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MESSAGE FROM THE PRESIDENT

Hello again. This has been a very good summer and early fall. It's hard to believe that fall is here again. So far we've been getting adequate rainfall here in Wisconsin and I've been getting good reports on mushroom finds; good collections of chanterelles, boletes, shaggy manes, etc. I believe this fall will continue to be good for mushroom hunters.

Our two forays of the summer were profitable, especially the tree identification foray which covered not only trees, but shrubs, wild plants, ecology, endangered plants, and all things botanical. Our leader, Richard Barloga, is an excellent speaker and is a very knowledgeable naturalist. The fungi were popping up everywhere at Cudahy Woods. Even though vascular plants were our focus, one couldn't help but pick some mushrooms as they were everywhere. As were the mosquitoes. It seemed as if all of the mosquitoes in Milwaukee County had decided to have a convention in Cudahy Woods. No amount of repellent would repel them and no one was immune. At the end of the foray everyone ran to their cars and headed home for the showers.

To change the subject, I've just seen the Milwaukee County Museum's poster for the Mushroom Fair this year. It's called "The Good, the Bad, and the Ugly" with photos of mushrooms representing these three categories. I have trouble putting any mushrooms into any one of these categories. A "good" mushroom such as *Coprinus comatus*, the shaggy mane, (which Ed Pasek has drawn for the cover of this issue of the newsletter) can become ugly when it's old and all that remains is a white stem, marred with red and dripping black goo. By the way, the "good" mushroom on the poster is *Laetiporus sulphureus*, the sulfur shelf, which is far from "good" as it is responsible for a great number of poisonings each year due to allergic reactions in a large percent of the population. A poisonous *Amanita* can be considered good when one considers the benefits the trees receive from its mycorrhizal relationships. And if anyone thinks that any mushroom is ugly, well, they're not looking close enough.

The Mushroom Fair is featuring award winning photographer Taylor Lockwood and the theme is "The Beauty and the Beast." My choice for the most beautiful fungus would have to be *Dictyophora duplicata*, the netted stinkhorn, which is quite lovely as long as you keep your nose far enough away. My choice for the most beastly mushroom is *Pleurotus ostreatus*. Why consider such a nice, handsome, likable, good-to-eat mushroom like the oyster mushroom a beast? Well, because it's a killer. It forms a cell loaded with toxins, and when a nematode (a little worm less than a millimeter long) comes and bumps into it, the nastiness starts. The cell explodes over the head of the nematode. The nematode squirms like it's been hit with hot acid, but is quickly paralyzed by the toxins. The oyster mushroom then senses the nematode's location and zooms in on its bodily orifices. Hyphal threads grow into the victim to digest the still living tissue--not the most pleasant way to go! (If you are more interested in this, pick up a copy of the magazine *Natural History*, March 1992, at your library and read "Jekyll-Hyde Mushrooms" by George Barron.) In fairness, I should say that there are pathogenic fungi that attack humans and animals in ways which are far more beastly, slow and deforming.

I hope everyone can come to the Mushroom Fair this year as well as our mushroom forays. It should be a good fall. I look forward to seeing everyone.

Best Wishes,
Peter L. Vachuska

UPCOMING FORAYS

September 17 South Kettle Moraine
September 24 Pre-fair collecting (no official forays)
October 1 Blackhawk Ridge -- Madison area foray
October 2 Point Beach State Forest (Sunday foray)
October 8 Brightondale County Park

Members should have received an announcement with a map for the first foray above, and the announcements for the rest are enclosed with this newsletter.

MUSHROOM FAIR

On September 25, the eleventh annual Mushroom Fair will be held from 10 am to 4 pm at the Milwaukee Public Museum. Besides the Taylor Lockwood presentations and all of the usual booths, there will be talks by shiitake growers, booksigning, and demonstrations of making ceramic mushrooms. Members should have received an announcement about the fair. Bring yourself and bring a fungal specimen or two for the display table.

SWEATSHIRTS AVAILABLE

The club sweatshirts have been printed and are now available in medium, large, and extra large for \$25 each. Members can purchase a sweatshirt at one of the upcoming fall forays or at the Mushroom Fair. Otherwise, if you would like, you can pick one up at Tula Erskine's home, but please call ahead at 964-0818.

