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Spore Print

The Newsletter of the Connecticut Valley Mycological Society
Affiliate of the North American Mycological Association
Member Northeastern Mycological Federation

Membership: Dues per calendar year are $15 individual; $20 family (two or more persons at one address and requiring only one copy of club mailings). Lifetime memberships are $200 individual and $250 family. Make checks payable to CVMS and send to: CVMS/Karen Monger, 32A Perkins Ave., Norwich, CT 06360. CVMS members may also pay NAMA yearly membership dues by attaching a separate check for $32 (discount rate) payable to NAMA.

The Spore Print newsletter is published quarterly in early Winter, Spring, Summer, and Fall. It is distributed to all members of the club in good standing, and on an exchange basis to the newsletter editors of other mushroom clubs. Submissions to this newsletter can be sent to the editor. If you would like to get your copy online, send your email address to: dinahwells@hotmail.com (put "Spore Print" in subject line or your email will be deleted).

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We welcome your submissions

The Spore Print "staff" would love to have your input! Photos, poems, articles, recipes or anything of interest to the members. The next deadline for submissions is January 1. Send a link to an interesting article or an email to: dinahwells@hotmail.com.

COMING EVENTS

October 28: Tailgate! Hurd State Park, East Hampton This is the penultimate foray of the year and a potluck. We foray at 10:00 as usual and then have lunch. Please read "Food Event Guidelines" in your Member Handbook (otherwise known as the foray schedule). This is really a nice location with fireplaces and open shelter in the event of rain, or, dare I say, snow? Please wear name tags: we have a lot of new members to get to know!

December 13-16: NAMA 2012 Foray, Scotts Valley, CA This is the North American Mycological Association's 52nd annual foray. The Santa Cruz area where this is held has a lot to offer including their famous HUGE chanterelles, Cantherellus californicus. Information at: www.namyco.org or phone Ann Bornstein, registrar, at: (831) 786-0782

Aleuria aurantia, or Orange Peel Fungus, was found at Kettletown State Park on Oct. 7. This is an ascomycete in the order Pezizales, the order that includes the morel and truffle families. This fungus is listed as "edible" in Alan Bessette's Mushrooms of Northeastern North America. David Arora notes, "edible and highly rated by one authority, but bland according to others". We would like to know if anyone has eaten this fungus, and, if so, what was the verdict? Email the editor at dinahwells@hotmail.com.

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President's Message

Hello CVMSers,

Late summer and fall has come with the rain that all mushroomers longed for during the June-July dry spell. So the collection tables have been full and the forays have been wonderful gifts. CVMS has enjoyed an influx of new members which keeps our membership secretary, Karen Monger, very busy. With a steady stream of new applications all year and over 20 new mycophiles signing up at the Wild Mushroom Festival at the Dennison-Pequotsepos Nature in Mystic, it is great to see many new faces at the forays. So, welcome to all new members. If you are new to the club, try to make it to the few forays left this year. Experienced CVMSers enjoy answering questions and have given many table talks featuring highlights of the large collections. Bill Yule, vice president and club educator, is great at getting these talks going especially when there are new members who want to learn more.

I want to highlight one of the mushrooms we are finding regularly this fall. It is called the Deadly Galerina -- Galerina autumnalis, pictured at right. If you are collecting edible honey mushrooms, recognizing this killer is especially important. A beginner might find a log full of this poisonous mushroom and think they might be honeys. Even worse, this mushroom can even be growing in with honeys! So even an experienced collector can overlook some of these in a pile of honeys. They have the same liver-attacking toxin as the deadly Amanitas! It is a small, brown-capped mushroom but can be larger, has a thin, light-colored stem and a faint brown ring. It grows on dead wood. A key difference is that the Galerina autumnalis gives a rusty brown spore print while the honeys (Armillaria mellea and A. tabsescens) have white spores. This is only a partial description. Use your mushroom guides, check out the internet and talk with CVMS experts for more details.

Finally, I want to congratulate Karen Monger, Robert Gergulics and their daughter, Gillian, for being awarded a CVMS educational scholarship. They attended COMA's annual Clark Rogerson foray at Hemlocks camp in Hebron. Karen's report from the foray with photos starts on page 4. You might apply for and win one of these scholarships. Ask any club officer how it works.

