooms nearly year-round. Winter and early spring is the time of the polypore. The

group recorded renowned *Inonotus obliquus*, aka chaga, *Ganoderma applanatum*, widely known as artist conk, *Fomes fomentarius*, aka hoof or tinder fungus, *Phellinus tremulus*, or aspen polypore, *Gloeophyllum sepiarium*, or rusty-gilled polypore, and *Phellinus punctatus* on a diamond willow. These mushrooms grow with the dominant tree species of the area: poplar, aspen, spruce, and willow.

And beneath these trees, the stewardship group found last year's puffballs and plenty of “little brown mushrooms” in the moss, suspected to be *Psathyrella* or possibly *P. madeodisca*. A cup fungi known as *Microstoma protracta* provided splashes of vivid red in the forest, while a bright green cup fungus named *Chlorociboria aeruginascens*, whose pigment is so indelible that it dyes its substrate a teal green colour, provided contrast.

If you took note of the time of year from earlier in this article, you might be able to predict the fungal friends that I'll list next...

You guessed it, the morel look-alikes: *Verpas* and *Gyromitra esculenta*. With the soil temperatures between 6°C and 9°C, these two would appear to be fruiting right on time. No morel sightings there to report during this 2020 visit.





The benefit of many eyes witnessing this land in its many expressions is that species can be recorded as declining or increasing, species succession can be documented, and changes can be monitored. For instance, the stewardship group noted that poaching of timber and chaga had happened at Poplar Creek. This was noted as a concern for monitoring purposes.

As we humans mend our relationship with nature, active stewardship continues to be a model many can follow. Our influence can be understood and its impact mitigated. In the role of a steward, it is easier to imagine yourself as part of it all, instead of separate, unnatural, or harmful to the environment. And it's a way we can record the real-time effects of our development as a species, and begin to understand how we can work towards sustainability.

Kitty Hardy writes about the natural world to re-examine our place in it. She is currently completing a book length manuscript exploring the mythology of mycology.



VOLUNTEER STEWARD PROGRAM

In 1986, Alberta had around 500 designated and proposed sites.

Canada is set apart from many other countries because so much of the land (about 90%) is public land, owned and managed by provinces and territories. In Alberta, 60% of our land base is provincially-owned public land. It is nearly impossible for government environmental management staff to effectively monitor such a large amount of public land.

Depending on the features and plant or animal species on these public lands, site visits were based on a rotational schedule of 1, 3, 5 or more years (some were visited only once every 30 years). As a result, the Alberta Department of Forestry, Lands and Wildlife (now the Ministry of Agriculture, Forestry and Rural Economic Development) introduced the Volunteer Steward Program in 1987 to help monitor and report conditions and concerns.



"He pointed out that he lived adjacent to the Poplar Creek Natural area, and proceeded to tell me everything: what was wrong with the program I worked for... my department... and the world!"

- Bill Richards
(fondly recalling memories about Pieter van der Schoot)

What Volunteer Stewardship Means

by Erica To

Members of the AMS head out in groups a few times a year during the spring, summer, and fall to visit different sections of Poplar Creek.



During our stewardship visits, we perform these duties:

- Observe features of the terrain and natural conditions (dry, flooded, arid, etc.).
- Note types and species of plants, trees, lichen, and fungi.
- Check for signs of animals and reptiles (tracks, scat, and markings).
- Check for signs of poaching (wildlife, trees, plants, and fungi alike).
- Make note of negative effects of human activities, such as vandalism, littering, dumping garbage, and any damages from quads and ATVs.

Walking the Poplar Creek Natural Area isn't always easy! We trek up steep hills covered in thorny bushes and try to figure out ways to cross flooded creeks. Just like when participating in any other foray, we make sure we are dressed appropriately for the weather and the terrain. That means good hiking shoes or rainboots, pants, long-sleeve shirts, rain gear, a bagged lunch, water, and bug spray!





