

FUNGI

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one of the most recognizable genera among mycologists and mushroom collectors. He also points out Lactarius, also known as milk cap mushrooms because their fruitbodies ooze a sticky, milky latex when sliced with a knife.

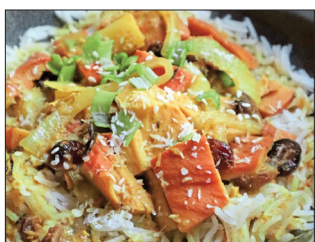
While mushrooms often serve as decomposers by digesting dead organic matter, some are actually parasites that attack a living host and live on it, sometimes killing it. Many more, he says, are intimately linked to trees by symbiosis.

That's what Lieder found so fascinating when she watched the Netflix documentary "Fantastic Fungi" during the pandemic. She sought out the Real Fungi stand at the Bloomfield Saturday Market. Her many fun conversations with its owner led her to not only grow shiitakes and oyster mushrooms in her basement, but go on her first foray with WPMC.

"They are connected with living things in ways I hadn't ever thought about," she says.

The September foray, which netted more than 150 species, including a rare pouzarella, drove the point home.

"It was so delightful to really know how many living things that are all around you that you don't see," she says. "And



Gretchen McKay/Pittsburgh Post-Gazette-TNS

Chicken of the Woods mushrooms stand in for shredded chicken in this curry.

everyone was so generous with their knowledge."

Still, fear persists for many would-be foragers, what with toxic beauties such as the milky-white Destroying Angel mushroom — a single bite can kill you — sprouting on the forest floor along with edible morels, oyster mushrooms and chanterelles. And with book titles such as the soon-to-be-released "How to Forage for Mushrooms without Dying" by Frank Hyman, who can blame us?

It doesn't help that many mushrooms can only be identified under a microscope.

"The popular misconception is that we know what all the mushrooms are," says mycologist Michael Kuo, who was one of the foray's guest speakers and the expert voice behind Mushroom-Expert.com. "But we don't, and that's why [foraging] can be dangerous."

That's why joining a club like WPMC is smart. They follow the mycologist's golden rule: Never eat

an unidentified mushroom!

Club members Kristen and Trent Blizzard, authors of the new "Wild Mushrooms: A Cookbook and Foraging Guide" (Skyhorse, \$20), understand foraging can be a scary thing for newbies. But as with any hobby, if you invest in a good local or regional identification book and do your research, it can be less so.

"This community is full of wonderful people who are willing to share their knowledge, and have so much enthusiasm," says Blizzard.

The Blizzards, who live and forage in Colorado, started their mushroom adventure as bloggers on Modern Forager. They quickly built a tribe by offering "burn maps" that detail where to find morel mushrooms that carpet charred forest floors.

Full of gorgeous photographs, their cookbook is a go-to guide for anyone who loves to hunt or cook with wild mushrooms. Along with tips on harvesting etiquette and kitchen tricks, it includes chapters on preservation and cooking techniques. (Did you know you can candy chanterelles or infuse mushrooms with alcohol?) Then it's on to recipes from 25 skilled foragers around the country.

There are 115 in all, covering 15 different varieties of culinary fungi — everything from jams and soups to jerky and pasta dishes, using favorites such

as chicken of the woods, oyster, morels and porcini mushrooms. There also are profiles of some of the foragers sprinkled throughout "because they're so awesome and the world needs to know about them," says Ms. Blizzard.

The recipes had to be simple, and dishes the cooks actually ate on a regular basis.

As a result, "a lot of flavors came into play that were very exciting," Blizzard says, with Eastern European, Thai and California influences. "We learned mushrooms can be delicious prepared in a different way."

What makes foraging such a great hobby, she says, is that it never gets old. It's also sustainable and gets people outside, surrounded by nature.

"It grows with you, and it's thrilling," she says.

AUTUMN MUSHROOM AND BUTTERNUT TART

This tart works because the crust comes together without any rolling. Any fresh wild mushrooms work — think chanterelles, hen of the woods, king boletes or black trumpets. With the addition of roasted butternut squash, it's a perfect marriage of fall flavors.