ANNUAL MEETING & PICNIC

Approximately 35 WMS members came out to Falk Park on a very warm (95 degrees) June 18th for our annual picnic and business meeting. Needless to say, we were happy to see Bill Blank bring the beverages, as he does every year. Members socialized while the grill heated up and the buffet table was being prepared. A few people strolled in the woods, but little to nothing was found due to the drought during the previous weeks.

After the meal, President Peter Vachuska conducted the annual business meeting. First, the minutes from the meeting of June 26, 1993 were approved. Then, Treasurer John Steinke gave the treasurer's report. During the year June 1993 to June 1994, our membership increased from 97 to 148. The increase in dues that this generated apparently offset the expense of producing the club sweatshirts, as our beginning balance was \$1069.41 and our ending balance was \$1237.99. Next, President Vachuska presented the nominating committee's report. He announced that two board members, Tom Fifield and John Steinke, were both resigning, though John will stay on as secretary/treasurer. The nominating committee's recommendations for replacements were Harold Korslin and Chuck Soden, both members who have been active in the club for a number of years. With these replacements, the slate for the Board of Directors was approved by the membership. The Directors are: Bill Blank, Kris Ciombor, Martyn Dibben, Tula Erskine, Harold Korslin, Dave Menke, Alan Parker, Rich Miller, Sunny Rupnow, Sami Saad, Chuck Soden, John Steinke, and Peter Vachuska. Also approved was a motion to make Tom Fifield an Honorary Director because of his many years of service to the club as founding member when the club reorganized in 1982, board member, and editor of the newsletter. In the absence of Martyn Dibben, President Vachuska gave an update on plans for the September 25th Mushroom Fair. The theme for this year's fair is photography, entitled "Beauty and the Beast," and photographer Taylor Lockwood will present a beautiful slide show. Also, the cooking booth will have a theme of Polish cookery, with the chefs coming from various Polish restaurants. Then, Tula Erskine gave a brief report on the club sweatshirts that she designed. After taking orders, 48 sweatshirts have been printed up and these are now available for purchase (see note above).

The last item discussed at the business meeting was whether or not our club should become a fully affiliated NAMA member. "Fully affiliated" means that each member of WMS must become a NAMA member, with annual NAMA dues of (currently) \$10. Right now, our club is only "partially affiliated" and members have the option of whether or not to become members of NAMA at a price of \$12 annual dues. The benefits of NAMA membership include the opportunity to participate in their national forays, six issues a year of their newsletter Mycophile, and an occasional copy of their magazine Mycologia. For the club, full affiliation would mean not having to pay the \$25 annual dues to NAMA that it currently does. There was some discussion of this. Some of the comments made by members were that they would not have time to read the

newsletter and other reading material from NAMA, and that for those WMS members who are not currently NAMA members to become so at an additional \$10/member would cost more money than would be saved by full affiliation - \$25 for the club and \$2/member already in NAMA.

After the annual meeting was adjourned, the Board of Directors met and re-elected the following incumbent officers to serve another year -- President: Peter Vachuska; Vice-President: Tula Erskine; Secretary/Treasurer: John Steinke. Rich Miller has resigned as Assistant Secretary/Treasurer. This position has not been filled, and we are looking for a member to volunteer to fill it.

Thanks go to all of the members who came and brought food and to those who helped with the picnic in any way: Sami Saad for grilling the brats, Bill Blank for bringing the beverages, Diane and Rhonda Steinke for helping with the food and table preparation, and to anyone I may have forgotten to mention. It's your help that makes the picnic a success.

Colleen Vachuska

MOREL SEASON 1994
by Steve Nelsen

The *Verpa bohemica* fruiting was disappointing; there were about a fifth of what we had found last year in 'Verpa Valley' on April 30th in a driving snowstorm. We could find only 8 immature yellow morels (*M. esculenta*) on 4/30-5/1. The next week was warm and dry in the Wisconsin/Mississippi junction area where we collect, apparently resulting in the unusually "compressed" season we had. On May 7-8 we found only one more *Verpa bohemica*, but the most hybrid morels (*M. hybrida*) we have ever found, 110, as well as 2-1/2 pounds of yellow morels. Usually the hybrids are pretty tired before the yellows appear in quantity. We found no black morels at all this year. The next week was even hotter and dryer, and on May 14-15 we found fewer yellow morels (just under 2 pounds), many of which were getting elderly. There were plenty of "stumps" in the few areas we found morels, indicating that we were just picking up the leavings of others by then, but we could find nothing in several areas that often have them. Adrienne did find a few interesting morels with light ridges and dark grey-brown pits which I believe to be the *M. esculenta* var. *umbrina* illustrated in *Fungi of Switzerland*, Vol. 1, p. 46, growing under ash trees (ash and beech are listed in the Swiss book for this variety). The last morel we found was on May 30th, right on a trail at Indian Lake. It had been up for a very long time.

