



Spore Print

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

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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 24-27: NAMA Foray, Harriet, Arkansas

Hosted by the Arkansas Mycological Society in the Ozark Mountain Range at the Shepherd of the Ozarks Conference Center. Chief mycologist Dr. Clark Ovrebo will be joined by Alan and Arleen Bessette, Andrew Methven, Michael Kuo, D. Jean Lodge, Tom Volk, Britt Bunyard, Rosanne Healy, David Lewis, and Walt Sturgeon

For information email: justice@aristotle.net or phone registrar Jay Justice at (501) 837-5303

October 27: 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 location has shelter and fireplaces which we usually have blazing as this date can be very cool. The last foray is November 3, at Wadsworth Falls State Park in Middlefield. Don't forget to bring plates and utensils to Tailgate! And a mug for the soups that usually show up on the menu.

The CVMS Facebook page is very active with lots of people posting photos of their finds and getting help with identifications. Check it out! And on the CVMS Yahoo Groups page you will find more conversations as well as the complete species list from each foray posted by Walt Rode.

New Club in Western Massachusetts

"The [Pioneer Valley Mycological Association](#) was founded by Michael Ostrowski, a native of western Massachusetts, and Dianna Smith, former COMA president, who recently moved to the area. They established a presence on Facebook a couple of months ago and now have about 60 followers. The region is home to five colleges and a diverse population interested in foraging, especially mushrooms, to supplement and enhance meals. Michael is club president, treasurer, publicity and membership chairperson. Dianna leads the club's weekend fungi identification walks. To increase membership, she gives introduction to mycology presentations at the Science Center in Springfield and several area state parks and nature preserves."
(from the NAMA website)

President's Message

Hello CVMSers,

Here is a numeric summary of the excitement at recent CVMS forays: **179, 185, 47, 185, 129, 104, 123, 139**. These are the number of species identified and labeled at the August and September forays! I am always struck by the collection tables when everything is labeled. Every display offers us a first quality 3-D field guide every week. These numbers are a way to quantify it. In case you do not know, Walt Rode is the one who provides the blank tags which he cuts to a particular size. He does a lot of the identifying and labeling along with others who print the genus and species on each tag. Then when we clean up the tables, Walt carefully collects the tags and takes them home where he records a list of the fungi found at each foray. These lists are club records and Walt publishes them within a few days of the foray on the yahoo group. To find them, just go to <http://groups.yahoo.com/neo/groups/cvms/files> and look in the folder named "Weekly Foray Species List 2013". The lists are a great resource for helping to recall a name of that mushroom you wanted to remember, or as a study aid to focus on what is being found this week in a particular group. For example, you might want to review some of the 17 different Amanitas or the 8 species of Lactarius found at the Mystic Wild mushroom festival.

We all owe Walt our appreciation for his dedication to creating these important records each week. *Thank you, Walt!!*

Happy fall foraying to all, Bill Bynum, President

A Visit to the Great Mountain Forest *by Connie Borodenko*

On Saturday, September 14, four CVMSers went to see and explore a unique property owned by Yale in northwestern Connecticut. Ellen Bulger, CVMS Secretary, who knew of this wonderful sixty-five hundred acre forest, having done some entomological work there, had obtained a permit for us. In exchange, we would provide them with a species list of our finds. Jody Bronson, director of this forest, is a very amiable and enthusiastic fellow, who mentioned that the area had suffered only two days of ninety degree heat all summer, whereas much of the state had at least sixteen super hot days. This made all the difference in mushroom fruitings, delighting us with an abundance of species. Terry Stoleson, who did the driving, Harley Stoleson, Ellen Bulger, and I found at least eighty-eight species, including *Herichium*, *Boletus edulis*, *Cordyceps*, *Pholiotas*, untold *Russulas*, and much more. It was a joy to see such a variety. We made a list for Mr. Bronson, and hope we will be invited again.

