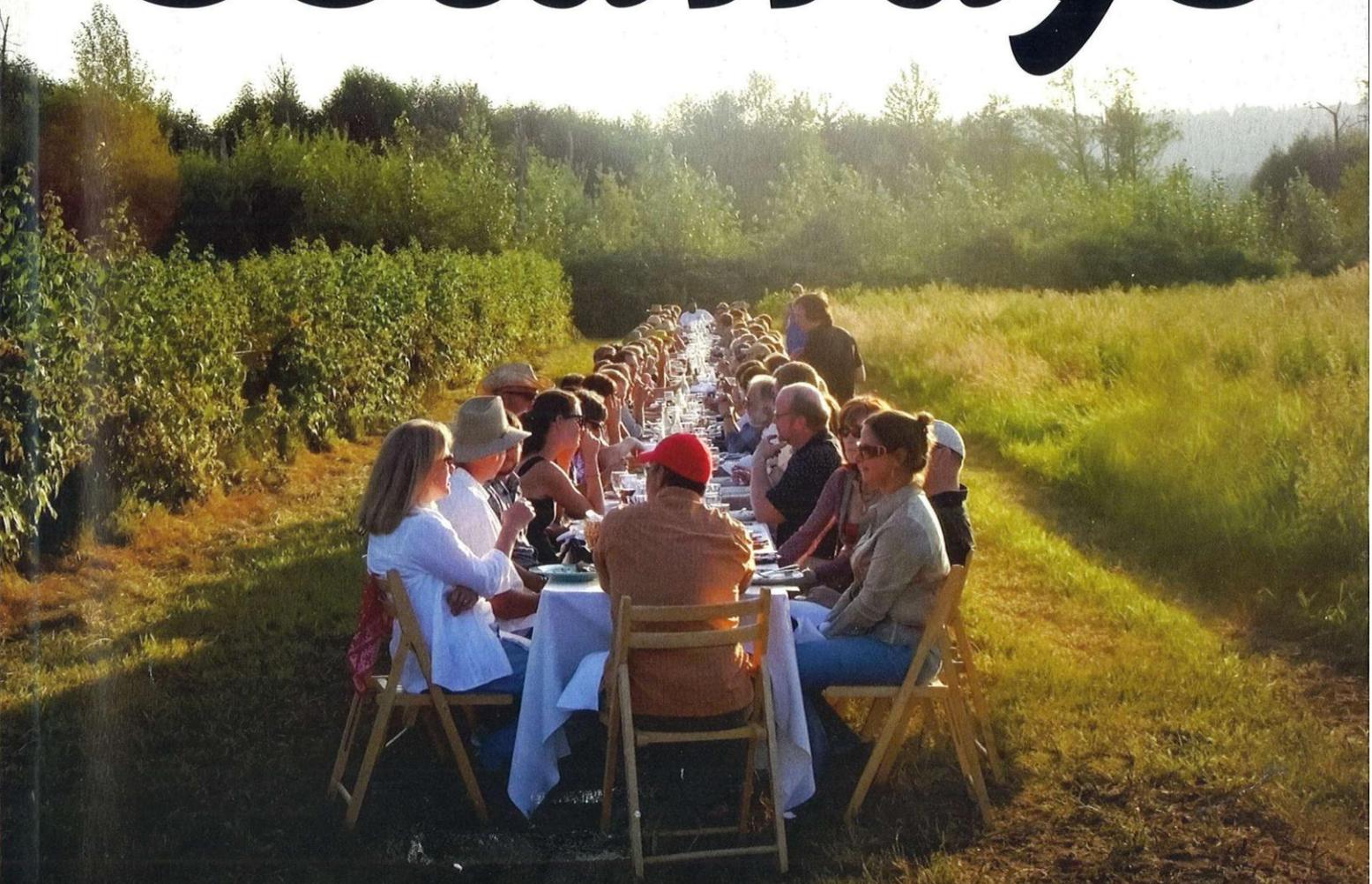


Outdoor Movies and Concerts All Summer Long • Pike/Pine on Overdrive

Seattle Met

JULY 2011
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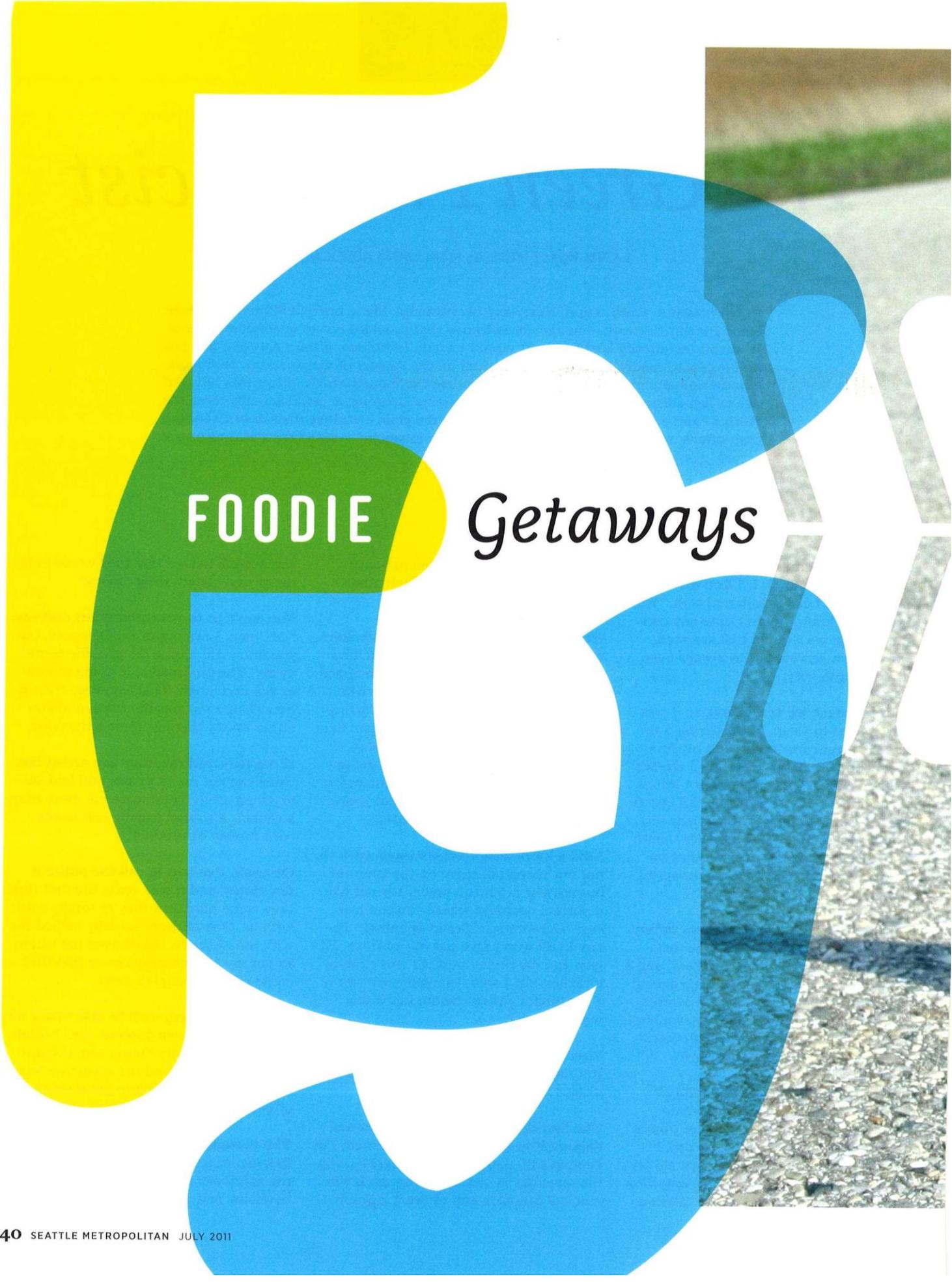
Foodie Getaways



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\$4.99

20 Trips to Take with Fork in Hand

The image features three large, stylized letters: a yellow 'F' on the left, a blue 'E' in the center, and a white 'W' on the right. The 'E' and 'W' are semi-transparent, allowing a photograph of a gravel path to be seen through them. The 'F' is solid yellow. The 'E' is solid blue. The 'W' is white with a blue outline.