Here's what we've observed at Poplar Creek over the last 3 years:

Wildlife Sightings or Signs of their Activity:

- Various birds (e.g., woodpeckers, grouse, etc.)
- White-tailed deer and moose
- Frogs
- Porcupines
- Beavers (we seemed to find morels in areas disturbed by them)



Human Activity:

- Log poaching
- Littering (plastics, electronics, and construction materials)
- Harvesting chaga



Trees, Plants, and Vegetation (just a few of them):

- Diamond Willows, Birch, Poplar, Spruce, Aspen
- Shrubs (*Cornus sericea*, *Ledum groenlandicum*, *Rubus idaeus*)
- Flowering Plants (*Viola canadensis* - rare Western Canadian violet, *Cornus canadensis*, *Delphinium glaucum*, *Fragaria virginiana*, *Linnaea borealis*, *Mitella nuda*, *Pyrola asarifolia*, *Taraxacum officinale*, *Thalictrum venulosum*, *Viola adunca*)
- Hazelnuts
- Clubmoss, horsetails, ferns (*Lycopodium annotinum*)
- Mosses and liverworts (*Climacium dendroides*, *Hylocomium splendens*, *Pleurozium schreberi*, *Ptilium crista-castrensis*)
- Gooseberries, saskatoons
- Lichen (*Lobaria pulmonaria*, *Parmelia sulcata*, *Peligeria spp.*, *Vulpicida pinastri*)

In 2006, we received the [Outstanding Group Steward Award](#) as the Edmonton Mycological Society before we became the AMS.



We make exciting finds sometimes.

During our stewardship visits, we do sometimes come across some scrumptious or rare finds to reward us for our hard work as we do our best to collect all the garbage that we find along the way.



Our stewardship duties don't end once we've finished walking the natural area. We submit a report of our findings and observations to Alberta Parks.

LEARN MORE ABOUT
BECOMING A STEWARD



These areas are administered under both the **Public Lands Act** and the **Wilderness Areas, Ecological Reserves, Natural Areas and Heritage Rangelands Act**.





INTERESTING FINDS

"Canadian morels need a little extra protection from unexpected temperature dips." - Mel Hohn (a knitter of fungi hats)



Some types of morels we find:

- *Morchella snyderi*
- *Morchella septentrionalis*
- *Morchella angusticeps*



(Possibly *Psathyrella hydrophila*)



(*Geastrum quadrifidum*)



(*Entoloma strictius*)

(Poplar Creek Natural Area photos in this Spore Print courtesy of Sean Campbell, Melanie Fjoser, Mel Hohn, and others, and much thanks to Ryan James for his comprehensive list of plant, tree, and fungi species from our 2022 Poplar Creek visit. Additional thanks to Bill Richards for his wonderful insights on our journey to becoming stewards and to Lisa Oishi who carries out amazing work for our Stewardship, including the stewardship report submission.)

Eight
sections of land

Where is
POPLAR CREEK?



FIVE DESIGNATED AREAS

Section 17 (NE quarter) - TP.48 R.5 W5M
Section 14 (NW quarter) - TP.48 R.5 W5M
Section 11 (NE quarter) - TP.48 R.5 W5M
Section 11 (SE quarter) - TP.48 R.5 W5M
Section 20 (SE quarter) - TP.47 R.5 W5M

"NATURAL AREA"

Protected public land designated for the conservation, nature appreciation, and low intensity outdoor recreation or education.