Adrienne had an especially good year for finding morel relatives. She found a group of a couple of dozen orangey-brown discs fruiting on pine duff during the April 30th snowstorm. They looked similar to but different from the *Disciotis venosa* that is fairly common in the area, and returning on the 8th and collecting mature specimens proved them to be *Discina perlata* complex (no, I have no idea which newer species), the first of this genus that we have managed to identify. She also found a huge fruiting of *Gyromitra korfii* growing in rings around dying and dead pine trees in a plantation at Wyalusing, as well as a ring of a couple dozen *G. fastigiata/brunnea* around a hardwood stump in Iowa. We had only ever found 2 specimens of the former before, and had never seen more than a few of the latter in one place, although it is found every year in the area. All three of these morel relatives are frustrating to identify because it requires mature spores for positive identification, and it takes a couple of weeks after the plants are up for the spores to mature, so you have to return after the mushrooms are old and ugly to really know what they are.

THE JULY 16TH "MIDSUMMER'S FORAY"

I was happy to see a good turnout for this relatively new event. We had a total of 25 members, mostly fungal fanatics with a few new faces. After everyone was long gone, and I thought it through, I realized that this had been the biggest gathering of "MUSHED MINDS" that will occur in Wisconsin this year. We had Tom Volk, Martyn Dibben and Alan Parker representing the professionals, with Steve Nelsen and Tula Erskine starting off a list of six to eight very good non-professional mycologists.

We ended up collecting at three sites that day. I had planned on collecting at two sights, but the park ranger did not like my second selection. We were informed that the Scuppernong Springs Nature Trail is off limits to just about everything. This may have been the beginning of a decline of accessibility to public lands (more on this aspect in the next newsletter). We did manage to salvage the afternoon however. I have a "neighbor" who has this beautiful lawn carved out of an oak-hickory

woods, and as is the case on most occasions, the lawn was a sight to behold. I have had better collecting at this site but this was very good with several different Boletus and Amanita species represented. I was pleased to be able to take a nice specimen of Boletus edulis home. I fried it up with some other mushrooms the next day and my daughter and I fought for every last piece of it. The other species in the frying pan was Cantherellus cibarius and my daughter and I agree that they were a step below B. edulis.

The morning sight was a pine, oak mix that I have had good success with in the past but it was a little slim picking on this occasion. The most popular item collected at this site (as evident from the number of blue-stained hands) was the black raspberry.

I hope everyone who attended had a good time. We will have to do this again next year.

John Steinke

TREE FORAY

On August 27, the Wisconsin Mycological Society, in conjunction with the Wisconsin Botanical Society, held its first tree foray at Cudahy Woods in southwestern Milwaukee County. Twenty three members of either club attended. Our guide was Richard Barloga, a parks naturalist. Cudahy Woods is the largest tract of mesic forest left in Milwaukee County. "Mesic" means in the middle between wet and dry - the ideal forest. After handing out some literature, Mr. Barloga took us around the woods identifying different tree species. For example, nut trees can be distinguished from other deciduous trees with compound leaves in that the nut trees have alternate compound leaves rather than opposite compound. Our guide also pointed out the conditions with respect to light and moisture under which each kind of tree can grow. For example, sugar maple cannot tolerate flooding as its roots need sunlight. Mr. Barloga also pointed out woodland plants such as jewelweed, wild geranium, baneberry, blue cohosh, blue-stemmed goldenrod, poison ivy, jack-in-the-pulpit and a relative called green dragon, false solomon seal, pointed tick-trefoil, and leek. Our guide was very knowledgeable and interesting. I especially enjoyed how he could guess how old a tree was by estimating its trunk diameter and knowing how fast it grows. Everyone seemed to enjoy the foray, in spite of the pesky mosquitoes which probably no one escaped. As an added bonus, members collected over 20 different species of fungi.

