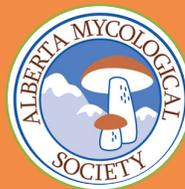


SPORE PRINT

2026 Issue #1



Official Newsletter of the Alberta Mycological Society

Editor's Message

Welcome to 2026!

Whether you spent the winter dreaming of mycelium or just staying warm, it's time to shake off the frost, sharpen your knife and prep your baskets. After the long, cold winter, we're hopefully eyeing a legendary year for foraging—though we're currently doing a "rain dance" to ensure enough spring moisture for our first foray.

As our projects grow, so does the Spore Print. In this issue:

- **2025 Rewind:** Relive the highlights of a most successful foraging season last year.
- **The Big Events:** Get the scoop on the *Wild* Mushroom Expo and the highly anticipated 2026 Great Alberta Mushroom Foray.
- **The Weird & Wacky:** We're diving into the "Jekyll and Hyde" of fungi, the tasty yet tree-killing **Honey Mushroom** (*Armillaria spp.*).
- **Mushroom Knowledge:** A crossword puzzle to test your scientific name skills.

I'm excited to get back into Alberta's wild backyard and I hope you are as well. Let's make some ultimate finds this year!

Happy 'shrooming!

This issue:

Editor's Message
Page 1

Feature Mushroom
Page 2

Upcoming Events
Page 3

Alberta Area Forays 2025
Pages 4,5,6

Wild Mushroom Expo
Page 7,8

Mushroom Recipe
Page 9

GAMF 2026
Page 10

The Honey Mushroom
Page 11

Corporate Members
Page 12,13,14

Board of Directors
Page 15

Puzzle
Page 16

Youtube, Volunteer, Answers
Page 17



Feature Mushroom - by Ken Dies

Laccaria laccata

Laccaria laccata has a cosmopolitan distribution and is often called “the deceiver” due to the many variations in, colour, shape and size. This small mushroom cap measures 2–6 cm in diameter, convex when young and later flattening or cap may be depressed in the center. It can be various shades of salmon pink, brick-red, or shades of orange or brown when moist or young, and duller and paler when dry. Its fibrous hollow stalk is 2–12 cm. high and 3–10 mm. wide. The irregular gills are widely spaced and decurrent or adnexed, and of similar colour to the cap, though may whiten with spores as the mushroom matures. The spore print is white with microscopically round spiny spores 7–10 µm in diameter. Very common in Alberta preferably fruiting in cool weather in boggy areas, woods, meadows and silty areas along creeks or rivers. This mushroom is the type species for the genus *Laccaria*.

Division: Basidiomycota

Class: Agaricomycetes

Order: Agaricales

Family: Hydnangiaceae

Genus: *Laccaria*

Species: *laccata*

(Scop.) Cooke 1884

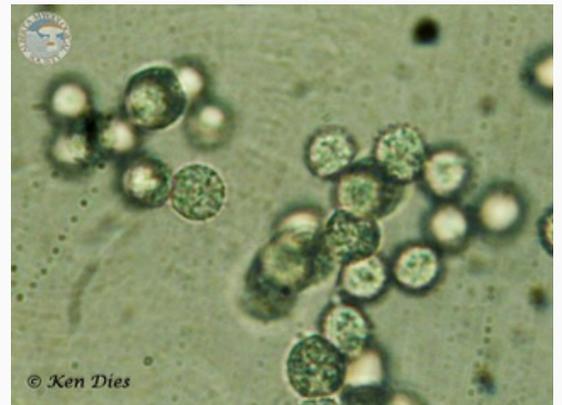
Cap: variable but usually orange, brown or pinkish

Gills: decurrent to adnexed coloured similar to cap

Odour: Not distinctive or sometimes radish-like

Stem: fibrous and hollow

Spores: white



UPCOMING MAJOR AMS EVENTS 2026

(Check for details on website as they become available)
<https://www.albertamushrooms.ca/events/>

ANNUAL GENERAL MEETING

Saturday, March 21, 2026
10 AM - 4 PM
Devon Community Centre
20 Haven Avenue, Devon, Alberta, T9G 2B9

PRESIDENT'S DINNER

Saturday, March 21, 2026
6 PM - 10 PM
Devon Community Centre
20 Haven Avenue, Devon, Alberta, T9G 2B9