This is essentially private land, owned and operated by Yale in conjunction with their Forestry School. It is my experience that mycology has not had a major place in the study of forestry, though it seems to be changing. Meanwhile, permits may be given to knowledgeable CVMS groups to visit and continue to provide species lists.

Frequently Asked Questions for the CVMS Membership Secretary

By Karen Monger

I have lost my Member Handbook with the foray schedule. What do I do?

If you see me at a future foray, I usually have some with me and can give you a new one. Otherwise, send me an email at kraczewski@comcast.net to let me know, and I'll mail a new one out to you.

I accidentally washed my nametag. How do I get a new one? I need another nametag holder. Where can I get one?

I have some blank name tags you can fill in with your name with me at all times. I also have some name tag holders for anyone who needs one.

I have a friend who might want to join. May I bring them along to a foray?

You may bring a guest to a foray once for them to try it out, and then have them ask me for an application. I also uploaded applications for them to print out on the Yahoo group, under the Files section. Finally, I can be emailed at kraczewski@comcast.net and then send them an application through email or regular mail.

What do you do with all of my personal information that is collected on the application? Will I get lots of phone calls, email, and spam?

Your personal information is entered into a database that is not connected to the internet, but stored on a thumb drive. I use that information to help the Spore Print editor send out your newsletters, and to determine if a member's dues are paid and current. In very rare instances when a foray may have to be cancelled due to unforeseen circumstances, we will send out a mass email to members to let them know about the changes. Your email addresses or phone numbers will never be shared with anyone. Your name and the town where you live is printed in the summer newsletter.

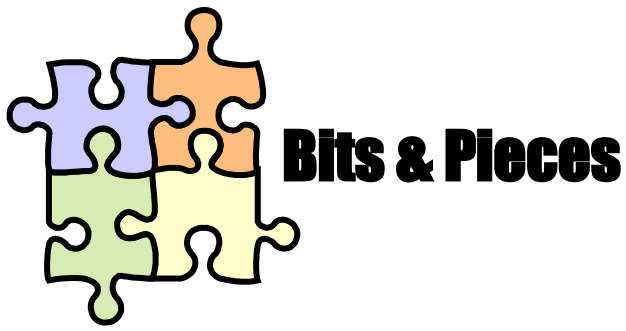
While the club officers' phone numbers are printed in the Member Handbook they should not be shared with non-members. Questions for the Membership Secretary should be sent by email to address at bottom.

I joined in July. Do I need to renew my membership for next year in July?

Your membership lasts through the calendar year, not 365 days from the date you joined. If you joined in July 2013, you are paid through the 2013 season. If you want to be a member for the 2014 season, you will need to renew beginning in January 2014. A renewal form for the next season is included in your Fall Spore Print (see page 9). Many people also choose to renew and pay their yearly dues in person at our March Mushroom Madness event, where they can also pick up their Member Handbook. Otherwise, all other renewed members will have their handbooks and name tags mailed during the first few weeks of April for the 2014 season.

I live with my girlfriend, but we are not married. Can we join as a family, or do we need to have two individual memberships?

A family membership is for all members of a household living at the same address. If your parents or kids live with you, they can join on your membership. If you have an interested roommate, they can join on your membership. As long as I am mailing one Member Handbook to a single address, everyone living at that address is eligible for the family membership, regardless of your legal relationship.



It's Not Paranoia if They're Really Out to Get You (or Mycophobia in Jeff VanderMeer's novel *Finch*)

by Ellen Bulger

Entering a subculture is an immersive experience. There will be a test. I have take-home reading: field guides. Lacking the years of experience that many of the CVMS members have, I wanted some myco-fiction to help me get up to speed. *The Wonderful Flight to the Mushroom Planet* by Eleanor Cameron came to mind and not much else. Then *Finch*, a detective-noir myco-punk fantasy, fell into my lap by way of Audible.com.