If you are interested in more literature about plants or trees, Mr. Barloga recommended the book Wildflowers and Weeds by Booth Courtenay and James Zimmer. This book is geared towards plants that can be found in Wisconsin and it can be purchased at the Wehr Nature Center. He also recommended a booklet that can be obtained free from the DNR, Forest Trees of Wisconsin.

Colleen Vachuska

GRANDPA GORDIE: A PERSONAL MEMORIAL by William Blank

The first time I met Gordon Schroeder was at the WMS Mushroom Fair sometime in the 1980's. He was just about to join the society and was looking for someone to carpool with him to the Point Beach foray. I was at the stamp booth next to the membership booth so he stepped over and asked me if I planned to attend. I was just a beginner at mushrooming and for some reason thought he was too.

So off we went that Saturday morning. My head was filled with a lot of book-learned knowledge but very little practical picking experience. I knew what a Destroying Angel looked like and that it was deadly. The only edible ones I knew were the Scaber Stalk and the Velvet Stem mushroom. I tried in vain to talk the Latinized names to him. All of a sudden Gordon started talking about collecting a bushel of Honey mushrooms one year and demonstrated how he used his hands as giant combs to sweep the caps off the stems. In almost a scolding manner, I interrupted him saying "You should dig up each mushroom in its entirety." He agreed but said the base of the tree was covered with them. Now I was at my academic wits end with trying to envision a huge horde of Honeys and trying to dig up each one. The whole event he related was that the mushrooms appeared as if by magic.

At this point we were almost to the outskirts of Two Rivers. The conversation switched from mushrooms to magic. Gordon of Grandpa Gordie, his stage name, was a professional magician, something I had dabbled in when I was twelve years old. When we got to that critical turn off in the middle of Two Rivers we turned the wrong way and were headed north. A

couple of quick turns and almost as if by magic we were headed toward the state park. It was obvious that he had been there before.

The foray at Point Beach that day was memorable not for the large collection of mushrooms but for something else. Sure, I cautioned him while he was picking some Fairy Ring mushrooms in that they might be an *Inocybe* or *Clitocybe*. When he examined my collection he grimaced and said "Maybe someday you'll find a huge stump surrounded by Honeys." Grandpa Gordie I learned had been collecting for years. I was just a beginner. This sort of pairing off happens a lot when foraging the woods. One learns from the other, where I might learn to sharpen my skills at finding more edible mushrooms and he was learning more about the Society and its workings.

We tolerated each other very well and on the trip back he had one more story. While working at the University Club, he had talked to the chef about truffles. The chef said "I've got some in the walk-in cooler. Let's requisition some and try them." They did and Gordon even brought some home to feed the wife and kids. Scraped over some eggs the truffles were the highlight of the breakfast, or so he thought. His wife and kids remarked "What's so darn special about these?" Gordie shook his head and they never had them again.

Gordon Schroeder passed away last winter. He was the Mushroom Fair's magician for years and entertained us at the Society's picnics. I'll always remember that foray as being a time where my first beginnings as a mushroom picker were bolstered by a man who grew up with mushrooms and often made them appear by magic.

MYRIOSTOMA: NOT SO UNUSUAL A FIND AFTER ALL
by Steve Nelsen

While on vacation this past January, Adrienne Nelsen found four odd "earthstars" on wood chips used as mulch for ornamental trees in the parking lot of a bank in Bonita Springs, Florida. In contrast to *Geastrum* earthstars, the spore sacs have more than one mouth, and several columns connect the spore sac to the base instead of only one. These plants are *Myriostoma coliforme* (Pers.) Corda, the only species of a monotypic genus almost always described as rarely observed, but nonetheless rather common in mushroom identification manuals. Smith and others put this genus with the *Geastrum* earthstars it resembles. Some combine it with *Astraeus* (another earthstar-like genus; *A. hygrometricus* is common in sandy places in the southern Wisconsin River valley) in a separate family. *Myriostoma* was first described (as a *Geastrum*) from Great Britain in 1776, but Phillips comments that it has not been collected there since 1890. It has also been reported from an island in Sweden, the Netherlands, and three places in eastern Germany, but it is described as more common from southern Slovenia to the Caucasus, particularly on the Hungarian plain. In the New World, it has been described from South America, Ontario, Colorado, South Dakota, Iowa, Ohio, and especially from Florida (where Lloyd describes it as "abundant"), and more recently Long and Stouffer report it from Arizona and say it is abundant near Corona, New Mexico. So, *Myriostoma* is apparently not so rare after all, and there seems every reason to expect it to turn up in Wisconsin some day.

