

Spore Print

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

Founder: Ed Bosman
President: Bill Bynum

Vice President: Bill Yule

Treasurer: Terri Hungerford

Secretary: Ellen Bulger

Membership Sec.: Karen Monger

Spore Print Editor: Dinah Wells

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 \$24 (electronic) \$30 (hard copy) 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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Submissions Needed

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 July 1. Send a link to an interesting article or an email

COMING EVENTS

April 27, Sunday: First CVMS members' foray of the season! Newtown, CT (see directions 'A' in foray book)

There could be early morels. If not, there are bound to be other fungal (and non-fungal) finds. Re-hone those identification skills after a long winter and join us. If you are lucky enough to find morels, remember to note the species of tree they were under. It is an important part of the identification, as well as helping you find more!

June 8, Sunday: Wild Foods Focus Foray, Colchester A regular foray followed by a potluck featuring any kind of wild food you can make into a dish! See Food Event Guidelines in your foray booklet.

July 19, Saturday: First Saturday foray of the season. See foray book for details

July 20, Sunday: Mid-season Tailgate! Colchester. See foray book for details.

September 4-7, 2014: COMA's Clark Rogerson Foray, Copake, NY This 36th Clark Rogerson Foray will be held at a new venue which features 640 wooded acres and many nearby parks. Chief mycologist: Gary Lincoff with Roz Lowen, Larry Millman, Bill Yule, John Plischke, III, and Leon Shernoff. Information at www.comafungi.org or phone: 914-294-5015

Found Items: Basket and field guide

Terry Stoleson is in possession of 2 items left behind at forays last year. (Sorry, this notice was supposed to go in the January newsletter. Editor error.) Terry writes, "Left behind at joint CVMS/Coma Mansfield Hollow SP Foray, Aug. 31: a nice mushrooming/picnic basket.

Also, found on a picnic table near pond at Hopeville Pond Foray, Oct. 20: a new beginner's mushroom book/field guide. Describe either item and I'll return them to you at a foray. If yours, email fungaloony@charter.net - write "lost at CVMS foray" in subject line."

Error in Foray Booklet – See details on page 3

President's Message

Hello CVMSers,

Spring is here and March Madness was a big success! It seems to happen that way every year. I believe that the promise of warming weather arouses every mycophile's senses so much that when we gather, the annual success is almost guaranteed. We all come ready for a



good time and bring delicious dishes for the buffet table. This year well over 100 people enjoyed Gary Lincoff's entertaining and informative presentation on ascomycetes. Gary first focused on morels. Then he called attention to many other ascos ranging from various black and brown dots on sticks to some flashy early



spring ones like the scarlet cup, pictured above right.

Because mycologists are studying and changing the species names of all North American morels, Gary advised making a note of the trees near any morels we find this spring because different species associate with different trees. For the club forays, we will likely continue using the names in our field guides even though mycologists are renaming the North American species. An article by Michael Wood on Mykoweb has a discussion of what is happening with morel identification and a number of links including some to DNA studies of Morcella. <http://www.mykoweb.com/blog/2010/webwatch-moreling-on-the-web/>

To learn more about Ascomycetes, the newly published book, Ascomycete Fungi of North America by Alan and Arlene Bessette has top reviews and will be a great addition to your library.

In closing, I encourage everyone to make plans for this year's regional and national forays run by NEMF and NAMA (October 9-12, 2014 at Camp Arnold near Eatonville, WA). Also take a look at the mushroom programs at Eagle Hill in Steuben Maine. Information can be found in this Spore Print (p. 6) and online.

Happy foraying, Bill Bynum, President

There once was a type of Coprinus.
'Twas said it was one of the finest.
But when eaten with ale
Made one sickly and pale
And, for us, that was too big a minus.
(by Linda Murfitt of NHMS)



(drawn by C. Borodenko)

ERROR IN FORAY BOOKLET *(from Membership Secretary, Karen Monger)*

Thanks for attending the March Mushroom Madness event.

I would like to clarify a mistake in the foray booklet. On May 18, walk D in the booklet, we are foraying at **Kent Falls State Park**. We are not foraying at Bull's Bridge due to lack of parking that has changed in recent years. Following are the correct directions to **Kent Falls State Park** for the May 18 foray. Hope to see you there.

