



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

Membership Sec.: Karen Monger

Secretary: Ellen Bulger

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 \$25 (electronic) \$40 (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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We welcome NEED your submissions!

The Spore Print "staff" (one lonely person) 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 to: dinahwells@hotmail.com.

COMING EVENTS

Sunday, April 26, 2015: First CVMS foray of the season Osbornedale State Park, Derby Come out and greet the late spring. Hunt for the rare morel. Enjoy some early wildflowers and migrant birds. Hone your tick-avoidance skills.

Sunday, June 7, Wild Foods Focus Foray, Hurd State Park, East Hampton This is a regular foray followed by a pot luck lunch featuring any kind of edible wild food you have found and made into something delectable. See Food Event guidelines in foray book. This is always a great event.

Sept. 12-13, Kennett Square Mushroom Festival, Philadelphia, PA This must be one of the largest mushroom festivals on the East Coast and Philly is just a train ride away. The Festival stretches a mile and features culinary events, growing exhibits, farm tours, children's entertainment, and nearly 200 vendors with attendance calculated at up to 100,000 guests. <http://mushroomfestival.org/the-festival/> or 888-440-9920

Happy Anniversary, CVMS! How's it feel to be 40?

To read a brief history of CVMS, go to the CVMS website at www.cvmsfungi.org. The first foray took place on May 18, 1975. Read about the beginning of NEMF and see photos of founder Ed Bosman and others.

Scholarship Opportunity

Would you like to have a **scholarship** to attend NEMF 2015? Awards are available directly from NEMF. Apply by May 31! You may download information about applying here: <http://www.cvmsfungi.org/SPOREPRINTS/HomolaScholarship.pdf>

See the President's Message next page for information on scholarships that may be available from CVMS.

Preparations are underway for NEMF 2015

Volunteers are needed!

There will be lots to do as CVMS hosts the next NEMF at Connecticut College in New London July 30-Aug. 2. Contact any club officer to see how you can help.



NEMF 2015
Sam Ristich Foray
Connecticut College

President's Message

Hello CVMSers,

Spring is here. It did not start out as exactly the sunny spring we might prefer, yet it is a welcome change from what seemed like weekly snow fall since mid-January. All that snow and wet weather may well bring wonderful springtime surprises in the woods. Our weekly forays get underway starting April 26 at Osbornedale State Park in Derby. So when you come with your baskets, let's fill the tables and start shaking our brains to discuss and identify the spring fungi!

As you read in the winter Spore Print, a big focus of CVMS is hosting the Northeast Mycological Federation foray (NEMF) at Connecticut College running from July 30 - August 2. This will be a terrific event with over 200 attendees. Gary Lincoff, author of the Audubon Field Guide to Mushrooms will be on the faculty along with many other top mycologists. With it being so convenient, we hope many CVMS members will make it their first NEMF. For details and how to register, go to our website <http://www.cvmsfungi.org/> Then just click on the NEMF 2015 tab.

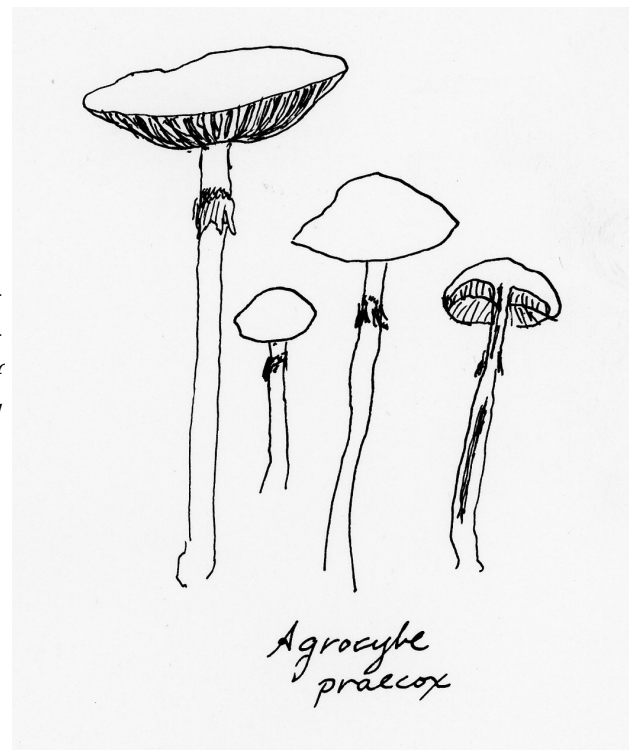
Scholarships: Each each year we encourage CVMS members who have been active members for over a year and who may be interested, to apply for a scholarship to attend NEMF or other educational events. To apply, simply write a letter that tells about your interest in mycology and how you expect to further your knowledge from the event you plan to attend. The letter may be given to any club officer. After a brief review process, we'll let you know. Applications will be considered as they are received and as funds allow. These scholarships are one of the ways CVMS works towards its mission to promote amateur mycology. If you win a scholarship you are obligated to write a piece for the Sporeprint reporting on the event you attended and your experience there.