Adrienne does pretty well with *Gasteromycetes* during the last week of January in Florida. The same week in 1992 she found the distinctive stinkhorn relative *Clathrus columnatus* Bosc., which has only been described from the southeast, along the Atlantic coast south of North Carolina, and down around the Gulf Coast into Mexico.

TREES NEED FUNGI AND FUNGI NEED TREES
by Colleen Vachuska

One of the reasons for the club having its recent tree foray was to get members to have more awareness of the trees near which most of the fungi that we collect at our forays are found. This awareness may help in identification of particular fungus specimens, as some fungi grow mainly in association with particular trees. For example, one of the species collected at the tree foray, *Boletinus merulioides*, mainly grows in conjunction with ash trees (it's sometimes called the ash-tree bolete), and sure enough, there were in fact some large white ash nearby. Other examples include *Suillus grevillei*, which grows only near larch, and *Lactarius thyinos*, a delicious - like mushroom that does not stain green, which typically grows only in cedar swamps.

These relationships both charm us and greatly simplify the process of identifying fungi. Yet when we see a mushroom growing several feet from a tree, this proximity only hints at the complex relationship that probably exists between that tree and fungus. Most forest trees exist in

close partnership with one or more species of fungi. Under the right conditions, the mycelium of a fungus grows around the root tips of a tree to form a protective mantle. This leads to such a close collaboration that a discrete structure is formed, similar to when an algae and fungus fuse to form lichen. Such a structure is called a mycorrhiza, meaning fungus-root, with mycorrhizae the plural, and those fungi involved in the relationship said to be mycorrhizal.

An old, but rather charming and nontechnical book, *Trees and Toadstools* by M. C. Raynor, discusses early mycorrhizal research. The relationship between fungus and tree root was first identified in the 1880's by a German botanist A. B. Frank. At that time Frank was investigating the reasons for the uneven distribution of truffles in nature, at the request of the Prussian government who wanted to increase the supply of truffles. The rootlets of the oak and beech trees Frank examined were shorter and thicker than expected and varied in color. Each such rootlet consisted of a root enclosed within a mantle of fungus mycelium for which Frank coined the name fungus root (*Pilzwurzel* in German). The actual surface of the root had no direct contact with the soil and bore no trace of the root-hairs considered to be the main way the plant absorbed nutrients. This led Frank to believe that the fungus roots were very important in the nutrition of the tree.

Frank's discovery soon led to controversy about how widespread the occurrence of this type of relationship was, and whether it was a parasitic relationship or a mutualistic one, that is, one in which both parties benefit. Concerning the first issue, it is now known that mycorrhizae occur throughout the world and throughout the plant kingdom, not just with trees. It has been estimated that as much as 95% of all plant life grows in association with mycorrhizal fungi.

As to the second issue, some botanists of the late 1800's and early 1900's, particularly those in the developing field of plant pathology, felt that the mycorrhizal relationship was primarily a parasitic one. One of these, Robert Hartig, stated: "I see in mycorrhizal fungi nothing more than parasites which live on a tree but do not kill it." (*The Relation of Fungi to Human Affairs*, William D. Gray). Nonetheless, research over the past century has shown that the relationship is beneficial to both parties. The fungus obtains its carbon and energy requirements from the tree, while the fungus supplies the tree with inorganic minerals, particularly phosphorus, which it extracts from the soil. Trees with mycorrhizae are more resistant to soil-borne pathogens than those without, possibly because the fungus secretes antibiotics or because the fungus acts as a mechanical barrier to penetration. These mycorrhizae, or "foster mothers of the tree" as Frank had also called them, seem particularly necessary for the growth of conifers and for trees in marginal environments. Infection by the mycorrhizal fungus *Pisolithus tinctorius* significantly improves growth and survival of pine seedlings on land contaminated by industrial waste.

There are two general types of mycorrhizae. Most of the mycorrhizae involving forest trees and the higher fungi are of a type called ectomycorrhizae, as most of the fungus mycelium stays outside the root tips, with some of the hyphae growing between cells. A much larger number of plant species and a smaller but more diverse group of fungi are involved with another type of mycorrhizae, called endomycorrhizae, in which the fungus actually penetrates the root cells. Some trees and shrubs, such as maples, alders, poplars and juniper, can form both kinds of mycorrhizae. The endomycorrhizae are sometimes further subdivided into three types - those associated with orchids, those associated with heaths, and what are called vesicular-arbuscular (V-A) mycorrhizae. Most crop plants form V-A mycorrhizae.