Happy foraying! Bill Bynum, CVMS President

NEMF 2012 Report

(posted by Bill Bynum on Aug. 13 on the CVMS Yahoo Groups discussion group)

Those CVMSers who made it to NEMF this year were treated to many exceptional programs. Held at East Stroudsberg, PA, most of the forays were at the Delaware Water Gap National Recreation Area. While the days were heavy and hot and the mushrooms were not nearly as plentiful as they were at last Sunday's CVMS foray at the Roraback Wildlife Management Area (Aug. 12), the mycologists at NEMF did identify over 300 species brought in by the 250 or so attendees from many forays.

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No less than three of the many quality presentations were about boletes!!

Noah Siegel showed his fine photos and discussed many species in his talk titled "Bolete Identification Made Easy". He gives a lot of credit to the Bessette book on North American Boletes for sorting out species. Noah went through numerous species pointing out different macro characteristics of each. Noah commented at some length on Boletus huronensis, a poisonous bolete that CVMS has found a couple of times. In addition to the descriptions found in field guides and online, Noah said that this is a very dense mushroom and that when you pick it up you really notice how heavy it feels. Bill Yule has discussed this mushroom at our table talks. Everyone should be in the know especially if you are eating boletes and maybe just getting into identifying the many species. Here is a link with more details on Boletus huronensis from NAMA: http://namyco.org/publications/mcilvainea/v21/Boletus_huronensis.html

A second bolete presentation was by Roy Halling who is known as one of the top bolete experts in the world. Roy's talk was titled "Boletes: A Tropical and Southern Hemisphere Perspective". While the title sounded exotic, Roy showed how many things are connected. Roy put the question of how evolution and distribution of mushrooms/boletes may have happened against a scale of geological time starting 450 million years ago with Gondwana *[the southernmost of two supercontinents (the other being Laurasia) that later became parts of the Pangaea supercontinent]*. It existed from approximately 510 to 180 million years ago, or mya. Much later (150 mya) what is now North America connected with South America. Roy theorizes that the land connection allowed for migration of boletes and the trees they team up with to migrate north and south. He supports the theory with distributions of related species today. However, he is quick to add that many questions remain to be explored.

(Photo from NEMF 2012 by Sharon Henninger)

The third bolete talk was a presentation by Alan Bessette who with Arlene Bessette and Bill Roody created "North American Boletes: A Color Guide to the Fleshy Pored Mushrooms". This is the book Noah Siegel credits for best sorting out the Boletes for amateur mycophiles. Alan's presentation, titled "The Evolving Concept of Boletes: Redefining The Known", covered many of the changes in understanding boletes that have developed since the book was published in 2000. Allen discussed new names of many species and new species. DNA studies especially have led to understanding of connections and classifications not possible 12 years ago. One thing Alan pointed out of particular importance for us is that the Boletus huronensis is not cited as poisonous in the book.

Another great presentation was by Renee LeBeuf on mycenas. With beautiful photography and a new key that Renee developed herself, her presentation made people believe that this difficult group may be approachable for those who want to identify more mycena to species without a microscope. I just added the key that Renee shared to the files section of the CVMS yahoo group. It includes a link to Renee's outstanding mycena photos.

Finally, everyone should know that Bill Yule gave a presentation called "The Weird, the Wacky, the Wonderful: Bizarre and Unusual Fungi I Have Met". You would think he would do Boletes also -- that's why we call him Bolete Bill. But with all the other Bolete presentations he was asked to do something different. I did not get to Bill's actual presentation but I did look through the pictures with Bill and the images really did live up to the zany title. People I talked with who were there loved it!!

That's it for my comments on NEMF 2012. NEMF 2013 will be hosted by the Quebec club in September in the small city of Rimouski which is on the St Lawrence Seaway about 50 miles east of Quebec City. I hope many CVMSers can be there.