**Our role as stewards is to
monitor, record, and report.**

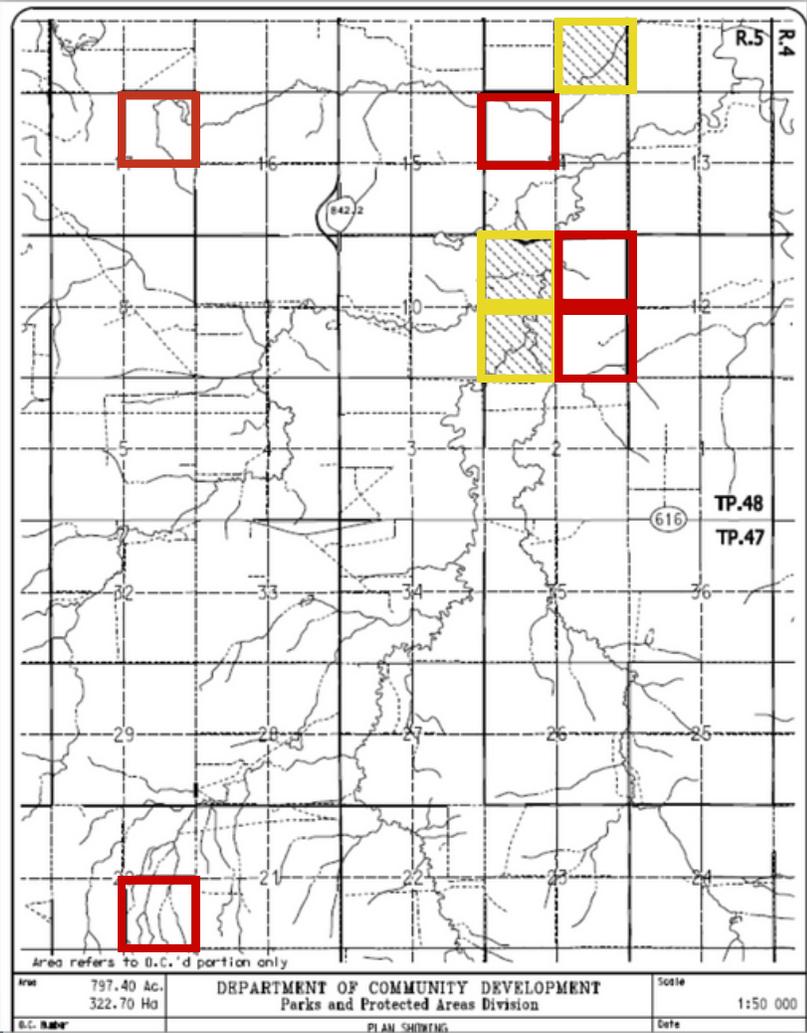
THREE RESERVED Areas



Section 23 (SE quarter) - TP.48 R.5 W5M
 Section 11 (NW quarter) - TP.48 R.5 W5M
 Section 11 (SW quarter) - TP.48 R.5 W5M



Total ~ 1280 Acres



"RESERVED AREA"
 Public lands proposed for natural areas but have not been formally approved and do not have "Order-in-Council" (OC) status.

"Together we [Pieter and the AMS] made a concerted effort to maintain the common interest (protection of reliably uncontaminated public areas)." - Bill Richards



About Pieter van der Schoot

A Collaboration

Pieter became a member of the then Edmonton Mushroom Club in the early 1990s, and he has been a champion of the Poplar Creek Natural Area. Several sections of Poplar Creek are reserved because of Pieter's leadership and advocacy.

Pieter's appreciation and passion for natural environments and wildlife started from a young age. Pieter grew up in the Netherlands during the World War II era. During this time, youth and young adults were only permitted to create and participate in nature clubs. Starting from elementary school, Pieter and his classmates were taking botany classes and learning how to identify plants and fungi, including with their Latin names. At this young age, Pieter was already learning how to navigate through forests. When he turned 25, Pieter boarded a shipping freighter carrying 13 passengers to the United States. When he arrived at his destination, he travelled across 35 states in 66 days to visit his sister in California. Because of his early childhood education and his observation of so much biodiversity during his travels, especially in Oregon, Pieter aspired to acquire his own piece of wilderness to protect and share with his family.



One of the challenges we face today is how to ensure we have sufficient natural resources to last for future generations - to restore and regenerate the resources that we take.

PIETER VAN DER
SCHOOT,
AMS LIFE MEMBER



Land was expensive in Oregon, so Pieter and his family found themselves in Edmonton, where he applied his mechanical engineering background to the construction industry. In 1972, Pieter purchased his first quarter section for \$4,187, only \$22 higher than the other bidder. He purchased his second quarter section of land for \$5,500. Several years later, he bought two more sections of land for roughly \$45,000. The previous owners couldn't find anyone to purchase a grazing lease from them.

Pieter explained to us how the Poplar Creek Natural Area grew to eight sections. He says almost half of these sections were leased (or owned) by farmers and cattle ranchers. However, fencing property is very costly (about \$10,000 per mile) and some of the land was simply too bushy to farm or use for grazing. So, the owners offered these sections to the province as natural areas. This is why sections of Poplar Creek Natural Area are scattered around.