SUMMER SOLSTICE WEEKEND

weekend of Friday, June 19th (4pm) to Sunday, June 21st (2pm)
Bergen Community Hall
31547 Range Road 53C, Mountain View County, AB
Bergen is 1.25 hours from Calgary and 1.25 hours from Red Deer
Camping is plentiful, including 6 x 15 amp plugin

WILD MUSHROOM EXPO

Sunday, August 16, 2026
10 AM - 5 PM
Devon Community Centre
20 Haven Avenue, Devon, Alberta, T9G 2B9

GREAT ALBERTA MUSHROOM FORAY (GAMF)

Friday, September 4 - Monday, Sept. 7, 2026
Time TBD
Mountain View County - Town of Sundre (TBC)

2026 LOCAL FORAYS SCHEDULE

Planning is currently underway.
Check our website for the most up-to-date information as it becomes available





Calgary and Area Forays 2025

Summary by Barb Shworak

It was a productive, rainy year for the Calgary region, with several forays exceeding 40 participants.

2025 Seasonal Highlights

- June: 31 members explored JumpingPound in Kananaskis during a warm spell.
- July: At the invitation of Alberta Parks, AMS collected specimens in Peter Lougheed Provincial Park for a Parks Day display.
- August: 48 members attended the Perrenoud Wildlife Habitat Area foray, followed by a "Wilderness Wednesday" event in Kananaskis.

Land Use Update: Water Valley

Forays in Water Valley were limited this year due to a county-prescribed softwood lumber clear-cut. The previously lush foraging area is now patchy and exposed; a photo of the impacted site is included below.

Get Involved:

- Suggest a Location: If you know of prime foraging spots, please email contactus@albertamushrooms.ca

Detailed Foray Reports:

Click the links below to view photos of our finds and full event descriptions.

[Jumping Pound Kananaskis](#)

[Peter Lougheed Provincial Park](#)

[Water Valley](#)

[Perrenoud Wildlife Habitat](#)



Water Valley clear-cut on leased land





Edmonton & Area Forays 2025

Summary by Barb Shworak

The 2025 season saw excellent participation across the region:

- June: Successful outings at Garner Lake Provincial Park and the annual Poplar Creek Stewardship foray, which featured a community potluck and a strong turnout from current and former board members.
- July: Explorations of Isle Lake Natural Area and Strawberry Creek Ravine.
- August: A mid-summer foray at Genesee Natural Area.
- September: Our largest event of the year, the Edible Camping Weekend at Weald PRA, drew a record crowd and yielded a diverse selection of fungal finds.

Detailed Foray Reports

Click the links below to view photos of our finds and full event descriptions.

[Garner Lake](#)

[Poplar Creek Stewardship](#)

[Isle Lake Natural Area](#)

[Strawberry Creek Ravine](#)

[Genesee Natural Area](#)

[Weald Weekend](#)





Red Deer and Area Forays 2025

Summary by Barb Shworak

In May, we explored Clearwater County near Caroline, followed by a June foray at Pine Lake with 39 participants. July featured special guests from the North Texas Mycological Society at Three Mile Bend, while August included outings west of Rocky Mountain House and at Kin Canyon.

Detailed Foray Reports

Click the links below to view photos of our finds and full event descriptions.

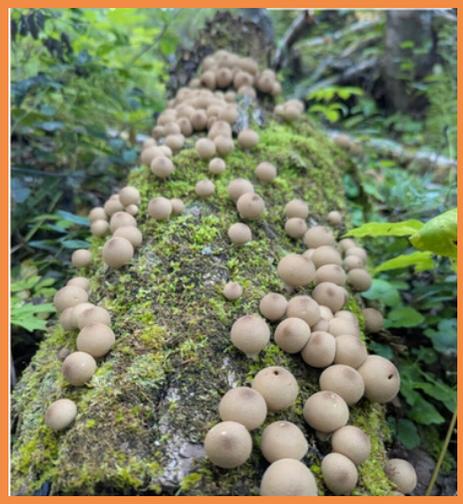
[Caroline Foray](#)

[Pine Lake](#)

[Red Deer 3 Mile Bend](#)

[Rocky Mountain House](#)

[Kin Canyon](#)



WILD MUSHROOM EXPO 2025: A GREAT SUCCESS!

Melanie Fjoser, Lead,
Wild Mushroom Expo 2025 Committee.