FOODIE

Getaways

A photograph of a brown chicken standing on a paved road. The chicken is facing left, looking towards the camera. The road has a yellow dashed line in the distance. A large white arrow graphic is overlaid on the left side of the image, pointing towards the chicken. The text is positioned to the left of the chicken's body.

**Hit the
road for
great
gourmet
vacations.**

By Allison Williams

9



WHAT YOU'LL DO

Forage for mushrooms and learn kitchen skills while weekendending on San Juan Island.

WHAT YOU'LL EAT

Piles of fresh-caught crab and shrimp, and your own foraged mushrooms, if you're lucky.

WHERE YOU'LL GO

Friday Harbor, Sept 9 & 10, Oct 7 & 8, and Nov 10 & 11, \$199-\$249, 866-722-7356; fridayharborhouse.com



Friday Harbor House Cooking Class



Chef Kyle Nicholson of the Bluff Restaurant kicks off a series of three didactic overnights on September 9. The curriculum: “farm to table, island style.” Here’s what the avid mushroom hunter will impart about finding fungi.

Do

✓ **Forage for mushrooms with an open mind.** “You might not find anything,” says Nicholson. “It’s kind of one of those Zen things; some days it happens, some days it doesn’t. Enjoy the journey.”

✓ **Avoid toxic waste sites.** “You wouldn’t want to eat what you found out at the dump or near a chemical spill,” says Nicholson. If you didn’t already know that, please write this one down.

✓ **Get your head in the game.** Look down—the mushrooms aren’t going to levitate. Search in sunnier spots for morels, which look like pinecones, and under the canopy for chanterelles.

✓ **Trim in the field.** That way the dirty bits go right back into the ground, spreading spores. Back home, don’t bother washing chanterelles and hedgehogs; they only need to be given a once-over with a brush. For the dirt trapped in the honeycombs of morels, rinse in warm water and use a heat lamp to dry.

✓ **Go south.** With a little prompting, Nicholson will reveal that he’s had good luck foraging in the South Sound. “We head a little bit east to the parks outside Olympia—some of the old logging roads have great access.” Truffles have been found down there, but those underground treasures take tools and know-how.

Don't

✗ **Eat unknowns.** “If you can’t ID it, you don’t want to eat it,” says Nicholson. If that seems obvious, ask yourself if you know which edibles have poisonous look-alikes—elfin saddles, for one, look similar to morels but shouldn’t be eaten. Nicholson carries the fungus bible *All that the Rain Promises and More*.

✗ **Pull a mushroom out of the ground.** If you destroy the mycelium, no more treasures can grow. It’s like burning down the bakery after scoring your brioche—sad news for the next hungry person to wander by. Rather than pull out by the roots, cut mushrooms at their base with a pocketknife.

✗ **Freeze fresh fungi.** As in fish, the cells of water-heavy mushrooms break down during freezing. Don’t simply dry them; dried ‘shrooms are readily available at markets. Your best way to preserve your haul is to cook down (while adding flavor with wine or butter) and then freeze that mushroom product.

✗ **Steal someone’s secret site.** Nicholson isn’t evasive, exactly, about his favorite spots, but he’s not drawing anyone a road map. “I might be a little bit vague,” he says. Still he notes that “mycologists are in the older age bracket, and they’re not gonna walk five miles in”—so take a serious hike and you’ll find untrampled territory.

The Lesson