This book is *Naked Lunch* meets *Perdido Street Station* in *The Fifth Kingdom*. The human characters struggle to survive as Ambergris City is engulfed by the experimental biotech of fungal overlords. There are shortages, forced labor, executions, rumors, despair, desperation and resistance.

A web of mycelium holds this world together, even if author Jeff VanderMeer never uses that word. Ambergris is alive with the stuff. Buildings grow. Guns throb and drip. The air is filled with dangerous spores, experiments gone wrong. Ambergris is unwholesome, not a place to go barefoot and pick daisies.

Years of human conflict have broken the city state, and now the Gray Caps and their mycotechnology permeate it. The detective story is given in pulses, in spasms. Living under occupation, Ambergrisians balance cooperation with rebellion in the small actions they take every day. Finch himself works as a police investigator. To the extent that he can, he focuses on criminal activities and makes every effort to keep people away from Gray Cap justice. Despite this, he knows he seems a collaborator.

The mushroom people are terrifying and unfathomable. Victims of a historical genocide, they have reason to hate humanity. More frightening are the Partials, unambiguous human traitors, humans who have volunteered to be infected with spores. They ain't pretty. Think "Homo abortivum" and that's just their outer ugliness.

The Gray Caps maintain control of the human population by way of misdirection and a culture of fear, that and mycelial surveillance. The walls have grown ears. Finch constantly wonders, *Is someone listening?* Think of the microphones and cameras on our laptops. *Hello, NSA?*

Protagonist John "I am not a detective" Finch has spent his life on this shifting ground. He grimly wobbles through the book, trying to hold on to an elusive center. All of Ambergris exists in the same terrifying limbo. No one feels safe, not even the Gray Caps who rule the place.

This is weird stuff. It could have so easily become cheesy. But there's a haunting grace to VanderMeer's writing. You ache for Finch when you've only just been introduced to him. You aren't even sure that what he has lost was worthwhile, but you respect his suffering. Here's what holds Finch together: his struggle to maintain loyalty to his friends, the memory of his father, his love for his city. And his city, for good or ill, is being taken apart, piece by piece, by the fungi that were there before the humans set foot in the place.

(continued on next page)

Mycophagy

We're All Guinea Pigs at the Potluck by Ellen Bulger

I miss tamales. They aren't a thing here in the land of the pizza and lobster rolls. I'd always wanted to make them, but they're labor intensive and fattening as hell. This is special occasion food.

I'm also fascinated by huitlacoché, *Ustilago maydis*, beloved in Mexico but reviled in the United States. Ever the champion of the underdog and faced with an upcoming club potluck and a pantry woefully empty of mushrooms, I decided the time for huitlacoché tamales had arrived.

I couldn't find the fresh fungus and ended up buying a jar of the stuff at a Mexican market on Campbell Avenue in West Haven. I was shooting for Sonoran style tamales which are on the small side. (Banana-leaf Central American tamales can be the size of minivans.) The fresh corn husks came from a local farm stand. I still have to bring them some of the tamales as a thank you.

Huitlacoché Tamales

Filling:

- 2 large sweet onions, chopped
- 6 cloves of garlic, chopped
- 1 quart jar huitlacoché, drained (*reserve liquid for dough*)
- 2 small cans green chiles or 2 or 3 chopped poblanos
- Chipotles in whatever form is convenient, to ramp up the heat to taste
- Olive oil

Cook the onions & garlic in oil until they are soft. Mix in the huitlacoché and the various peppers. Cook it down. It will look terrifying. There's no help for it. *Ustilago maydis* is not a delight to the eye. After everything is a bit reduced, have at it with a stick blender, for everyone's sake.

Dough:

- 6 ears worth of fresh corn kernels
- 1 large onion
- 4 cloves garlic
- 9 cups broth (*I used poblanos, garlic, dried morels, liquid from huitlacoché & water, but you could use any stock you have or even just water.*)
- 2.2 lbs masa (*I used half a bag of MASECA instant corn flour.*)
- 1.5 tablespoons salt
- and, so help me,*
- 2 cups lard (*Yeah, I know. That's tamales for you. You can use the fat of your choice.*)



Throw the corn, onions & garlic into a skillet with a bit of olive oil and brown up the corn a bit. Let it cool then puree in the blender.