Pieter has noticed many changes with land management over time. He recalled initial government strategies to encourage Albertans to engage with natural areas by increasing awareness and posting signs to show their locations. However, Pieter found that increased public traffic sometimes seemed to cause more harm than good. People caused damage by cutting down trees and clearing paths using chainsaws to give access to quads and other recreational vehicles. Pieter is wary of human-caused forest fires, particularly in April and May. He has found that restricting access and limiting signage has been the most effective means of protecting natural areas from damage caused by human activities.

As a woodlot owner, Pieter values the need for a sustainable logging industry. He says he has planted over 100,000 trees on his property to replenish tree growth that was cut down for logging. In 1998, Pieter received the Master Woodlot Stewardship Award. He has hosted many forestry industry representatives, scientists and organizations, like the AMS, to share his knowledge about woodlot management practices and the natural biodiversity in Alberta.

With his tremendous contributions to the AMS, Pieter was named a Life Member. In addition to hosting forays on his Poplar Creek property, he allows the AMS to collect many of our specimens for the annual AMS Expo from his property. He attends to educate and teach Expo attendees about the various mushrooms we have in Alberta and how they impact our ecosystem.



"City of Champignons"

Wild Mushroom Expo

U of A Botanic Garden

Pine Pavilion & Lilac Tent



11AM - 4PM

Sunday, Aug. 14

The Greatest Show from Earth!

Featuring

- Fresh, *wild* mushrooms in habitat features
- Poisonous, medicinal, and edible mushroom displays
- Mushroom field guides and cookbook displays
- Wild Mushroom Café with Chef Antonio of Sorrentino's

On sale

- Recommended mushroom field guides
- AMS memberships
- Mushroom posters, t-shirts, stickers, and more!

- | | |
|---------|---|
| 11:00AM | Mushroom Walk in the Garden
(leaving from Pine Pavilion) |
| 11:30AM | Kids Talk: "Fun with Fungi"
(Lilac Tent) |
| 1:00PM | "Common Edible & Medicinal
Mushrooms of Alberta"
(Lilac Tent) |
| 2:30PM | Mushroom Walk in the Garden
(leaving from Pine Pavilion) |

Presented by the

Alberta Mycological Society

www.albertamushrooms.ca



Fungarium

BY KITTY HARDY

Natural science relies on collecting: collecting photographs, stories, drawings, specimens, and above all, knowledge. If you've attended an AMS foray, you'll have learned that we are avid collectors. Since its inception as the Edmonton Mushroom Club (1987) and through its evolution into the Alberta Mycological Society (AMS), we have been tirelessly recording fungal species. After every foray, we list the fungi we've found in a foray report. This enables us to look back on what we've found and where.



Collection protocols were formalized at the encouragement of Martin Osis in 2005 for the Great Alberta Mushroom Foray (GAMF). In 2008, with the financial sponsorship of the Alberta Conservation Association (ACA), the AMS added the Alberta Fungal Database, under the direction of Markus Thormann. We do our best to record and understand, but fungi and their roles in their environments are cryptic and mysterious. You may have learned this yourself while trying to identify a new mushroom using only a picture on your phone or the words in a guide book. As with many things mushroom, nothing compares to holding one in your hand, examining it up close and personal. Viewing it through a microscope reveals even more, for example the spore, basidia, asci structures, and the growing pattern of the hyphae. It may even reveal that the mushroom in question is not what you thought it was. Of late, genetic mapping is creating ripples in the world of mycology by leading to the re-naming and re-classifying of mushrooms left, right, and centre, as their genetic traits reveal that there's more to fungi than meets the eye. Preservation of specimens is critical to record the enigmatic Kingdom of Fungi.

