

# Long Beach chef hosts fantastic fungi weekend

Summit will touch on the use of psilocybin for mental health

By **NIKKI DAVIDSON**  
COAST WEEKEND

The name Sebastian Carosi may be familiar to foodies on the Long Beach Peninsula.

Carosi's dishes have appeared on the tables at the Shelburne Inn, Pickled Fish and countless other esteemed restaurants around the country.

His backstory, however, is unorthodox. Before he created a reputation as a master forager and slow-food advocate, he served time in a state penitentiary.

"What people don't know is when I was 17, I went to prison because I was transporting 32 pounds of cannabis in a boat in the Puget Sound, and got caught," Carosi said.

*See Page 7*

## Camp Ruderalis 'PNW Puhpowee'

Friday through Sunday  
Long Beach Peninsula

Buy tickets and view full itinerary at:  
[campruderalis.com/puhpowee](http://campruderalis.com/puhpowee)



Chef Carosi's Crab and Cordyceps Soup recipe will appear in the 'Fantastic Fungi' cookbook.



Chef Sebastian Carosi poses with a white chanterelle mushroom.