Last summer's Expo was again a very successful event, owing to our stellar volunteers, cuisine contingent, vendors, sponsors, and of course, our guests! It was, again:

The Greatest Show from Earth!

We had two great speakers, who many of our members would be familiar with. First up was **Candice Cullum**, speaking about "**Edible Wild Mushrooms of Alberta**", a topic to whet the appetite. Then veteran speaker **Martin Osis** gave a presentation on "**Traditional Use of Mushrooms in Chinese Medicine**". There is much in the news about medicinal mushrooms, and Martin spoke on the reason why that is.

Our Culinary Team came together to bring us four fine chefs. **Chef Holly Holt** (recently of Top Chef Canada!) and **Chef Joseph Forest** led the team to produce sensational dishes in our **Wild Mushroom Café**. As we watched the day unfold, the line-ups for these inspired mushroom dishes never seemed to end. Sponsored by NAIT, **Chef Zach Eaton** returned to cook up our freshly foraged edible finds picked the day before, along with **Chef Alyssa Paron**. Cooking on the fly, they were tasked with creating the loveliest mushroom bites that you could imagine. Chef Zach had so many requests for one specific recipe that he shared it with us! See **Mushroom Parfait (Half Recipe)** on page 9.

Our **Vendors**, including our AMS Merch, made the most of their booths, marketing so many mushroom art and crafts that the mind boggled! Mushroom cultivators and purveyors of fresh and dried mushroom products abounded! Other local non-profit organizations rounded out the booths with other natural history displays.

For the first time, we had a **Mushroom Art Gallery** displayed prominently in the foyer. Artists showed off mushroom-related works of art for display and sale. And, of course, **The Mushrooms!** Luckily, Mother Nature smiled on us with rain, producing the most versatile array of fungi that you could imagine. The **AMS Foraging Team** searched high and low in Alberta the day before, to treat all of us to the incredible variety of fungi. Artistic arrangements turned the hundreds of mushrooms into beautiful displays of **edible, medicinal, poisonous fungi** and their habitats. We encourage our visitors to bring in their own backyard fungi for identification and discussion; several guests did just that.

(continued next page)





This was our second year of hosting *Wild Mushroom Expo* at the Devon Community Centre. The Town of Devon and many Devon businesses welcomed and supported our Expo. Thank you to them, and to all who contributed time, goods, and services to make our event a success. We appreciate you very much!

To check out the 2025 event on our website, go to:
<https://www.albertamushrooms.ca/event/wild-mushroom-expo-2025/>

Next year we'll be doing all over again, on
Sunday, August 16, 2026

Location: Devon Community Centre, 20 Haven Avenue, Devon, AB

Save that date, and please reply when we ask for your volunteer / vendor / sponsor / donations and help us out. Thank you all from *Wild Mushroom Expo* Team 2025!

See you next year!

Melanie Fjoser - EXPO lead
 expo@albertamushrooms.ca





Mushroom Parfait (Half Recipe)

Created by Chef Zach Eaton for *Wild Mushroom Expo 2025*

Ingredients

Parfait Reduction

- 63 g shallot, peeled and thinly sliced
- 45 ml ruby port
- 45 ml Madeira
- 45 ml brandy
- 2 tbsp water
- 5 g caster sugar

Mushroom Purée

- 50 g shiitake mushrooms
- 150 g mixed mushrooms (your choice)
- 100 g chestnut mushrooms
- 25 g unsalted butter
- 250 ml mirin
- 25 g soy sauce or tamari
- 20 ml whipping cream
- 2 tbsp milk
- Salt, to taste

Mushroom Parfait

- 60 g prepared parfait reduction
- 225 g mushroom purée
- 120 g eggs (≈ 2 large eggs)
- 175 g unsalted butter, melted
- Salt, to taste

Optional Garnish

- Lion's mane mushroom strands

Equipment

- Blender
- Small loaf tin (500 ml) or 3–4 ramekins (150 ml each)
- Roasting tray (for water bath)
- Foil
- Thermometer (recommended)

Method

1. Make the Parfait Reduction

- Combine shallots, port, Madeira, brandy, water, and sugar in saucepan.
- Simmer until syrupy and jam-like.
- Chill and set aside.

