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Quick Morel Mushroom Identification Guide

How Well Do You Know Your Morels?

True Morel

Cap:

- More uniformly shaped
- Pitted inwards
- Covered in pits and ridges
- Attached directly to stem**

Interior:

- If you slice it in half, a true morel will be hollow from the tip of the cap to the bottom of the stem.



False Morel

Cap:

- Irregular, “squashed” shape
- Bulging outwards
- More wavy and lobed
- Hangs freely off the stem

Interior:

- If you slice it in half, a false morel will not be hollow, but filled with cotton-like, white fibers inside.



****There are species known as “half-free morels”, where only the bottom of the cap hangs freely from the stem. These can be harder to identify so discard if you have any doubts. Always practice your mushroom identification skills with an expert. Never let the Internet be the final word!**

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of Wildlife, Parks & Tourism and author of A Pocket Guide to Common Kansas Mushrooms: Lyndzee's background in informal education as a naturalist (formerly at Great Plains Nature Center in Wichita), knowledge gained from development of a pocket guide to reach the general public about Kansas mushrooms, and undeniable passion for the fungi kingdom, make her an excellent first speaker for this symposium. Learn how to inoculate logs and wood chip beds so that you can harvest and sell your own mushrooms year after year. These mushrooms are ideal in stir fries as they cook quickly. To cook: Clean them by soaking them in cool, slightly salty water and rinse them thoroughly. They can also be dried and stored - they dehydrate quickly. You can find them in Kansas in late October and November. 11:00 a.m. - Presentation by Sherry Kay, field mycologist and co-author of the new edition of the book A Guide to Kansas Mushrooms; You will not find Sherry Kay's name listed on the cover as an author for the outstanding resource, A Guide to Kansas Mushrooms, published in 1993. You can typically find them in Kansas from mid-June to October. Photo by Ben Harwood Maitake or Hen of the Woods Growing along the base of oak trees, these mushrooms are characterized by their overlapping growth. Find them in Kansas through summer and early autumn. We at Dyck Arboretum spend a great deal of our energy promoting the flora of Kansas and a fair bit of time promoting our fauna. To cook: Popular with gourmet chefs around the world, chanterelles need to be carefully cleaned to remove dirt with a small brush or cloth, using water if necessary. "Mushrooms are ephemeral and during that short time, they can heal you, feed you, kill you, or send you on a spiritual journey." -Paul Stamets, Mycologist On February 20, 2021, we plan to make an understanding of fungi in Kansas more mainstream and will explore the fascinating world of fungi during our virtual symposium. As a disclaimer, mushrooms can be toxic and easily confused with many that look alike, and this should not be used as an authoritative identification guide. Photo by Michael Hodge Morels One of the most popular and well-known wild mushrooms in Kansas as well as one of the first of the season, morels can be found in wooded areas, particularly near creek beds and dead and dying trees. Fungi truly are critical to our human survival on earth. What are your favorite wild Kansas mushrooms? Sauté them in butter or oil for a few minutes - they should be lightly browned and still firm and they can then be paired with sautéed green beans or with scrambled eggs and chives. The gills underneath the caps should be tight; gills will open as mushrooms age. When they do become visible to us as mushroom. Fruiting bodies for just days during their life cycle, they can do so much more. They can smell a bit like anise if harvested from a tree. Share those along with any favorite recipes in the comments below! Mushroom Insight:Packed with beneficial nutrients such as vitamins B and D, mushrooms absorb the ingredients around them for dishes that are full of flavor and texture. Cook them in hot sesame or peanut oil with minced garlic and ginger for a few minutes, and then add some chicken broth and soy sauce and simmer for a few more minutes, and then serve over rice. The surface will be deeply pitted and the inside will be hollow. Noon to 1:00 p.m. - Lunch Break 1:00 p.m. - Presentation by Ben Sikes, University of Kansas professor of microbial ecologist and Kansas Biological Survey fungi expert; Ben's presentation will cover 3 "vignettes": 1) examples of fungal research in his University of Kansas lab (big picture topics for general audiences); 2) teaching mycology in Kansas - challenges of the modern age; and 3) new digital tools (e.g. iNaturalist) to help amateur mycologists be citizen scientists, support local mycological community groups, contribute to knowledge gaps, and help professional mycologists understand the distributions of fungi in our state. If you end up with a lot of chanterelles and you can't cook them up in a few days, you can dry them in the oven (be prepared for a strong smell in the kitchen) overnight on low heat. Toss them straight into the pan from the freezer. With this workshop via Zoom, expect the following: Learn easy, low-cost methods for growing delicious gourmet mushrooms such as shiitake and oyster. When in doubt, throw it out. For a gourmet twist on the flavor, saute some minced garlic for a few minutes in the olive oil before adding the mushrooms. Avoid soaking. Be confident that you know what you have before biting into a wild