Finally, everyone should know that CVMS is proud to recognize Bill Yule for his excellent contributions to education for CVMS members. See the article in this Spore Print to learn about the award recently presented to Bill.

Happy spring foraging,

Bill Bynum, President, CVMS

[Agrocybe praecox, commonly known as the Spring Fieldcap or, in some older field guides, as the Spring Agaric, Agrocybe praecox is one of a complex group of fungi that are very difficult to separate in the field. Said to be edible, but best avoided, according to Roger's Mushrooms. Drawing by Connie Borodenko]



March Mushroom Madness Well-attended



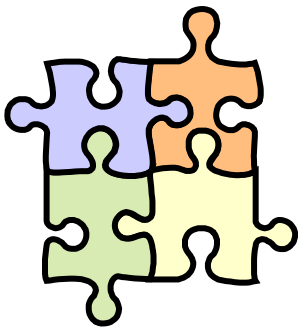
Approximately 125-135 people attended March Mushroom Madness at Sessions Woods WMA center in Burlington on March 29. The morning fruit, pastry and savories spread accompanied by coffee, tea, juice, etc., was provided by Frank and Frances Bachman, as usual, and, I think all will agree, it is a major part of the success of MMM! Nutritionist and herbalist, CVMS member Alison Birks gave a wonderful talk on medicinal mushrooms, how they work and how to use them. Alison's talk which was open to the public (we had about 15-20 non-members attending) was followed by a business meeting at which the current slate of officers was re-elected. Then, the outstanding pot-luck was enjoyed by all. A short

door prize raffle resulted in many people going home with potted hyacinths and tulips. (This was a special treat as there was still snow on the ground...as you can see in Terry Stoleson's photo of the ones she took home.) The date of MMM is always announced in the Winter Sporeprint and also on the CVMS webpage and the CVMS facebook page. So, there's no excuse to miss it!!!



Bill Yule honored with Award for Fungi Education

“In recognition of his exceptional contributions promoting amateur mycology to members of CVMS”, Bill Yule was awarded a lifetime membership in CVMS and a framed plaque which read, in part, “fully embracing the spirit of CVMS and its founder, Ed Bosman, Bill Yule has shared his love and curiosity for fungi through his outstanding educational talks and informal conversations. Bill has inspired many members to expand their study of mycology.” The award was presented at a planning meeting on April 12, since Bill could not attend Mushroom Madness. Congratulations, Bill!



Bits & Pieces

Another Reason to Beware of Ticks *(from the foxCT web page, April 10)*

NEW HAVEN — A small percentage of ticks in Branford and Bridgeport have tested positive for the Powassan virus, for which there is currently no known cure.

According to the Centers for Disease Control and Prevention, Powassan virus is transmitted to humans by infected ticks. Approximately 60 cases of Powassan virus were reported in the United States over the past 10 years. Most cases have occurred in the Northeast and Great Lakes region.

Signs and symptoms of infection can include fever, headache, vomiting, weakness, confusion, seizures, and memory loss. Long-term neurologic problems may occur. There is no specific treatment, but people with severe Powassan virus illnesses often need to be hospitalized to receive respiratory support, intravenous fluids, or medications to reduce swelling in the brain.

“Just about any wooded area of Connecticut that you venture into, there’s a chance of picking up ticks,” said Dr. Theodore Andreadis of the DEEP’s Connecticut Agricultural Experiment Station. “If you’re going to be out hiking, camping, spending any amount of time in a wooded area with a lot of brush, you really want to make sure you check yourself when you come out of the area. That’s the most effective method.”

Scientists will step up surveillance in the affected areas but are reminding hikers and campers to properly protect themselves against ticks. For more information, visit <http://www.cdc.gov/ticks/index.html>.