- 1 3/4 cups unbleached all-purpose flour
2 1/4 cups (9 ounces) shredded

- white cheddar or Swiss cheese, divided
1/2 teaspoon fine salt
1/2 cup cold butter, cut into chunks
2 egg yolks
3 tablespoons ice water
1/2 pound peeled butternut squash or unpeeled delicata squash, cut into 1/2-inch slices
Olive oil
Coarse salt and freshly ground black pepper
Freshly grated nutmeg and toasted ground cumin, to taste
3/4 pound mixed fresh wild mushrooms, trimmed and sliced
Fresh sage leaves and sliced green onions, for garnish

Preheat oven to 450 degrees. Make pastry crust: Place flour, 1 cup cheese and salt in bowl of a food processor fit with a metal blade. Process for a few seconds to blend, then add butter. Process for 10-20 seconds or until mixture is like fine crumbs.

Beat yolks and water together with a fork. With motor running, pour into food processor. Process for about 5 seconds or until the dough just comes together.

Crumble dough into an 11-by-7-inch rectangle fluted tart pan with a removable bottom, or a 12-

inch round tart pan. Press dough evenly into pan with your fingers, making sure the bottom of the crust isn't too thick. Use a fork to prick dough all over.

Press a double-folded piece of foil down into the pan. Bake pastry for 12 minutes, then reduce heat to 350 degrees. Remove foil and continue baking for about 10 more minutes or until crust is a light golden brown. Cool.

Toss squash with 1 tablespoon oil, then season with salt, pepper, nutmeg and cumin. Spread out on a parchment-lined rimmed baking sheet. Repeat with mushrooms on a second baking sheet. Roast for about 25 minutes or until tender, then cool for 5 minutes.

Sprinkle 3/4 cup cheese in the bottom of pastry crust. Arrange squash and mushrooms on top, sprinkle with remaining 1/2 cup cheese and bake until cheese is melted, about 10 minutes. Sprinkle with herbs and onions.

Serve tart warm or at room temperature, cut into slices.

Serves 6.
—'Untamed Mushrooms: From Field to Table' by Michael Karns, Dennis Becker and Lisa Golden Schroeder (Minnesota Historical Press Society Press, \$25)



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Advertisement for Tap That Growlers featuring a photo of beer taps, a tap handle, and text: 'Come Check Out Our New Location & New Menu!', 'New Family Friendly Location!', 'New Menu! Bar Bites, Wood Stone Pizza and More!', 'MON-TUES CLOSED WED-SAT 11-9 • SUN 11-7', '1106 Adams Avenue Suite 100 • 541 663-9010 • tapthatgrowlers.com'

Advertisement for State Farm featuring a photo of Greg Hinchins, text: 'Home & Auto go together. Like you & a good neighbor.', 'Some things in life just go together. Like home and auto insurance from State Farm. And you with a good neighbor to help life go right. Save time and money. CALL ME TODAY.', 'State Farm logo', and contact information for Greg Hinchins.

AccuWeather weather

Weather forecast table with columns for Tonight, Wed, Thu, Fri, Sat and rows for Baker City, La Grande, Enterprise with temperature and Comfort Index data.

ALMANAC table with columns for Baker City, La Grande, Elgin and rows for High Sunday, Low Sunday, Precipitation, and Normal year to date.

AGRICULTURAL INFO. HAY INFORMATION WEDNESDAY table with columns for Lowest relative humidity, Afternoon wind, Hours of sunshine, Evapotranspiration.