Clark Rogerson COMA Foray Report

(submitted by Karen Monger, Membership Secretary, CVMS)

Through a generous scholarship from CVMS, Robert, Gillian and I were able to attend one full day of the 34th Clark Rogerson COMA Foray on September 15. We went on a collection foray, participated in the foray identifications, attended the mycophagy session, took a dip in Camp Hemlocks' pool, and attended Gary Lincoff's slide show and presentation. Gillian even managed to win an award for her drawing on her favorite mushroom, the artist's conk (Ganoderma applanatum), presented by Gary.

We arrived early to the Camp Hemlocks facility, around 8AM, to try to sign up for a collection walk. The weather had been dry for more than a week so we wondered if many mushrooms would be found. Fellow CVMS member Bill Yule took a group to Nehantic State Forest in Lyme, but CVMS member Connie Borodenko wondered if there was a wetter area we might explore, and Robert and I suggested the Sellew Preserve in East Hampton. We headed out with Connie and Rhoda Roper to the nearby preserve, and almost immediately after we headed down the first hill, Robert found a chicken (Laetiporus sulphureus). He and Connie ended up with two grocery bags full at the end of the walk. Robert and Gillian bounded ahead to find many Cortinarius iodes and assorted Amanitas, while Rhoda and I took a lower path and walked slowly, looking for wood decayers and other small fungi. I found a small Fistulina hepatica and some cute hairy-topped Inocybes, while Rhoda grabbed some turkey tails (Trametes versicolor) and many Trichaptum biformes. We took a quick break for lunch and then drove over to an isolated spot at Salmon River State Forest on the way back where we picked up a few Cantharellus cinnabarinus and many Ganoderma applanatum for Gillian's use.

After we returned to the Hemlocks facility, Connie jumped right into identification, while I gave it a try. At this kind of foray, we label each find with a tag designating the finder, the origin of the specimen including its habitat (on wood, on the ground, hardwood or conifer forest), and the tentative ID. Then one of the official mycologists confirms the ID and moves the specimen to tables arranged by type, such as Boletes, Polypores, gilled fungi, and non-gilled fungi. Gillian took this time to run Carol Lambiase's dog, Bolt, around the grounds. The official mycologists included our own Bill Yule, John Plischke from Pennsylvania, Roz Lowen, and Gary Lincoff. One of the most impressive finds of the day was a giant puffball (Calvatia gigantea) by Josh Hutchins, which he posed with happily.

We eagerly anticipated the mycophagy session at 4PM, and CVMS and COMA members Joe and Kathy Brandt had promised a feast. The volunteers had been working all day in the kitchen to cook and present the buffet, featuring a lot of the sulphur shelf that had been found over the weekend. Some of the dishes included Lobster (Hypomyces lactifluorum) Quiche, Cinnabar Chanterelles with Saffron Rice, "Chicken" Falafels, Mushroom Risotto, and Oyster Mushroom Soup. Gillian then went to splash in the pool for an hour while we socialized with COMA members and revisited the ID room. *(cont'd. next page)*

(cont'd. from preceding page) The finale of the evening was the presentation by Gary Lincoff in the auditorium. There was a silent auction and awards ceremony. He discussed the inter-relationships of fungi, plants, and animals, and the exchange of nutrients between them with a slide show. We were also excited to pick up Gary Lincoff's new book, The Joy of Foraging, and have him sign it, along with our dog-eared copy of the Audubon Society mushroom book.

After a long 12 hour day, we returned home having met many new people and exploring the 350+ species found over the weekend. We did miss a few presentations that took place on Friday night, including one on Boletes by Bill Yule, which we hope he repeats someday. Robert took lots of photos, and while Gillian may have wished there were some kids around, she had a great time hanging out with Connie at the pool and hiking at the preserve. I took some of my first steps toward identifying some fungi with confidence, and enjoyed the social interactions with fellow enthusiasts.

Photos of Clark Rogerson Foray, clockwise from upper left: collection tables, Karen Monger, Josh Hutchins, Gary Lincoff.

Attendees of the COMA Clark Rogerson Foray gather for a group photo.

Of Pom-poms and Cheerleaders

From Bill Yule comes the following correction:

"The current name these days for Dinah's beautiful pom-pom *[pictured at right]* found at Kettletown State Park is Hericium americanum *[not H. coralloides]*. It's a long confusing story about who said what first and where but the short story is that one is now called H. americanum." An image search for "pom-pom mushroom", however, will mostly yield images of Hericium erinaceum, which, to any former cheerleader, really looks more like a pom-pom *[below]*. The mushroom at right seems to go by the name Comb Tooth more generally. (What, never did any cheerleading, Bill?)