New Treatment for Amatoxin Poisoning Saves Lives in Santa Cruz

(excerpted from an article in The Santa Cruz Sentinel, by Jondi Gumz, Feb. 24, 2015)

A new treatment for amatoxin poisoning being clinically tested over the last 6 years by Dr. Todd Mitchell at Dominican Hospital in Santa Cruz, CA saved the lives of two elderly Canadians who mistook a poisonous Amanita for an edible one. The treatment is Legalon, an intravenous preparation of silibinin from the common Milk Thistle. It is made by Meda, a Swedish pharmaceutical company.

Of the 75 patients treated since 2007, Mitchell said 66 made a rapid and complete recovery. “Early treatment is key,” Dr. Mitchell said. Of six patients who died and three who got a liver transplant, they either started the drug too late, more than 4 days after ingesting the poison, or has already developed kidney failure. “Early contact with our clinical trial is the best way to assure that this new treatment protocol will be initiated quickly, making sure the kidney function is preserved and that the patient will then rapidly recover with the intravenous silibinin”, Dr. Mitchell said.

My Wine-cap Mushroom Experience

by CVMS member Tom Woodruff

I have a large organic garden and try some new edibles each year. Last year, I decided to grow Wine-cap mushrooms (*Stropharia rugosoannulata*) on wood chips. After some winter research on Google and YouTube, I ordered sawdust spawn from Field & Forest Products. I liked that they are located in Wisconsin (closer geographically than the Oregon option).

I have a large raspberry/blackberry patch and read that the partially shaded area under the plants was a perfect environment for Wine-caps. It is not the shade that is important (they can grow in full sun) it is the soil moisture or more specifically the wood chip moisture. I had some wood chips delivered to the house by a friend from a tree company. I told him hardwood tree chips only...no conifers...in fact, make it maple if you can. I read that maple wood chips are ideal for wine-caps. He thought I was a kook...but I got my maple chips.

The spawn arrived in late April and I sprinkled it in the wood chip bed with a light covering of additional chips. I had to water occasionally during dry spells to keep the wood chips moist and encourage growth of mycelium. Throughout the summer, I would lift some chips and sure enough there was white mycelium.

I was supposed to see fruiting bodies by September and would check every day while picking raspberries but nothing came up. What did I do wrong? I called Field & Forest in mid-September for advice. The exceedingly nice person said "Have you had any cold nights yet? I said "No, it has been warm and dry". She said "As soon as you get a couple of cold nights bring your basket and knife". I did not share her confidence but soon enough it happened. I picked so many baskets over the next 6 weeks that I lost count!

These mushrooms are meaty and substantial. They complement many different types of food and their flavor and texture hold their own even in venison chili. Another benefit to this fungi is its role as a soil builder. In the garden, it helps to breakdown wood chips, leaves, compost, etc., to create usable organic matter and release nutrients to the plants in the garden. Add some wood chips to your garden paths and introduce *Stropharia rugosoannulata* into your garden ecosystem. Your garden and your taste buds will thank you.

I will bring some mycelium to our first foray if anyone wants to try this. You just need some wood chips in place.



MYCOPHAGY

Over-the-top Mushroom Quiche from Thomas Keller via the Smitten Kitchen website where there is *much* more detail (stolen blatantly...I'm just running out of time. Please, somebody, give me a recipe for the summer newsletter.)

Pastry crust of your choosing, preferably homemade and prebaked

Filling

1 tablespoon (15 ml) olive or vegetable oil
2 pounds (905 grams) mushrooms (see Note up top for suggestions)
Salt and freshly ground black pepper
1 tablespoon (15 grams) unsalted butter
2 shallots, minced (I used 4 small because I'm a rebel)
1 tablespoon fresh thyme, minced (use 1 teaspoon only if dried/jarred)
3/4 cup (2 1/2 ounces or 70 grams) Comte, Emmantel or Gruyere, grated
2 cups (475 ml) milk
2 cup (475 ml) heavy cream
6 large eggs, lightly beaten
Freshly grated nutmeg (optional)

Prepare filling: In a very large skillet, heat the oil. Add the mushrooms, season with salt and pepper and cook over high heat, stirring, until starting to soften, about 5 minutes. Reduce the heat to moderate. Add the butter, shallots and thyme and cook, stirring often, until the mushrooms are tender, about 12 minutes longer. Season with salt and pepper and let cool.