2. Prepare the Mushroom Purée

- Slice mushrooms (2 mm for shiitake, 4 mm for others).
- Cook in butter until deeply browned.
- Add mirin; reduce until nearly dry.
- Add soy sauce/tamari; reduce to glaze.
- Add cream and milk, bring to a boil.
- Blend smooth, pass through fine sieve, season.

3. Make the Parfait

- Preheat oven to 120 °C fan / 100 °C conventional.
- Blend reduction, purée, and eggs until smooth.
- Slowly drizzle in melted butter to emulsify.
- Pour into lined tin/ramekins, cover with foil.

4. Cook the Parfait

- Place tin/ramekins in roasting tray. Add hot water halfway up.
- Bake until internal temp = 68 °C and center wobbles. -
- Loaf tin (500 ml): 35–45 min
- Ramekins (150 ml): 25–30 min
- Cool 30 min at room temp, refrigerate overnight.

5. To Serve

- Pipe or spoon parfait onto plates.
- Garnish with lion's mane mushroom strands (optional)

Tips

- Strain purée for silky texture.
- Do not exceed 68 °C internal temperature.
- Can be made 1–2 days in advance and refrigerated.



SAVE THE DATE FOR THE 2026 GAMF Mountain View County - Town of Sundre

After successful expeditions in Cold Lake and Fox Creek, the **Great Alberta Mushroom Foray (GAMF)** is moving south for its 2026 flagship event. From **September 4–7**, participants will explore the diverse ecosystems surrounding the **Town of Sundre**, extending west to the stunning **Ya Ha Tinda Ranch**—Canada's only federally operated horse ranch, located on the edge of **Banff National Park**.

This weekend is a premier **Citizen Science** event focused on documenting Alberta's fungal biodiversity:

- **Scientific Impact:** We will survey over 12 unique sites. Collected specimens are recorded, DNA sequenced, and preserved in the Alberta Mycological Society Fungarium for future research.
- **Hands-on Learning:** Whether you want to "watch or pitch in," the foray offers opportunities for all skill levels. Newcomers can join an **Introductory Mushroom Identification workshop**.
- **Expert Guidance:** A team of professional mycologists will lead educational lectures and provide on-site identification assistance.
- **Night Forays:** Experience a rare "night hunt" using **UV flashlights** to discover biofluorescent mushrooms.

How to Join:

Stay updated through the **AMS website** as guest mycologists and lecture topics are finalized. Official registration traditionally opens during the **AMS Annual General Meeting (AGM)** and President's Dinner.



GAMF 2024

THE DUAL NATURE OF THE HONEY MUSHROOM

BY MARTIN OSIS

Armillaria, commonly known as the **Honey Mushroom**, evokes a mix of joy and concern depending on who you ask. To foragers, they are a prized edible and medicinal find. To foresters and arborists, however, they represent a complex ecological force.

In our ecology, Honey Mushrooms play two distinct roles:

1. **Saprophyte:** They act as nature's recyclers, breaking down dead organic matter and returning vital nutrients to the soil for all forms of life.
2. **Parasite:** They target weakened or stressed living trees, acting as a natural "thinner" in the forest.

Nature's Great "Thinner"

The role of *Armillaria* is most visible in the forests surrounding our urban centers, particularly after wildfires. Nature's reforestation process is a game of numbers:

- An acre of land may receive **150,000+** seeds naturally.
- Roughly **80,000** of those seeds germinate.
- After 80 to 100 years, only **350–400** trees survive to form a mature stand.

To reach that mature state, nature must remove approximately **79,650** trees. Fungi like *Armillaria* do the "heavy lifting" in this process, culling the weak to make room for the strong.

Managing *Armillaria* in Urban Settings

In an urban backyard, Honey Mushrooms target trees stressed by drought or damage. While you cannot always "thwart" nature, you can take proactive steps:

- **Tree Care:** Proper watering and protecting root zones from physical damage are your best defenses.
- **Removal:** If a tree is killed by Honey Mushrooms, remove the stump and as many roots as possible. Otherwise, the fungus will remain as a saprophyte, spreading its mycelium and spores for years.
- **Biological Barriers:** Plant native Birch trees. Birch species harbour specific bacteria that can help keep *Armillaria* at bay.