mushroom. Sherry's four decades of passions for field mycology and finding new mushroom species in Kansas will be evident as she share's testimonials about the importance of this book. Pam is a multi-talented, informal educator with expertise in gardening, pollinators, photography, and growing mushrooms. We're in the midst of mushroom season in Kansas, and they're one of our favorite wild plants on the trail. A pale or dark brown on top and white underneath without gills, they have wide, flat fronds and you can find them in Kansas in the late summer and fall. They're also a good topping for grilled chicken and steak. If you're in Lawrence the second Saturday of every month from April to October, you can go out with the Kaw Valley Mycological Society and hunt for mushrooms. Rehydrate by soaking them in boiling water for 15 minutes. There are some lookalikes, so be careful. It has a broad, fan or oyster shaped cap and firm white flesh. Each participant will receive a cultivation kit ahead of time via curbside pickup including an oyster mushroom production bag and an inoculated shiitake log. Photo by Dominic Alves These white or gray mushrooms grow only on trees, often on elms or willows. Maitake. Then saute in butter or olive oil for about 5-7 minutes. However, she was instrumental in all stages of the book's development, and is now a principal driver in the publishing of its new edition due out later in 2021. Photo by hr.icio Black trumpet With a funnel like shape, these small gray and black mushrooms can be found in moss and near oak trees and other hardwood trees. They have a fruity scent, and they are close relatives to chanterelles. Also, make sure the stems are firm and uniform in color. Chanterelle Chanterelle. They can be frozen fresh, but don't thaw them before cooking. Drain off any excess oil before serving them up. To cook: Clean by dunking them several times in cold water and squeezing them dry. Registration for the workshop portion is limited to 25 participants (workshop SOLD OUT as of 2/17) and requires full symposium participation. Oysters Oyster. Full participation in all three parts is encouraged and includes viewing of the film Fantastic Fungi, three expert presentations, and the cultivation workshop (Total cost \$40 for members, \$50 for non-members + film rental). Use a field guide, like the one published by University Press of Kansas to help you. As mostly unseen elements of our landscape, it is easy to take for granted their essential services of filtering water, decomposing organic materials and helping plants absorb nutrients and water. These powerhouse immune-boosters are known for their "umami," a name for a savory taste that is rich and brothy. Store mushrooms in a paper bag up to one week in the refrigerator. Eaten raw, they have a peppery aftertaste and can be used in green salads, but they taste better cooked. She also has great stories about some of her favorite mushrooms. But mycologist Giuliana Furci argues that we should be promoting equally the three Fs: Flora, Fauna, and Fungi. Part 3 (\$25) SOLD OUT 2:00 p.m. - Workshop with Pam Paulsen, Reno County Extension Horticulture Agent on cultivating edible gourmet mushrooms. SCHEDULE Part 1 (\$3.99-\$4.99) ON YOUR OWN - Viewing of the acclaimed documentary film Fantastic Fungi - it can be reviewed and rented HERE; Consider watching Friday evening or Saturday morning so that the film's inspiration is fresh! Part 2 (\$15 for members, \$25 for non-members) A Zoom link will be sent to participants 9:45 a.m. - Welcome and introduction by Brad Guhr, Dyck Arboretum education coordinator; 10:00 a.m. - Presentation by Lyndzee Rhine, Outdoor Skills & Recruitment Coordinator at Kansas Dept. Black trumpet. Zoom links for the presentations and workshop will be made available to registrants. Photo by Ole Husby Frequently found in forests near mature, living trees and growing out of the ground (not from the trees themselves), these mushrooms are a uniform bright yellow or gold color with wavy tops and smell fruity - a bit like apricots. To cook: Cut off the stem and run them under water quickly to flush out any bugs or dirt in the underside crevices. Morel mushroom. Topics Covered: 1) Growing oyster mushrooms on straw and sawdust, 2) Inoculating shiitake mushroom logs (hands-on), and 3) Log selection and harvest. Lyndzee will give us a beginner's guide to the three types of fungi (decomposers, mycorrhizae, and parasites) and touch on topics including the importance of fungi to our environment, edible mushrooms, and psilocybin for human health. To cook: Take the time to thoroughly clean the mushrooms, and remove the core of the stem before cooking. The following Wednesday, you can check out what was collected and learn more about the mushrooms of Kansas. And if you want to head out on your own, here are 5 Kansas mushrooms you can eat with cooking recommendations. Here are tips on how to choose, store and prepare mushrooms, as well as a guide on three varieties to make a part of your everyday meals.Choose mushrooms with a firm, smooth texture and avoid any with bruises or a shriveled appearance. Sauté in butter and then serve them with cooked pasta and topped with parmesan cheese and fresh chives. She is also a convincing advocate for the formation of more regional education and research efforts from groups like the 35-year old Kaw Valley Mycological Society. Pan roast them in olive oil for a few minutes after they turn golden brown and then add fresh rosemary and a dab of butter and some salt and pepper and cook for about another minute.