Assemble quiche: Whether or not you pre-baked your buttery pastry shell, check it for holes or cracks that would cause leakage. If you see any, seal them with the trimmed scraps from the dough. Scatter 1/4 cup (one-third of) cheese and half the mushrooms in the bottom of the pastry shell. Either in a blender (Keller's recommendation) or with a hand whisk (what I did), mix half the milk, cream and eggs with 1 1/2 teaspoons kosher salt (this seemed like a lot, I used less, wish I'd used the full amount), several grinds of black pepper and a pinch of nutmeg (if using) until frothy. Pour into the pastry shell. Top with another 1/4 cup of the cheese and remaining mushrooms. Make the custard again with the remaining eggs/milk/cream and same seasonings and pour it into the shell. Sprinkle remaining 1/4 cup cheese on top.

Bake quiche: For 1 1/2 hours, until nicely bronzed on top and the custard is just set.

From the archives.....

Twenty years ago this spring, Connie Borodenko submitted the following snippet to the newsletter:

“We were having a club foray at Steep Rock on a fine autumn day and as I started off I realized I had my tiny Timex alarm clock with me. Rather than return it to the car, I set it for 11:30, the time to start heading back to our meeting place. I went on, picking many mushrooms and piling them into my basket forgetting that the clock was in the bottom. I came upon a camper who asked what I was doing, and there followed the usual conversation....Oh are there mushrooms around here?, etc. Then the alarm went off. He looked surprised and asked, “Is that....a..... mushroom detector?”

Terry Stoleson posted the following on April 10:



“Checked for morels yesterday. Nada! But I predict I will see the first wee black one next week. The wild leeks are up, however. And I spotted a large very black area about 20" x 6 or 7' on the burned-looking ground. Turned out to be old *Cyathus striatus*.”

Checking the CVMS Facebook page may inform you of the earliest sightings! Who knows? Perhaps someone will let a morel location slip out! One can always hope. There are pictures and news and identifications galore!

EAGLE HILL INSTITUTE WORKSHOPS in STEUBEN, MAINE

May 29-31: Foraging for Edible Wild Plants with Tom Seymour

July 5-11: Calicioid Lichens and Fungi of the Acadian Forest with Dr. Steven Selva

August 2-8: Mushroom Identification for New Mycophiles with Greg Marley and Michaeline Mulvey

September 6-12: Ascomycetes, Waxcaps, and the Fall Fungi of New England with Alan and Arleen Bessette

Seminars are generally limited to 12-16 participants. Early application is therefore recommended. Applications must generally be received at least four weeks prior to the beginning of a seminar, but late applications are possible. For more information go to: <http://www.eaglehill.us/> or phone: 207 546 2821

There are dozens of workshops at Eagle Hill including seaweed identification, lichen study, as well as art workshops.



39th Annual Northeast Mycological Federation Sam Ristich Foray Thursday, July 30th - Sunday, August 2nd 2015 Connecticut College, New London, CT

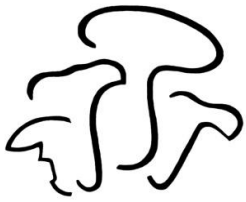
Please join the Connecticut Valley Mycological Society (CVMS) at the 2015 NEMF Sam Ristich Foray at Connecticut College, located in the historic seaport of New London, CT. The beautiful 750 acre arboretum campus of Connecticut College overlooks Long Island Sound and the Thames River. The site includes natural areas of oak, hemlock, beech, bogs and tidal marshes. In addition to foraging on campus, we will also visit the pine/spruce forests of James L. Goodwin State Forest, the mixed forest along the river at Devil's Hopyard State Park and Nehantic State Forest. CVMS has conducted many successful forays in these locations, even in dry conditions. In addition to Bolete, Russula and Chanterelle species, many uncommon fungi such as *Leotia viscosa*, *Lactarius kaufmanii*, *Collybia cookeri*, *Boletus morissii*, *Inonotus hispidus*, *Isaria tenuipes* and *Spathularia velutipes* have been found in these areas.

We are excited to have the following faculty at NEMF this year: Alan and Arleen Bessette (authors of several mushroom guides, including *Milk Mushrooms of North America*) Gary Lincoff (author of *Audubon Society Field Guide to North American Mushrooms*); Renee LeBeuf (broad-spectrum mycologist and identifier for MycoQuebec.org); John Plischke III (mycology lecturer and award-winning mushroom photographer); Roz Lowen (Ascomycete expert); Walt Sturgeon (expert field mycologist); and Rod Tulloss (Amanita expert). Other regional mycologists will also participate. In addition, art displays will include Marty Klein as our featured artist, whose beautiful scanography of mushrooms will be on view and for sale.