Beyond Control: Creating a "Certified Fungal Habitat"

While we often focus on **Fauna** and **Flora**, we frequently overlook the third pillar of a healthy ecosystem: **Funga**. Instead of fighting fungi, we can embrace their role by creating a fungal-friendly yard:

- **Create Habitat Structure:** Fungi need homes. Use fallen logs, stumps, and leaf litter to create "micro-reserves" that support wood-decaying species and provide shelter for wildlife.
- **Guard the Mycelium:** The real magic happens underground. Use no-till gardening practices and avoid fungicides to protect the delicate mycelial webs that feed your plants and sequester carbon.
- **Champion the Funga:** Science needs data. Document your local mushrooms on **iNaturalist** to map your yard's biodiversity, then share your practices with neighbors to grow the movement.

Coming Soon: Download your **Funga Checklist!** Use our scorecard to rate your yard's habitat structure, soil health, and biodiversity, and start building your fungal refuge today.



THANK YOU TO OUR CORPORATE MEMBERS

Please support local and check them out!



CHICKADEE STONE

Chickadee Stone is owned and operated by the AMS member Genevieve Olivier, an indigenous Anishinaabe woman who resides on Treaty 6 territory. Genevieve spends a lot of time in the woods in the Parkland County region. The main focus of her art is hand-foraged fungi jewelry.

Offering both hand-dipped natural mushrooms as well as encased pendants in many sizes, there is something for everyone. Feel free to reach out via Instagram.

Chickadee Stone does attend a few makers markets throughout the year in the Edmonton region. Follow her to find out next dates for in person shopping or email for more information at

genevieveolivier@gmail.com

https://www.instagram.com/chickadee_stone/



FULL BASKETS

Full Baskets provides various basket weaving workshops, beginner, intermediate, and advanced for small to medium-sized groups. Instructed by Candice Cullum, you'll learn how easy it is to use the various bounties of our Canadian wilderness to create versatile baskets that are strong enough for foraging and gorgeous enough for display.

Candice Cullum is a very resourceful amateur mycologist, mushroom cultivator, inspiring foray leader in the Red Deer region, and recipient of the 2020 AMS President's Award. Focusing on crafty diversity, Candice grows all sorts of fungi by learning first hand how mycelium behaves under certain conditions. Upon request, she has also provided culinary mushroom cultivation workshops.

Aubreywink@yahoo.com

<https://www.facebook.com/thefullbaskets/>



West Fraser

West Fraser is one of the world's largest producers of renewable wood building products, with more than 50 facilities in Canada, the United States, the United Kingdom and Europe.

<https://www.westfraser.com/about-us>



FUNGI AKUAFO

Meghan and Tara, two dedicated fungi lovers, founded Fungi Akafo in 2016. They envision of future where the nutritional, medicinal, and ecological roles of fungi are incorporated into our communities and lives. Based out of Sundre, Alberta, they offer everything you need to cultivate mushrooms from grain spawn and cultivation supplies to valuable workshops to help you get started or finesse your techniques.

<https://www.fungiakufo.com/>

info@fungiakufo.com

<https://www.facebook.com/fungiakufo>



KEIDUN HOBBYIST

Based out of Sherwood Park, Alberta – Here at Keidun Hobbyists, we provide live culture syringes of many genetics, including some of Alberta's local, edible mushrooms. We offer grain spawn, so you can expand to your own substrates and play with the limitless options to attempt to grow them yourself. Last but not least, we also produce growing blocks (kits) for people who don't want to go through all the trouble and just want to try and fruit the mushrooms right on your counter at home! Brett Keith is an extremely knowledgeable mushroom cultivator. He has volunteered at our famous annual Mushroom Expo event, and you will often find him at our forays. Many of our members have found his mushroom grow blocks fruit multiple times for quite a bountiful harvest!

<https://www.facebook.com/KeidunHobbyist/>

MARTIN ON MUSHROOMS

Martin On Mushrooms was established in response to requests from the public for mushroom information. Martin has provided mushroom educational walks, talks, and courses for over 30 years to various groups, including to the Alberta Mycological Society (AMS). He has held various positions with AMS, including President, Vice President, Secretary, Program Director, and others. Martin is also a member of several other mycological groups, including being Past Vice-President and Canadian Trustee of the North American Mycological Society (NAMA); as well, he initiated the Medicinal Mushroom Committee within NAMA. He was instrumental in designing and implementing the "Great Alberta Mushroom Foray" (the AMS Citizen Science annual foray), where he instructs the "Intro to Mushroom Identification" course. He is particularly interested in medicinal mushrooms and taxonomy. Martin enjoys producing YouTube videos about fungi as well.