From the North – Pittsfield and Great Barrington, MA areas: travel south on Route 7 into Kent, CT. The park is located along Route 7 approximately 3 miles south of the intersection with Route 45, and approximately 4.5 miles north of the village of Kent.

From the South – Greater Danbury area: travel north on Route 7 into Kent, CT. The park is located approximately 4.5 miles north of the village of Kent.

From the East – Hartford area: travel west on I-84, take Exit 39. Continue west along Route 4 to the intersection with Route 118 in Harwinton. Drive west along Route 118 to the intersection with Route 202 in Litchfield. Turn left onto Route 202 and travel west for about 7 miles to the intersection with Route 341. Turn right onto Route 341 and travel to the intersection with Route 7 in Kent, CT. Turn right (north) onto Route 7 and the park will be located approximately 4.5 miles ahead along Route 7.

Pass park entrance and continue 1/2 mile beyond to open field with a dirt, circular drive on left. Pull into drive and park.

Karen Monger
CVMS Membership Secretary

A Word to Those Who Would be Wise

(reprinted with permission from the Eastern Pennsylvania Mushroomers...written by past president John Dawson, current Program Chair and Vice President of EPM)

One of our club's most important functions is to help novices increase their knowledge of fungi and their identification skills; and with that in mind, we offer the following words of advice. The question most commonly asked by newcomers at forays is, "Is this mushroom edible?" It's a natural question since collecting for the table is the primary aim of many mushroom hunters. Unfortunately, however, experienced identifiers are apt to respond to that question in a manner similar to how parents respond to their children's query, "Are we there yet?" That's because, as posed, the question is not a good one for two reasons.

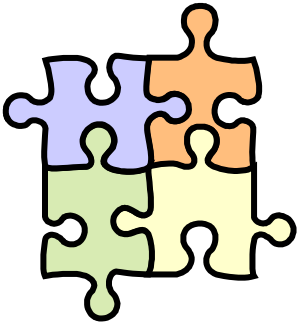
First, it admits only three possible answers: "Yes", "No", or "I don't know without further study, and may not be able to say even then". No matter which of those answers is given, the questioner will, at most, learn nothing more than whether *that particular specimen* is or is not edible. Each time that person finds another mushroom the question will have to be repeated.

Second, the question puts the burden on the *respondent* to do all the work, whereas the goal of the questioner *should* be to develop the skills necessary to identify future finds on his/her own. It is better, then, to ask, "How can I tell whether this mushroom is edible or not?", or better still, "If I want to identify this mushroom, how do I go about it?" Those questions express both an interest in *learning* about mushrooms and recognition that it will ultimately be *the questioner's responsibility* to make the final decision as to whether or not to ingest a mushroom."

March Mushroom Madness Well-attended

Over 100 CVMS members attended the March Mushroom Madness event on March 23. Gary Lincoff gave a talk on Ascomycetes offering information on morels, lichens and how to find fungi in the dead of winter which his New York group has been doing in Central Park throughout the winter season. The photos below are from left, clockwise, by Bill Yule, Sharon Henninger, and Robert Monger. Thanks to all who helped make this a great event. Special thanks to Frank and Francis Bachman who, as in prior years, put on the fantastic spread of coffee, tea, pastries and fruit!





Bits & Pieces

Mushrooms Create Their Own Wind *(from the American Physical Society, College Park, MD)*

“Plants use a variety of methods to spread their seeds, including gravity, forceful ejection, and wind, water, and animal dispersion. But what of the mushrooms, whose spores also need to be strewn far and wide to ensure their propagation? Biologists have long thought that the spores produced by a mushroom’s cap simply drop into the wind and blow away. The problem with that notion”, said Emilie Dressaire, a professor of experimental fluid mechanics at Trinity College in Hartford, Conn., “is that spores can be dispersed even when the air is still.” So how do the mushrooms do it? Dressaire, along with Marcus Roper of the University of California, Los Angeles (UCLA), believe they have found the answer: they make their own wind. Dressaire presented his findings in a talk at the 66th Annual Meeting of the American Physical Society’s (APS) Division of Fluid Dynamics (DFD), held Nov. 24-26, 2013, in Pittsburgh, Pa.