Cabinet Specifications

- 29 5/8" x 84" x 119 1/8"
- 265 lbs
- 26 compartments
- Water protection technology
- Closed-cell sealing system
- Pull-out work shelf
- Materials: heavy-gauge steel, nickel-plated
- Non-off-gassing finish





Perhaps with the hope of such data collection, Alberta's government issues collection permits for Parks and Protected Areas with the caveat that specimens be sent to an accredited herbarium. And yet, none of our province's established herbariums will accept our specimens. Currently, we send them away to the Canadian National Mycological Herbarium in Ottawa. We will likely never see these carefully collected specimens again. Ontario is several days of driving or a very expensive plane ride away.

Luckily, we found a solution to this problem. We believe it is important to have access to our own collection of specimens in order to continue research on Alberta fungi. We applied to the ACA's Annual Research Grant Program for funding to develop our very own fungal herbarium, spearheaded by our AMS Vice President Mike Schulz.

We're excited to announce that we received the grant of \$10,400! The project is now officially (partially) funded by the ACA. Our goal is to have our fungal herbarium, or more accurately, our own Fungarium ready to receive specimens by the end of this year.

Initially, it will be housed at Portage College, in Lac la Biche, less than a 3-hour drive from Edmonton. Not only would our preserved collections be closer at hand, meaning they can be accessed for further study, but our Fungarium will also be mobile, making it possible to move it to a safer or more strategic location should the need arise.

Once established, the Fungarium will become a self-sustaining program maintained by the Alberta Mycological Society. We will collect specimens at our annual Great Alberta Mushroom Foray and other forays. Our very own mycologists and volunteers will prepare the fungi to ensure that they become time-honoured specimens.



The Fungarium will house preserved fungal samples for DNA sequencing. Furthermore, a careful record of fungal biodiversity in Alberta will enable us to discover, document, and publicize any new, rare, or imperiled fungi. Such information can assist in the ongoing monitoring of rare species. Despite fungi being one of the most populated kingdoms of organisms on our planet, macrofungi are not surveyed during conservation planning or included on our federal or provincial Species-at-Risk lists. We hope to change that.

As we well know, fungi play a critical role in the health of ecosystems. They form mycorrhizal relationships that allow trees and plants to access nutrients that would be otherwise unattainable. They filter contaminants out of water systems. They break down and decompose organic material and help recycle the nutrients that serve as the building blocks of new life – to name a few of their ecological services.

The Fungarium project will be another way for the Alberta Mycological Society to teach people about the wonderful, whimsical, incredible, and indispensable world of mushrooms.



Wild Mushroom Duxelles

Contributed by Christine Costello, AMS Membership Coordinator

Preparation Time: 15 minutes

Cook Time: 20 minutes

A finely chopped mixture of mushrooms, onions, shallots, garlic, herbs, such as thyme or parsley, salt and pepper; sautéed in butter or oil and reduced to a paste. Options, such as wine or sherry, may be included. The mushrooms need to cook long enough in order to release their moisture, forming a paste. The basic paste can also be frozen for future use and is an excellent way to preserve your mushroom harvest.



Note. From Wikipedia Commons, by Jerry Pank, 2011 (<https://commons.wikimedia.org/wiki/File:Duxelles.jpg>). CC BY.

Ingredients

- 1 pound (454 grams) wild mushrooms
- 2 - 4 tablespoons butter (or oil of choice)
- 2 - 4 tablespoons finely chopped shallots or onions
- 1 clove garlic, minced (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon parsley, finely chopped
- 1/2 teaspoon thyme, finely chopped
- 1/4 cup sherry, dry white wine (stock may also be used)

Instructions

Note: Freeze duxelles in ice cube trays. Then pop out the cubes and place in a freezer bag for freezer storage.

1. Finely chop the mushrooms or pulse them in a food processor until finely chopped (do not over-process).
2. Heat butter or oil in a large sauté pan on high. Add the mushrooms and shallots or onions. Stir to coat and cook for a minute or two. Add optional garlic and cook for another 30 seconds.
3. Add the salt, pepper and herbs. Continue to cook over medium heat for approximately 10 minutes, until the mushrooms have given up their water and the pan starts to look dry (time will vary according to mushroom variety).
4. Deglaze the pan with sherry or wine. Then cook off the liquid again until the pan is dry, stirring to coat the mushrooms with the juices.
5. Cool the duxelles and refrigerate for a few days or freeze right away for later use.