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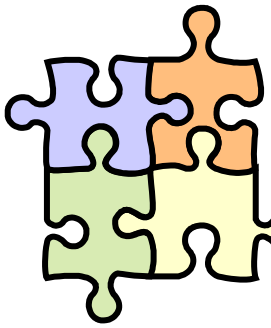
Hericium erinaceum, also called Lion's Mane, has been studied for its neuroprotective effects. Nerve growth factors (NGF's) have been identified in the fungus. According to an article by Paul Stamets (Huffington Post, Aug. 8, 2012), a Japanese doctor has confirmed that the NGF's (hericenones and erinacines) stimulate nerve regeneration. A small clinical study in which Lion's Mane powder was given to 30 patients with mild cognitive impairment resulted in "significant benefits for as long as they consumed the mushrooms". Could this mushroom improve middle-aged memory loss? Can I remember where I found it growing last time?

Although this mushroom is a somewhat rare find in our area, it can be cultivated at home. A Lion's Mane mushroom kit is available at Fungi Perfecti, and one can also find Lion's Mane plug spawn. I hope I can remember to buy some.



Bits & Pieces

Volva or Basal Bulb?

[The following, written by Debbie Viess, is reprinted with permission from Fungi-zette.com, a website based on the West Coast. Debbie Viess is a co-founder of BAMS, the Bay Area Mycological Society, and an Amanita enthusiast! Check out the BAMS website which has lots of great information and photos. Debbie will be giving an Amanita talk at NAMA in Dec. 2012 in Scotts Valley, CA]

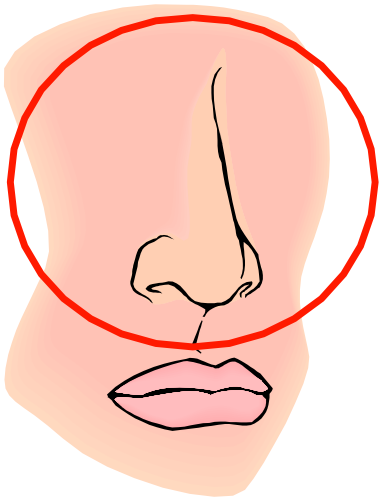
What is the difference between a basal bulb and a volva?

"Good question, and one that many beginning Amanita observers have wondered over...how can a smooth-based swollen stipe (take our local Amanita novinupta, as an example) be a volva, and if there is no volva, how does it fit the definition of Amanita?

It all becomes much clearer when you understand that "volva" is merely another name for the universal veil. ALL Amanitas start life with a universal veil, or extra tissue that covers the developing mushroom. In Amanitas like phalloides and most grisettes, that veil is membranous, and so as the mushroom (with an egg-like initial appearance) develops, the veil tears, to form a loose sac at the base and, rarely, a thin patch on the cap.

In Amanitas like muscaria or the various reddening Amanitas (franchetii and novinupta here in the west), that volva is friable or composed of easily broken-apart inflated cells, which when expanded form warts or a close cup or sometimes just disappear. The remnants of the volva or universal veil form the rings on a muscaria bulb, and the flecks of yellow universal veil along the bulb of a franchetii. In the lepidellas, that universal veil is white and flocculent and often worn away by time, weather, etc.

The basal bulb is just the shape that a particular mushroom takes, independent of the universal veil or volva."



The Nose

A GOOD IDer IS A SNIFFER
submitted by Terry Stoleson

At the Fall forays, some members were witnessed putting schnozz to shrooms which really don't all smell "mushroomy". It's not to get a high but odor is an important key to identifying some species. The following were found on the collection tables recently. Many Tricholomas smell "mealy", but T. odorum and T. sulphurescens reek of "coal tar". And T. magnivelare, the pricey Matsutake, has the scent of "spice and gym socks". Hebeloma crustuliniforme, aka Poison Pie has a "radishy" odor. And so have several Inocybe, - as well as some smelling "like green corn" or "pear" or "spermatic"? At Bigelow Hollow, members brought in a pile of Lactarius hibbardae which has a yummy "coconut" fragrance. And just last week, I found the choice edible Agaricus arvensis, aka Horse Mushroom, and A. silvicola, both having a wonderful "almond-anise" odor. There are many others out there to discover. The myco-detective in me always says "Wow!" when I'm surprised by an unusual aroma from a fungus. It makes sense to use all your senses when trying to identify your finds. Try it!