Using high-speed videography and mathematical modeling of spore dispersal in commercially grown oyster and Shiitake mushrooms, Dressaire, Roper, and their students found that the fungi created their wind by releasing water vapor. The vapor cools the air locally, and this creates convective cells that move the air around in the mushroom’s vicinity. Dressaire said these air movements are strong enough to lift the spores clear of the mushroom. As a result, she continued, “mushrooms are able to disperse their spores even in the most inhospitable surroundings.”

The team believes this evaporative cooling process might be used to some degree by all mushroom-producing fungi, including those that cause disease in plants, animals, and humans. “Most people, even scientists, think of mushrooms simply as machines for producing spores,” Roper said. “The more spores each machine produces, the more likely it is to successfully colonize new habitats.” But the new work suggests that there is much more going on. “Our research shows that these ‘machines’ are much more complex than that: they control their local environments, and create winds where there were none in nature,” Dressaire said. “That’s pretty amazing, but fungi are ingenious engineers.”

Keep tabs on the morels!

At www.morelmushroomhunting.com, you can find a current map showing the progression of the morel fruitings across the country. The website is a hoot to explore with news of a new reality tv show, and online shops with morel walking sticks for sale.



New places to look for interesting little fungi!

Karen Monger posted the following on the CVMS Facebook page: “While at COMA's Mushroom University this weekend, we had class with Gary Lincoff and Larry Millman. We learned about ascomycetes that grow on hooves, antlers, owl pellets, and bird feathers. During a quick walk in the woods, I found an example of *Onygena corvina* growing on decayed bird feathers. They are small, about 2-3 mm tall.”

The CVMS Facebook page is a great place to see recent posts, fungal news, and photos from members and friends.

Visit the COMA website at www.comafungi.org/special-events/ to find out more about the activities of the Connecticut Westchester Mycological Association.



EAGLE HILL INSTITUTE MYCOLOGY WORKSHOPS

This summer in Steuben, Maine

July 27-Aug. 2: Mushroom Identification for New Mycophiles: Foraging for Edible and Medicinal Mushrooms with Greg A. Marley and Michaeline Mulvey– A field identification course of the macrofungi focusing on the skills needed to identify common mushrooms using field characteristics, keys and guides while also addressing preparation of edible fungi for the table.

Aug. 10-16: Boletes, the Genus Lactarius, and other fungi of New England with Alan E. Bessette and Arleen R. Bessette– The renowned authors of many field guides, including the invaluable Boletes of North America, will combine forays and field studies with follow-up work in the lab to identify Boletes and to explore their culinary aspects as well.

Aug. 24 - 30 Amanitaceae Taxonomy: From Fundamentals and Microscopy to Barcodes with Rod Tulloss and Cristina Rodriguez Caycedo One of the world's foremost Amanita taxonomists and his associate will present an advanced course in Amanita identification requiring familiarity with microscopic method and the Amanitaceae website.

Rates are \$475 for the seminar; \$195 for accommodations (double); and \$245 for the meal plan. Access <http://www.eaglehill.us/> for more detailed information and to apply online. Or phone: 207.546.2821

Mycophagy

Mushroom Cocktails: a new trend

Mushrooms are among the most umami-rich foods. They contain L-glutamate, a natural flavor-enhancer that provides *umami* -- the "fifth taste" -- the savory rich flavor that excites receptor-specific nodes on your tongue. And whether they're sweet candy caps or gorgeous, buttery chanterelles they've got the potential to add wonderfully nuanced notes to drinks.

from <https://shine.yahoo.com/shine-food/we-re-seeing-it-everywhere--mushroom-cocktails-192400657.html>

In case you were at March Mushroom Madness, you may have tasted Ellen Bulger's Black Trumpet Bloody Mary. The rich, umami flavor of the mushroom was quite strong in it and very compatible with the other ingredients. Ellen says, "after a single day of infusing, the vodka had a lovely savory flavor with a hint of smoke. I strained them out of the vodka after about four days." To make the black trumpet garnish she did the following:

"Put the dried black trumpets (a handful or two, probably) in a small sauce pan with not quite a quart of water and a handful of dried morels I had kicking around and a couple of chipotles and a couple cloves of garlic and a few peppercorns. Simmered for a haphazard sort of while. Then I saved the broth which was reduced by half, and took all the solid goodies out and packed them into a jar. Put some sea salt over the top, and a bit of balsamic vinegar for a sort of quick pickle and put it in the fridge overnight."

Bill Neill says he uses Chanterelles in the same way. For example, 1/4 cup dried chanterelles in 1 cup vodka. Combine ingredients in jar, seal and infuse for about 3 days. Strain.