(Top photo courtesy of Candice Cullum)



(Photo courtesy of Candice Cullum)

French in origin, duxelles was created by the 17th century chef François Pierre La Varenne and named after his employer, Nicolas Chalon du Blé, marquis d'uxelles. This mushroom condiment is traditionally used in the preparation of Beef Wellington.

Other delicious uses:

- Topping for crostini, toast or baked potatoes
- Flavouring soups or sauces
- Omelette filling
- Stuffings for meat, fish or vegetables
- Topping for hamburgers / hot dogs
- Ravioli, savoury tart or pierogi filling
- A layer in a grilled cheese sandwich
- Pizza topping

[Beef Wellington Recipe](#)

[Duxelles Grilled Cheese Sandwich](#)

[Chicken-stuffed with Duxelles](#)

References:

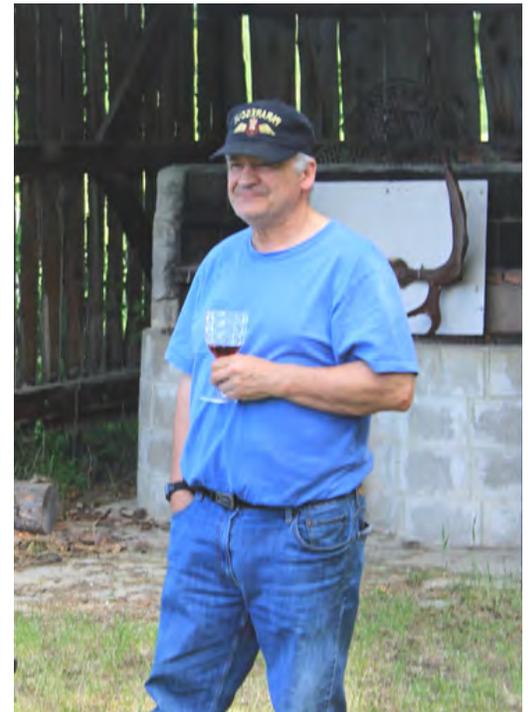
Jerry Pank. (2011). Shooter's sandwich - making the duxelles [Image]. Wikimedia Commons. <https://commons.wikimedia.org/wiki/File:Duxelles.jpg>

On behalf of the Alberta Mycological Society, we are very saddened to announce the death of one of our favourite members, Bill Moore, on July 4 of this year. Bill and Janice have been loyal members for many, many years. They were always eager to participate in our activities, especially mushroom foray weekends; we will miss seeing Bill's big rig!