Put the masa in a LARGE bowl. Mix in the salt. Roll up your sleeves, you're going to have to use your hands. Mix in the corn/garlic/onion puree. Melt the lard. You want it liquid, but not too hot to handle. Mix it into the dough. Add the broth gradually. You might not need to use it all. The dough should have the consistency of peanut butter and be a bit sticky.

Take a break. Wash your hands. Pour yourself a drink. Tequila is nice. Catch up on your email.



I used fresh husks; 2 overlapping leaves per, as they were small. If you use dried husks, soak them for ~2 hours first.

Smear not quite a third of a cup of dough over the husk, going out to the sides, but leaving some room at the top and bottom for folding. Put about a tablespoon of filling in the middle. Fold the sides of the husk over. This will close the dough around the filling. Don't despair. There's a learning curve. Have another drink if need be.

Fold the top and bottom of the husk over and tie it. If you are clever with your fingers, you can do this with strips of husk. I ended up resorting to kitchen twine.

Arrange the tamales on end in a steamer or some sort of steaming rig. Resist the temptation to pack them too closely, they need breathing room. Steam then for an hour and a quarter. Let them cool. You won't be able to resist trying one and you will be underwhelmed. Fear not. Put them in the fridge and go have a shower and go to bed.



To serve, reheat by steaming for fifteen minutes. They'll be much improved. They'll be damn good. Don't eat too many. Share them.

Hen of the Woods Stroganoff by Karen Monger

Hen of the woods (*Grifola frondosa*) looks like a chicken's backside, all ruffled up. The many fronds are generally a creamy tan to grey, and have small, white pores on the underside. The fan-shaped fronds can be 3/4"-3" (2-8 cm) and overlap each other. They can seem fibrous, but are wonderfully toothsome and tender when young. The stalks and core are dense. Some specimens can grow to be 50 pounds, but most we found were about 5 pounds each. Hen of the woods grows on the bases of oak trees or stumps, often for several successive years at the same location. They are fairly common here in the Northeast, and we know some folks who are giving them away-- they are so plentiful this year. We stuffed breads, topped pizzas, boiled soups, and made tapenade from our finds.



Here is a hearty sauce for potatoes, dumplings, or egg noodles. Want more recipes? Visit our blog <http://the3foragers.blogspot.com/> (makes about 4 servings)

2 T olive oil
2 cloves garlic, minced
2 c. hen of the woods, packed
1 c. vegetable or chicken broth
1/2 c. cream
1/2 tsp pepper
1 tsp salt
1/4 c. sour cream
1 T flour
1 T chopped chives or parsley

Cooked potatoes, dumplings, or egg noodles

1. Heat the olive oil in a pan and sauté the garlic over medium heat for 1 minute. Add the packed mushrooms and cook, stirring often until the mushroom starts to brown.
2. Add the cream and broth, and allow it to reduce by half, stirring often. Add the salt and pepper.
3. In a bowl, mix the flour and the sour cream together. Stir the sour cream into the mushrooms and cook 5 minutes, until the sauce is thickened.
4. Serve the sauce over the potatoes, dumplings or noodles, and garnish with chopped chives or parsley.

NO! That's NOT Chaga!!