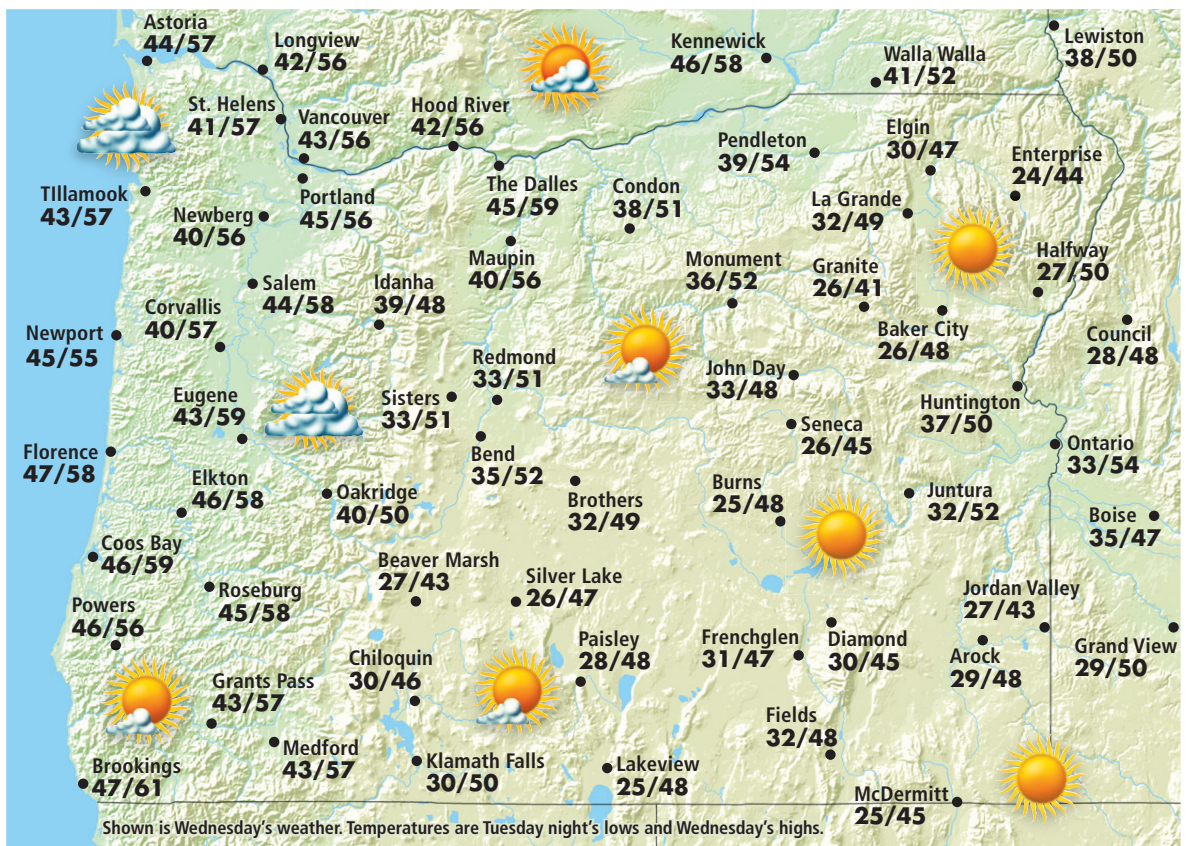
RESERVOIR STORAGE (through midnight Monday) table with columns for Reservoir name and Capacity percentage.

STREAM FLOWS (through midnight Sunday) table with columns for Reservoir name and Flow in cfs.

SUNDAY EXTREMES table with columns for High, Low, Wettest, and rows for Nation, Oregon.

WEATHER HISTORY and SUN & MOON information including sunrise/sunset times and moon phases for Oct 12, 20, 28, Nov 4.

AROUND OREGON AND THE REGION



REGIONAL CITIES table with columns for City, Wed, Thu and rows for Astoria, Bend, Boise, Brookings, Burns, Coos Bay, Corvallis, Council, Elgin, Eugene, Hermiston, Hood River, Imnaha, John Day, Joseph, Kennewick, Klamath Falls, Lakeview.

REGIONAL CITIES table with columns for City, Wed, Thu and rows for Lewiston, Longview, Meacham, Medford, Newport, Olympia, Ontario, Pasco, Pendleton, Portland, Powers, Redmond, Roseburg, Salem, Spokane, The Dalles, Ukiah, Walla Walla.

RECREATION FORECAST WEDNESDAY table with columns for Location, Forecast, and Temperature, including Anthony Lakes, Mt. Emily Rec., Eagle Cap Wild., Wallowa Lake, Thief Valley Res., Phillips Lake, Brownlee Res., Emigrant St. Park, McKay Reservoir, Red Bridge St. Park.

Large advertisement for LA-Z-BOY furniture featuring a recliner, text: 'Fall Kickoff! SAVE ON GENUINE LA-Z-BOY RECLINERS', 'Free Delivery', 'In-Store Credit', '70 Store Buying Power', 'Decorating Assistance', 'GLOBE furniture', and contact information for La Grande, Oregon.