Chaga Tapioca Pudding (from www.the3foragersblogspot.com)
makes about 4 small servings

1 c. chaga brewed decoction (below)
4 Tbsp. raw sugar or maple syrup
(or use 1 c. sweetened [Chaga Frappe](#) (recipe on the3foragers blog))
5 tsp. quick cooking tapioca

1. Place the chaga decoction, sweetener and tapioca in a small saucepan and let it soak for 5 minutes.
2. Slowly bring the mixture up to a rolling boil over medium heat, stirring often.
3. Remove from heat and chill, it will thicken as it cools. Cool overnight for a very firm pudding.



Chaga Decoction makes about 6 cups

6 c. water
3 Tbsp. ground chaga conk

1. Combine the water and ground chaga in a large pot. Bring to a boil, then reduce to a simmer for 45 minutes. Remove from heat.
2. Cool the decoction for about 30 minutes, and strain through a coffee filter. Sweeten to taste, or drink plain. Store in the fridge.

NEMF Foray, August 7 - 10, 2014

At Bowdoin College, Brunswick, Maine

General Manager: Delmar Small, Email: dsmall@bowdoin.edu

Welcome to the 38th Annual NEMF Samuel Ristich Foray

Maine Mycological Association members would like to invite you to join us to foray in the gorgeous spruce, pine and deciduous forests surrounding the streams, rivers and coastal areas of midcoast Maine. The diverse habitats are perfect for finding mycological treasures. Additionally there are many nearby recreational opportunities for you and your family to enjoy. Activities you can delight in are golfing, fly fishing, hiking, canoeing, sea kayaking, and visiting the many state parks and historic sites along the coast. Brunswick has a vibrant downtown with unique shopping, including a great independent bookstore, thriving Farmers' Markets, and dining experiences, most within walking distance. Freeport, the home of L.L. Bean and outlet stores, and Portland's historic Old Port, with numerous shops, restaurants and the Portland Art Museum are less than 30 minutes away. You may wish to extend your stay to explore natural areas including Acadia National Park, Baxter State Park, and Old Orchard Beach. To learn more about Maine please visit <http://www.mainetourism.com/> or <http://www.visitmaine.com/>.

Saturday's Banquet will feature a Downeast feast, including lobster if you wish, or you may choose from steak, chicken or vegan entrees. Evening socials will feature Maine farmstead cheeses and wine. Faculty will include NEMF favorites: Gary Lincoff, Rod Tulloss, Walter Sturgeon, John Plischke III, Renee Lebeuf, Noah Siegel and Raymond Archambault. In addition we will have some new or infrequently seen faces: David Malloch, Brandon Matheny, Tamas Parady, Greg Marley, David Spahr, Mary Volin, David Porter, Seanna Annis, Laurie Leonard and Don Cameron. We expect most of the forays to be within a half hour bus ride. We are very excited that we have permission to foray, for both fungi and algae (seaweed), at Reid State Park, one of the outstanding midcoast sand and rock beaches, which also features 400 acres of mixed forest. We will have a microscopy workshop and lectures have been proposed on the genera *Pholiota* and *Inocybe*, and on photography, color, and dyeing. The Maine Mycological Association is looking forward to making this an event to remember.

Campus accommodations are dormitory rooms arranged individually or in groups of two or four rooms in a quad with a shared common room. Bathroom facilities are shared. Please put a note on the registration form if you prefer a single sex quad or would like to room in a quad with others. Bed linens and towels are provided. Handicapped-accessible rooms are available. Lounges are centrally located in the dorms for informal get-togethers. There is no air conditioning, so you may want to bring a fan. In August, the temperatures in Brunswick range from 55 F at night to 85 F in the day. Meals will be cafeteria style, except for the banquet buffet. There will be vegetarian choices available at all meals. Please note any dietary restrictions on the registration form.

Please note that alcohol is prohibited in all common areas on Bowdoin College property. Certain areas in residence halls and other facilities may be designated for an event with alcohol for people 21 years of age and over. Recreational drug use is prohibited. Pets are not allowed. Smoking is not permitted in any building or within 50 feet of any door or window.

Commuter option. If you do not want to stay on campus, please make your own reservations at a local hotel and register as a commuter. Visit the Maine tourism websites listed above for information on other lodging.