The .gov means it's official. Federal government websites always use a .gov or .mil domain. Before sharing sensitive information online, make sure you're on a .gov or .mil site by inspecting your browser's address (or "location") bar. 24/11/2021 · Tasha Rube is a Licensed Social Worker based in Kansas City, Kansas. Tasha is affiliated with the Dwight D. Eisenhower VA Medical Center in Leavenworth, Kansas. She received her Masters of Social Work (MSW) from the University of Missouri in 2014. There are 7 references cited in this article, which can be found at the bottom of the page. Sample our hearth-baked breads and tarts, spit-roasted meats, simply dressed pastas, and fresh fish flown in daily. Dishes rely on a few perfect ingredients combined to bring out the best of each, for a dining experience that's as un-fussy as the restaurant's casually sophisticated ambiance. 10/01/2019 · 2 packages (3-1/2 ounces each) fresh enoki mushrooms or 1/2 pound sliced fresh mushrooms; 1 medium onion, chopped; 2 garlic cloves, minced; 1 teaspoon fresh ginger root; 1 tablespoon canola oil; 4 cups water; 1/4 cup miso paste; 1 package (16 ounces) firm tofu, drained and cut into 3/4-inch cubes; Thinly sliced green onions; Yield: 5 servings Thank you for making Chowhound a vibrant and passionate community of food trailblazers for 25 years. We wish you all the best on your future culinary endeavors. 14/07/2017 · Sweetness! Pro Tip: Sweet drinks complement spicy and salty foods. Whether you're tucking into a hot stir-fry, fajitas, or spicy barbecue, that touch of sweet will go a long way to tame the heat of your dish.An ice-cold glass of sweet tea, off-dry Riesling or Chenin blanc, lemon drop or a rum and coke-all of these drinks should rank high when you're chowing down on chilies. Lactarius indigo, commonly known as the indigo milk cap, indigo milky, the indigo (or blue) lactarius, or the blue milk mushroom, is a species of agaric fungus in the family Russulaceae.A widely distributed species, it grows naturally in eastern North America, East Asia, and Central America; it has also been reported in southern France. 01/07/2013 · These veggie burgers are easy, and make a great beef alternative that even a meat lover would enjoy. The mushrooms are marinated then grilled and topped with melted Swiss cheese, grilled red onion, tomatoes, spinach, and avocado - yum!! To give the mushroom a meaty flavor, I marinated them with balsamic, soy sauce and Montreal steak seasoning. The Official Site of Major League Baseball. A Bay Area favorite, this locally owned lumpia hotspot offers a variety of lumpia options including a Shanghai-style lumpia with ground pork, diced shrimp, carrots, and water chestnuts, a vegan option with kale, potatoes, and roasted mushrooms and a bacon cheeseburger lumpia stuffed with beef, smoky bacon, cheddar, and onions. 20/05/2022 · Congratulations to Kay Garrett, winner of our guest Julie Laing's Complete Guide to Pickling. Picnic at Kay's! * Congratulations to Melanie S who won a copy of DEATH BY BEACH READ by Eva Gates * Congratulations to Alicia who won a \$20 Amazon gift card from Valerie (V. M.) Burns. * Congratulations to jarim, winner of QUILT OR INNOCENCE, the first book in The ... 01/07/2013 · These veggie burgers are easy, and make a great beef alternative that even a meat lover would enjoy. The mushrooms are marinated then grilled and topped with melted Swiss cheese, grilled red onion, tomatoes, spinach, and avocado - yum!! To give the mushroom a meaty flavor, I marinated them with balsamic, soy sauce and Montreal steak seasoning. 24/11/2021 · Tasha Rube is a Licensed Social Worker based in Kansas City, Kansas. Tasha is affiliated with the Dwight D. Eisenhower VA Medical Center in Leavenworth, Kansas. She received her Masters of Social Work (MSW) from the University of Missouri in 2014. There are 7 references cited in this article, which can be found at the bottom of the page.

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