Martin is happiest when he is asked to go "on and on" about mushrooms!

<https://martinonmushrooms.com>

<https://www.youtube.com>

<https://www.linkedin.com>

martin@martinonmushrooms.com





Mushrooms & Thyme

MUSHROOMS & THYME

Hello! I'm Jessica. I am the artist, photographer, recipe developer and business professional behind Mushrooms and Thyme.

Based in Edmonton, Alberta, I studied marketing and finance at the University of Alberta and graduated with a Bachelor of Commerce. The ideal degree for a creative business type! I've always been drawn to creative outlets and abstract fine art, but found my true passion for food and lifestyle photography after photographing mushrooms.

I've always loved being in the kitchen, cooking, creating and sharing great meals with friends and family. I'm equally passionate about helping businesses, fellow foodies and bloggers, and Chefs showcase their products and food with my unique style.

Thank you for taking the time to look at my site and my photography. If you want to discuss a project, collaboration, or photoshoot, please get in touch.

<https://www.jmusslewhite.com/about>



[Self Heal Distributing](#)

SELF HEAL DISTRIBUTING

Since you have landed here, you may be curious about aromatherapy and flower essences. Self Heal Distributing and Scents of Wonder has been created by Robert Rogers and Laurie Szott-Rogers. Robert has been involved in the natural health industry for over 40 years. Our company has been around since the 1980s. We have sold essential oils and flower essences for over 3 decades. In the meantime, we have written over 60 books & are part of a natural college www.northernstarcollege.com. We are pleased to offer our essential oils, flower essences, and books within Canada. Thanks for checking out our selection!

<https://selfhealdistributing.com/>

<https://www.facebook.com/selfhealdistributing/>

<https://vimeo.com>

Surprise Lake Camp



SURPRISE LAKE CAMP

Reconnect Naturally, at Surprise Lake Camp.

Surprise Lake Camp is an unique venue! We are a wilderness camp with a large dining hall/kitchen, numerous cabins for overnight rentals, and breathtaking access to our lake.

Come and reconnect naturally, at Surprise Lake Camp!

<https://surpriselake.ca/>

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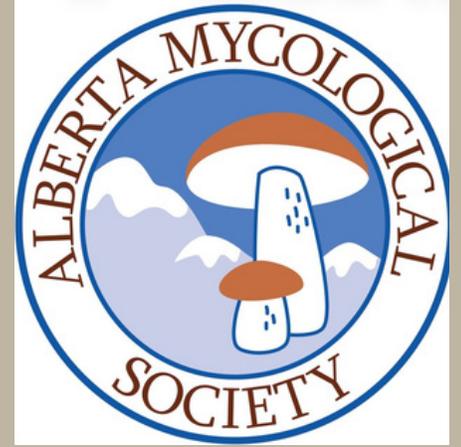