Online at Fungimag.com in the archives section at: <http://www.fungimag.com/fall-2012-articles/V5I3NotChagaLR.pdf> is an article by Ron Spinoso and Britt Bunyard detailing the possible look-alikes that one can mistake for Chaga, *Inonotus obliquus*, a fungus that grows on birch trees and is of medicinal value. Many good photos and information there. The archives are well-worth browsing. Also included is this photography article: <http://www.fungimag.com/winter-2013-articles/PhotoFocusLR.pdf>

CONNECTICUT VALLEY MYCOLOGICAL SOCIETY
APPLICATION FOR MEMBERSHIP FOR 2013/2014



Renewal? _____ New Member? _____

INDIVIDUAL (\$15) _____ FAMILY (\$20) _____

LIFETIME Individual (\$200) _____ Family (\$250) _____

Donation to the Ed Bosman Scholarship Fund \$ _____

Please make check payable to CVMS and send to:
CVMS/ Karen Monger, 32A Perkins Avenue, Norwich, CT 06360

Note: New members who pay full yearly dues after September 29 are paid through the next year.

To join the North American Mycological Association (NAMA) at discount affiliated club rate, include a separate check in the amount of \$24.00 (email) or \$30.00 (hard copy), payable to NAMA

NAME(S): _____

ADDRESS: _____

EMAIL: _____ TELEPHONE: _____

Names to be included with family membership: _____

Please send my copy of the Spore Print by: Email _____ Regular Mail _____ (Check one)

| |
|--|
| Club Use: Check # Rec'd _____ Letter _____ Handbook _____ Nametag _____ Web _____ |
|--|

Your participation in the group (the "Group") sponsored by the Connecticut Valley Mycological Society ("CVMS") constitutes a continuing acknowledgment that you are aware that (a) the identification of wild mushrooms always carries with it the risk that a mushroom may be misidentified, (b) consuming a mushroom that has been incorrectly identified creates a risk of personal injury, including serious illness (up to and including an untimely death), (c) eating mushrooms and other foraged foods, even if correctly identified, involves a risk of illness, injury or death as a result of personal sensitivity (including allergy or harmful interaction with other medicines you may be taking), and (d) participation in a foray may be physically strenuous and hazardous, personal responsibility and care should be exercised. In consideration for your acceptance as a member of the Group and/or participation in any activities sponsored by CVMS or the Group and its respective members, you agree to, and do, personally assume all risks arising from these activities and agree to release, hold harmless, and indemnify the Group, CVMS and any of their officers and members from any and all legal responsibility for injuries or accidents suffered by you, your family members or any minor child under your care during or as a result of any activity conducted or facilitated by the Group or CVMS, including but not limited to use of information provided by the Group and CVMS directly or in their sponsored websites, and all activities involving mushroom collection, identification or consumption.

X _____ Date _____

X _____ Date _____

About Mushroom Poisoning *(from the NAMA website)*

“The most frequent form of mushroom poisoning is caused by a wide variety of gastrointestinal irritants. The symptoms usually appear within 20 minutes to 4 hours of ingesting the mushrooms, and include nausea, vomiting, cramps, and diarrhea, which normally pass after the irritant had been expelled. Severe cases may require hospitalization. Treatment is largely supportive - helping the patient's body to eliminate what it's not equipped to handle. Recovery is complete, though a bout with severe gastrointestinal distress may put one off ever eating mushrooms again! **IMPORTANT:** If the gastrointestinal distress begins 6 to 24 hours after ingestion of the mushrooms, there is a possibility of a very serious toxicity from Amatoxins (see Amanitin). Gastrointestinal symptom onset of 4-11 hours with impaired kidney function could be due to Allenic Norleucine (2-amino-4,5-hexadienoic acid). Symptom onset greater than 24 hours and up to 21 days could be due to Orellanine...

“If you, someone you know, or even your pet may have been poisoned by mushrooms, try to get a sample of the same mushroom or mushrooms from where they were found. This will help aid in identification. Place any available material in a paper bag or waxed paper, not plastic and refrigerate until it can be examined. Note where the mushrooms were collected in case the mushrooms may have been contaminated by uptake of pesticides or heavy metals from lawns, roadsides or industrial areas.”

IN A MUSHROOM POISONING EMERGENCY: contact your nearest poison control center in the [US](#) or [Canada](#), emergency room, or your physician. US Poison Control: 1-800-222-1222



CVMS / Dinah Wells

FIRST CLASS MAIL