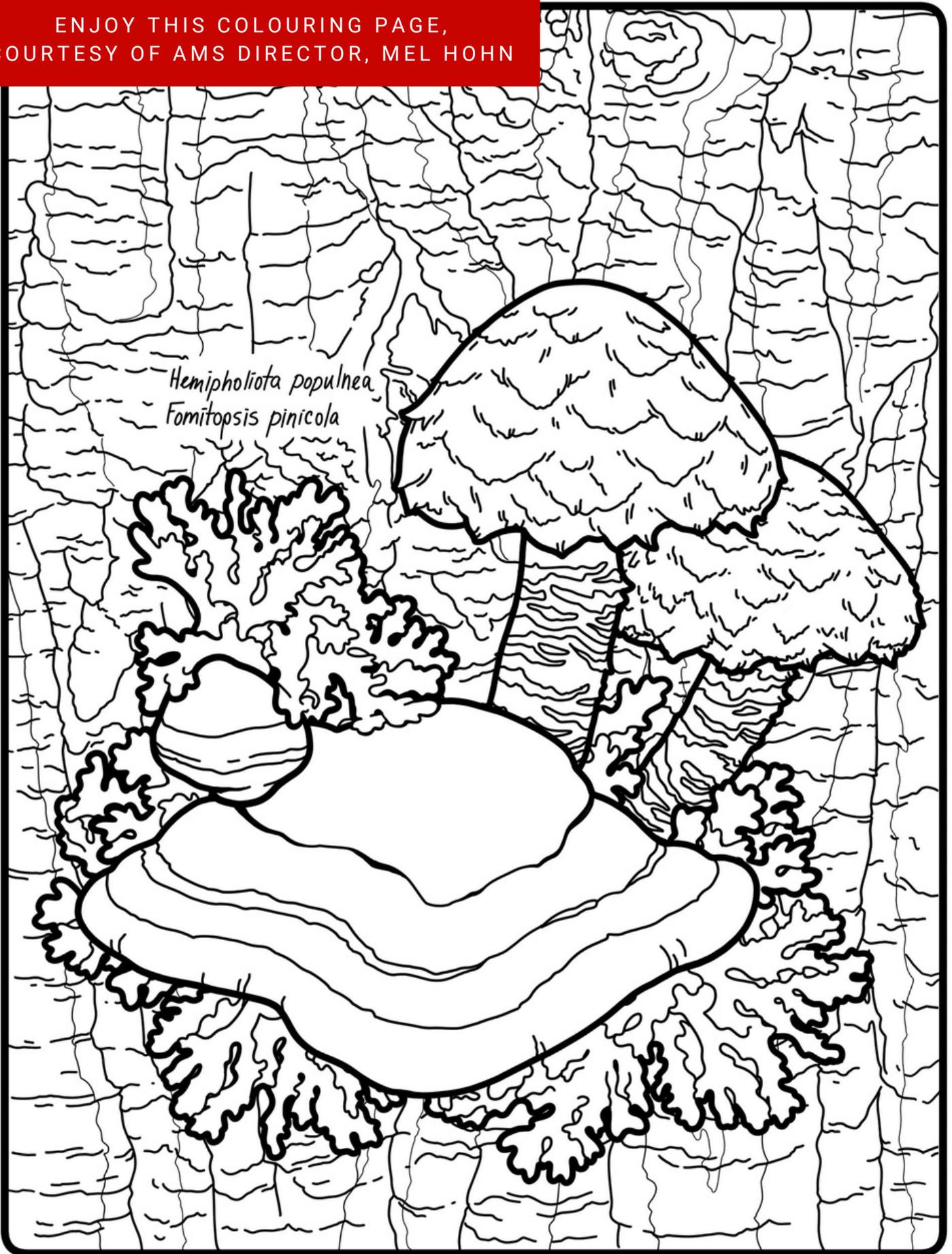
They were the first to volunteer for our annual Wild Mushroom Expo, The Great Alberta Mushroom Foray, and other events, doing any and all tasks that were needed to get that show on the road, showing up first and staying until all the wrap-up work was done. Those of us who knew Bill will certainly miss his smiling face at mushroom events.

We extend our deepest sympathy to Janice and others who were close to Bill. We will not forget Bill and his contribution to our Society.

Martin Osis and Melanie Fjoser



[POST A TRIBUTE HERE](#)



Melhohn.ca

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Don't forget to check out our social media!



With the goal of enhancing fungal research, the Alberta Mycological Society (AMS) is proud to champion the AMS Graduate Award with the University of Alberta (U of A).

With the creation of this award, AMS wishes to inspire university students to pursue fungal research to foster an appreciation for fungi and their role in our ecosystem. The AMS hopes that many more people will become just as enthralled and interested in mushrooms as we are.

AMS has committed to funding this award at \$2,000 per year for five years. If donations towards this award exceed \$50,000 in five years, the funds will be placed in the Endowment foundation at the U of A enabling this award to be presented in perpetuity. We encourage all members to donate. Your donations must be made directly to the U of A. You will receive a taxable donation receipt from the U of A. If the Endowment produces more than \$2,000 per year there will be more than one award presented each year.

[Click here](#) or on the photo of Alberta's *Leccinum boreale* mushroom below to donate.



You can also contact Michelle Ngo, Assistant Director, Leadership Annual Giving from the U of A by telephone (780) 492-9487 or email mngo1@ualberta.ca to make a one-time or recurring donation by credit card or EFT transfers. Cheques can be written out to the "University of Alberta" and mailed to: *University of Alberta, University Development, 3-501 Enterprise Square, 10230 Jasper Ave, Edmonton, AB, T5J 4P6.*

(This Spore Print edition is produced by Erica To.)