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COORDINATOR**
Ryan Armishaw



**Spore Print Editor
(Interim)**
Christine Costello



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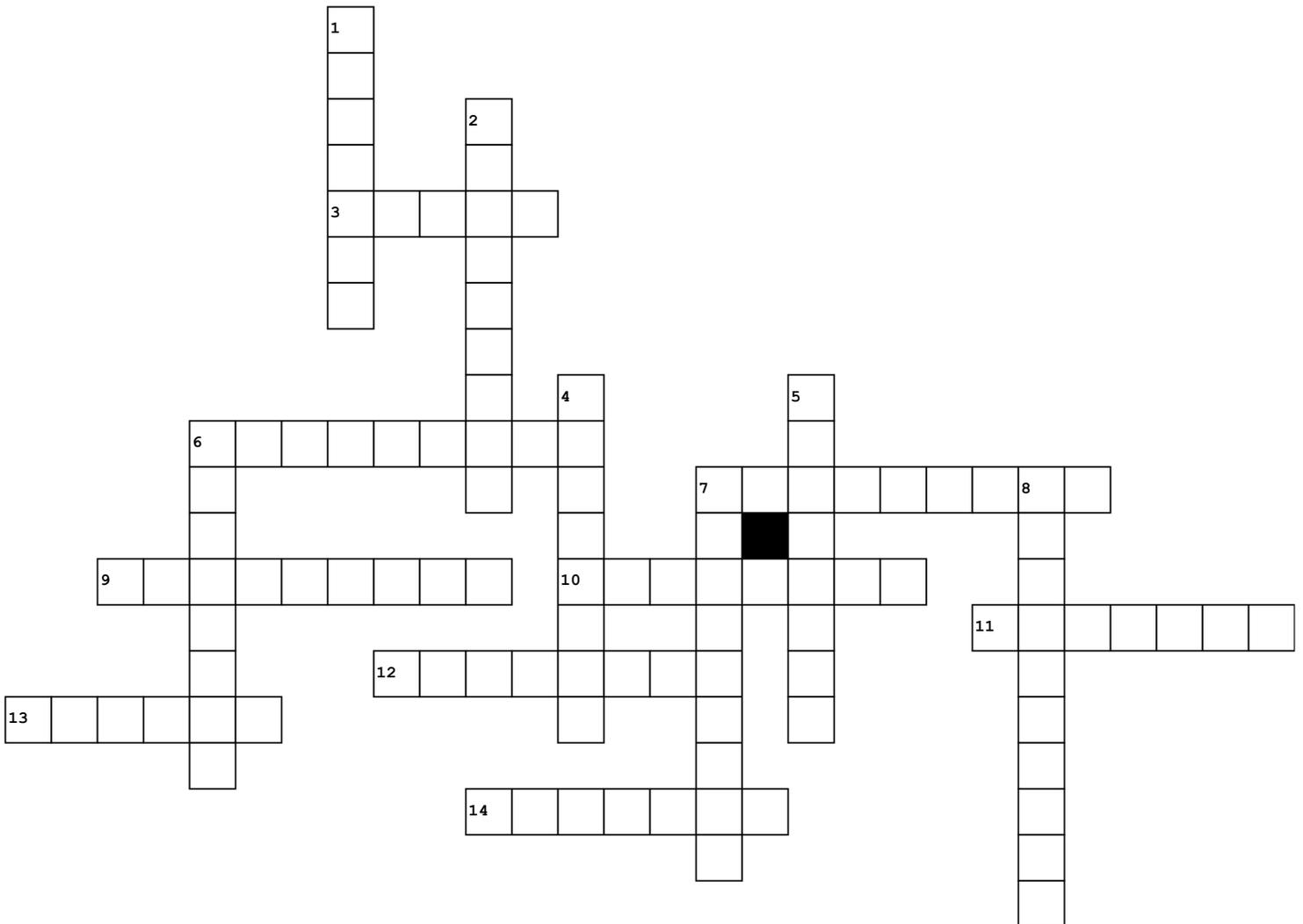
[Website](#)

albertamushrooms.ca/

EMAIL US!

contactus@albertamushrooms.ca

Scientific Genus Names for Edible Mushrooms



Across

- 3. Black Truffle
- 6. Shiitake
- 7. True Morels
- 9. Saffron Milk Cap
- 10. Meadow Mushroom
- 11. Pig's Ears
- 12. Shaggy Mane
- 13. Hedgehog
- 14. Slippery Jack

Down

- 1. King Bolete
- 2. Oyster Mushroom
- 4. Giant Puffball
- 5. Lion's Mane
- 6. Scaber Stalk
- 7. Fairy Ring Mushroom
- 8. Gem-Studded Puffball

Puzzle created by Christine Costello - Answers on Page 17



Link to AMS Webinars

Expand your fungal knowledge with our digital library

Examples include:

9 Mushrooms You Should Know

Poison Mushrooms: Deathcaps 2025 Update

Secrets of Mushroom DNA | Danny Miller

Poisonous and Edible Mushrooms



Summer Solstice Weekend Bergen Community Hall

"NEEDED * Volunteers for a Solstice Team.

Board member Liz Watts needs people to help with the planning and execution of this weekend event - Friday June 19th - Sunday June 21st.

Food, forays, activities etc.

If you would like to help, please contact me **Liz Watts**, at lwatts802@gmail.com

Many thanks and looking forward to our first session together."

Answers to Crossword Puzzle



Across: 3.Tuber 6.Lentinula 7. Morchella 9.Lactarius
10.Agaricus 11.Gomphus 12. Coprinus 13.Hydnum 14.Suillus
Down: 1.Boletus 2.Pleurotus 4.Calvatia 5.Hericium
6.Leccinum 7.Marasmius 8.Lycoperdon