MOVIE REVIEW: "Now, Forager"
(a movie written and directed by Jason Cortlund, New York Mycological Society)

"Now, Forager" had a New York showing recently at the IFC (Independent Film Center). Quoting from a reader's comment at Rottentomatoes.com, "Now, Forager" is "slow-paced, but it is a sensitive, intelligent portrayal of a failing relationship between two people whose love for each other is in competition with an outside passion that is not fully shared--in this case the man's devotion to mushroom collecting and gourmet cooking. Beyond its compelling human story, the film features gorgeous photography of mushrooms and of nature more generally, and some great comic sequences."

Roger Ebert says, "The images of wild mushrooms by Cortlund himself (editor of the newsletter of the New York Mycological Society), and the shots of food prep by cinematographer Jonathan Nastasi, approach art. "Now, Forager" is an uncompromising film about two people who don't deserve each other".

On a recent trip to the city, your editor and her sister both enjoyed this film very much. No gimmicks, or cliches, no unnecessary confrontations, just a realistic look at what happens when two people can't make it together anymore. And the footage of mushroom picking is, I can attest, beautiful and satisfying. There are maitakes, morels, oysters, lobsters, hericium, and more. Any mycophile will like this movie. Look for it!

Mycophagy

Yorkshire Pudding with Mushrooms and Sausages

(from the kitchen of Jean Hopkins, Secretary of CVMS and regular Mycophagy contributor)

1 cup flour
1 cup milk
¼ t. salt
2 eggs
¼ cup olive oil
2 T butter
4 cups mushrooms. These will cook down a bit.
¼ cup chopped onion, or more to taste
Herbs of your choice, ¼ cup grated Asiago or Parmesan cheese
4 sausages, optional (I used hot beef links)

Preheat oven to 425 degrees.
Heat oil and butter in frying pan. Add onion first to cook for a few minutes and then add chopped mushrooms. I used Hen of the Woods, but other wild mushrooms would be good. Stir mushrooms to coat over moderate heat, season with salt and pepper, and then cover and cook thoroughly. In slightly larger iron frying pan such as a 9" skillet, brown sausages and when thoroughly heated add cooked mushrooms. Place skillet in heated oven for a few minutes. Meanwhile, mix flour and salt, herbs and grated cheese. Add ¾ cup milk and beat until smooth. Beat eggs with remainder of milk and add to flour mixture and beat with rotary beater until smooth and creamy. Remove skillet from oven and pour batter over all. Return to oven and cook for 30 minutes at which time the pudding will have puffed up and browned. Remove and serve at once.

From the Editor: We were recently asked how to freeze Grifola frondosa. Most of the online sources recommend cooking mushrooms before freezing them for longer freezer life and better texture. One of three methods can be used: blanching, steaming, or sauteing. The mushrooms should be slightly undercooked, so that when the frozen mushrooms are tossed into a soup, stew or other dish, they can finish cooking without turning to mush. Eugenia Bone, a mycophile and food writer, whose archived blog "Well Preserved" can still be found at http://blogs.denverpost.com/preserved/, explains that when you pre-cook the mushroom you reduce the water content in it, and foods with a lower water content withstand freezing better. But another important reason to pre-cook is that it destroys the enzymatic action of the food. Enzymes are "the proteins in plants, animals and fungi that help them mature. If you freeze without a precooking stage, the enzymes will continue to age the fungi...and undermine their flavor, texture, and color." (Eugenia Bone is the author of Mycophilia, Well-Preserved, and others.

Members of CVMS and COMA joined forces for the Ed Bosman Tricholoma Foray on Oct. 7 at Kettletown State Park in Southbury.

CVMS / Dinah Wells

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