In the orchids, the mycorrhizal relationship is different from the other types in that the fungus provides the plant with its carbon needs. Thus, with the orchids, the relationship is mostly parasitic rather than mutualistic, with the plant being the parasite. Similarly, the Indian-pipe, a whitish-transparent plant devoid of chlorophyll that we often find on our fall forays, is completely dependent on a mycorrhizal fungus. However, here things are further complicated in that the fungus forms another mycorrhizal relationship with a tree through which it obtains carbon for the fungus.

As is apparent to anyone who collects mushrooms, there is a wide degree of ecological variability in mycorrhiza formation among both trees and fungi. Some fungi are probably mycorrhizal with only one type of tree, such as *Suillus granulatus* with pine. Others, such as *Paxillus involutus*, form mycorrhizae with a wide range of trees. There is similar variability among the tree partners. Some trees, such as alder, have few associated fungi. Others, such as Douglas fir in the Pacific northwest, are thought to form mycorrhizal relationships with many, perhaps even

thousands, of different species of fungi. The range of mycorrhizae found on tree roots also depends on the age of the tree. Young trees form fewer mycorrhizae than older trees. Also, some fungi are associated primarily with seedlings, others with more mature trees.

I sometimes have the wishful thought that it would be nice, albeit boring, if most fungi only grew in association with certain types of trees or vice versa. This would make identifying mushrooms much easier. Though this is not to be, the mycorrhizal association between fungi and trees is very important in the lives of both, and is in itself a charming incidence of the marvelous harmony that we find in nature.

Sources: besides those mentioned, several articles in Mushroom, the Journal of Wild Mushrooming and the book Mycorrhiza by R. M. Jackson and P. A. Mason.

BRIEFS

* This is a followup to the story we ran in the June newsletter about teens in West Bend developing respiratory problems after inhaling spores of *Lycoperdon perlatum*. Judy Roger, the editor of NAMA's newsletter, relays this information about puffball spores to explain the unusual poisonings: "Some *Lycoperdon* spores are very spiny, covered with tiny pegs that are capable of interlocking, and some just have the sterigmatal peg, that in large quantities of spores can still cause a locking up of large clumps of them. That is why the Indians and early peoples used the powdery spores to stop bleeding -- they interlock and coagulate the blood. When these get into the lungs, they get into the tiny air pockets and spaces used for air passage into the blood. Because of their pegs, they lodge there, blocking the passageways. In response, the lungs inflame, swell, white cells come to the rescue, but die and create their own blockages. This causes the infections and disease found in those people. Just try using the powdery spore mass to stop the bleeding on a scrape or cut, and you'll see what I mean" (the electronic newsletter, Mycoinfo, 8/10/94)

* Twenty years ago, it was impossible to sell cremini, or brown mushrooms, and mushroom farmers would take them home or throw them away. These large, meaty, mature mushrooms "didn't fit the American aesthetic for mushrooms." But then in the 1980s when cultivated exotic mushrooms were becoming more popular, they were remarketed with the romantic, Italian-sounding name Portobello and their fate has since turned around. Portobello sales have increased 100% in each of the last 2 years. Interestingly enough, before the 1940s, Portobello, or the brown mushroom, was the common mushroom in this country. Though Portobellos can be used anywhere white button mushrooms would be, some recommended uses are marinating and then grilling. (Milwaukee Journal Food/Neighbors 8/14/94)

RECIPE:
MUSHROOMS IN SOUR CREAM
by Joanne Pasek

1 pound honey mushrooms, cleaned, cut in ready to serve pieces, and cooked
2 tablespoons butter
1 cup sliced onions
1 tablespoon flour
1 tablespoon lemon juice
2 tablespoons chopped fresh dill or 1 tablespoon dried dill
pinch of salt and pepper
1/3 cup sour cream, at room temperature
paprika

Melt butter in a saute pan and add the mushrooms and onions. Saute for about 1 minute and stir in flour. Then add lemon juice, herbs, and salt and pepper. Cook 1 minute. Then add some of the warm cooked mixture to the sour cream to heat the sour cream. Return to mixture in saute pan and heat through without boiling. Garnish with paprika.

THE END