Travel to Brunswick. Just off I-295 (Exit 28 Topsham-Brunswick, Route 1 North), Brunswick is within 2.5 hours driving distance from Boston and 7 hours from Montreal, Quebec City or Burlington, VT. Amtrak's Downeaster serves the Brunswick train station, a five minute walk to the dormitory. Concord Trailways and Greyhound bus services have terminals in Brunswick and connect to various cities. Portland International Jetport has flights from most national airlines and is approximately 30 minutes from campus.

Late fees and refunds. After July 3, a late registration fee of \$30 per person will be charged. Registration closes on July 17th. We will refund all fees minus \$30 per person up to July 17th. After that date, no refunds will be given.

Additional information. After registering, you will receive a confirmation packet with more details about the foray. Direct your registration questions to Mary Yurlina at subnivian@gmail.com or 207-404-6430.

38th Annual Foray
Thursday 7 August - Sunday 10 August
2014

Northeast Mycological Federation
Bowdoin College, Brunswick, Maine

Registration closes 17 July; late fee assessed 3-17 July.

Name: _____ Organization and/or Hometown: _____

Mailing Address: _____

Phone(s): _____ Email: _____

____ I want to share a room with: _____
 ____ Please assign a roommate. I am ____ male ____ female.
 ____ I want a single room (see resident rates for single vs double occupancy below).

Liability Waiver

All adults in your party must sign. By signing below, I release Bowdoin College, the Northeast Mycological Federation, Inc., the host clubs, their officers and members, foray participants and instructors from all liability and losses arising from any accident, injury or illness which may result from activities while attending the NEMF foray. Legal guardian must sign for any child under 18 who is attending.

Print name	Signature	Date
_____	_____	_____
_____	_____	_____

If you need more lines, attach a copy of this sheet.

Check needs & interests that apply: ____ I need transportation to campus from the train station. ____ I need handicap access. ____ I will be arriving late. ____ I can help at the foray. ____ I am interested in being a vendor. ____ I have special dietary requirements (please specify _____) ____ Other, please specify _____

Fees	Number of persons	Fee	Total
➤ Commuter conference fee, includes all activities and meals from Thurs.-Sun. Select banquet meal below.	_____	X	\$295 = _____
➤ Single day-FRIDAY-commuter with meals	_____	X	\$100 = _____
➤ Single day-SATURDAY-commuter with meals & banquet	_____	X	\$120 = _____
➤ Resident ¹ (double occupancy rate is per person)			
★Adult: 3 nights (Thurs.-Sun.), double occupancy	_____	X	\$395 = _____
★Adult: 3 nights (Thurs.-Sun.), single occupancy	_____	X	\$440 = _____
●Adult: 2 nights (Fri.-Sat), double occupancy	_____	X	\$325 = _____
●Adult: 2 nights (Fri.-Sat), single occupancy	_____	X	\$355 = _____
➤ Saturday Banquet Selection - Chicken	_____	X	\$0 = _____
- Steak	_____	X	\$0 = _____
- Vegan	_____	X	\$0 = _____
- Lobster	_____	X	\$25 = _____
➤ Extra Banquet Ticket(s) for Non -registrants			
-Chicken	_____	X	\$30 = _____
-Steak	_____	X	\$30 = _____
-Vegan	_____	X	\$30 = _____
-Lobster	_____	X	\$55 = _____
➤ Late registration (postmarked between 3 - 17 July)	_____	X	\$30 = _____

Saturday commuter must also select banquet meal.

TOTAL: _____


Make check payable to NEMF in US or Canadian dollars. Mail check + form to **NEMF Registration, c/o Mary Yurlina, 750 Kennebec Rd., Hampden, ME 04444**. Confirmation info will be sent by email if an address is provided, otherwise by regular mail. Questions? Email or call Mary subnivian@gmail.com / 207-404-6430. www.mainelymushrooms.org

¹ Three nights includes all meals, which are Thursday dinner through Sunday breakfast and the Banquet choice of chicken, steak, or vegan, while two nights includes Friday dinner through Sunday breakfast and the Banquet choice of chicken, steak or vegan.



ON OUR WALKS:

If the sight of litter makes us feel like this...

Let's all carry a plastic  and pick some up.

We'll soon feel more like this!



CVMS / Dinah Wells

FIRST CLASS MAIL