Most dorm rooms available to NEMF have one twin bed, with only a limited number of double occupancy rooms available. These will be assigned to families first, and then will be assigned by request on a first-come, first-served basis. In addition, only some of the rooms are air conditioned and these rooms will be assigned upon request on a first-come, first-served basis, so register early if you want air conditioning. Meals, with the exception of the banquet, will be served in the cafeteria; vegan, vegetarian and gluten-free items are offered. Male and female bathrooms are available on each floor. Bedding, towels and soap are provided. We have access to an Olympic-sized pool for a limited number of people on Friday and Saturday between 4PM and 6PM. **You must sign up for pool use with your registration** and bring your own towels. Smoking is not allowed in any campus building. For registrants who prefer not to stay in the dorm, hotels, motels and B & B's are nearby. Camping is also available at Rocky Neck State Park and other private campgrounds. Online address for camping info is www.dep.state.ct.us; telephone, 1-877-668-2267.

For attendees interested in extending your stay beyond the conference, the New London area offers a variety of attractions: shoreline beaches, cruises, museums for any interest (Mystic Seaport, Mystic Aquarium, the Native American Mashantucket Pequot Museum, the Historic Ship Nautilus & Submarine Force Museum), local wineries, theaters and the Mohegan Sun and Foxwoods casinos. Lyman Allyn Art Museum is on campus and the U.S. Coast Guard Academy is across the street. To get a free CT vacation guide at www.tourism.state.ct.us or call 1-888-CTVISIT.

Connecticut College is located on Rt. 32 in New London (exit 83 from I-95N or exit 84N from I-95S). It is 2 hours from Boston; 3 hours from New York City. Amtrak and Greyhound Bus service is available. Providence, RI and Bradley International Airports are an hour's drive. For more travel information go to www.connecticutcollege.edu. Detailed directions and more information will be included in the Registration Acknowledgment Package. We look forward to seeing you!



NEMF 2015
Sam Ristich Foray
Connecticut College

39th Annual Northeast Mycological Federation Foray
Thursday, July 30th - Sunday, August 2nd 2015
Connecticut College, New London, CT
Registration Form

There are a limited number of air conditioned dorm rooms available on a first-come, first-served basis. Register early if you would like to increase your chances of being assigned to an A/C equipped dorm.

There are a limited number of double occupancy rooms available. Therefore, they will be assigned to families first and then on a first-come, first-served basis. All buildings are non-smoking and handicap accessible.

First Name _____ **Club** _____
Last Name _____ **Phone** _____
Address _____ **Email** _____
City _____ **St/Prov** _____ **ZIP** _____

Other adult in your party: First Name: _____ Last Name: _____

Children (under 12): _____ Age _____ ; _____ Age _____

Air conditioning preferred (not guaranteed) Double occupancy preferred (not guaranteed)

Other party you would like to room nearby: _____

LIABILITY WAIVER

EACH ADULT IN YOUR PARTY MUST SIGN: By signing below, I release Connecticut College and the Northeast Mycological Federation, Inc., the host clubs, their officers and members from any and all liability and loss arising from any accident, injury or illness which may result from activities of the NEMF foray.

Name _____ Signature _____ Date _____
 Name _____ Signature _____ Date _____

REGISTRATION: Commuter prices include 3 daily meals. No discount for meals not eaten. All meals include choices to cover dietary restrictions. Meals: Thurs. (dinner only); Fri. (3); Sat (3); Sunday (breakfast only)	Cost	Number of Attendees	Amount
FULL ATTENDANCE Thursday - Sunday.....	\$ 375
ATTENDANCE Friday - Sunday.....	\$ 335
COMMUTER - ALL DAYS.....	\$ 250
COMMUTER - Friday Only.....	\$ 130
COMMUTER - Saturday Only (includes banquet).....	\$ 150
CHILD (under 12 in room w adult, child under 6 is free) (bring bedding for child)	\$ 50
LATE REGISTRATION FEE (after June 15).....	\$ 30
REGISTER FOR POOL USE (Fri. and Sat. 4pm-6pm - Registered users only).....	FREE.....

\$40 charge for refunds. No Refunds after June 15. Registration cutoff July 3. TOTAL DUE:

Mail this form and checks payable to NEMF to:

NEMF 2015
PO Box 38
Poquonock, CT 06064

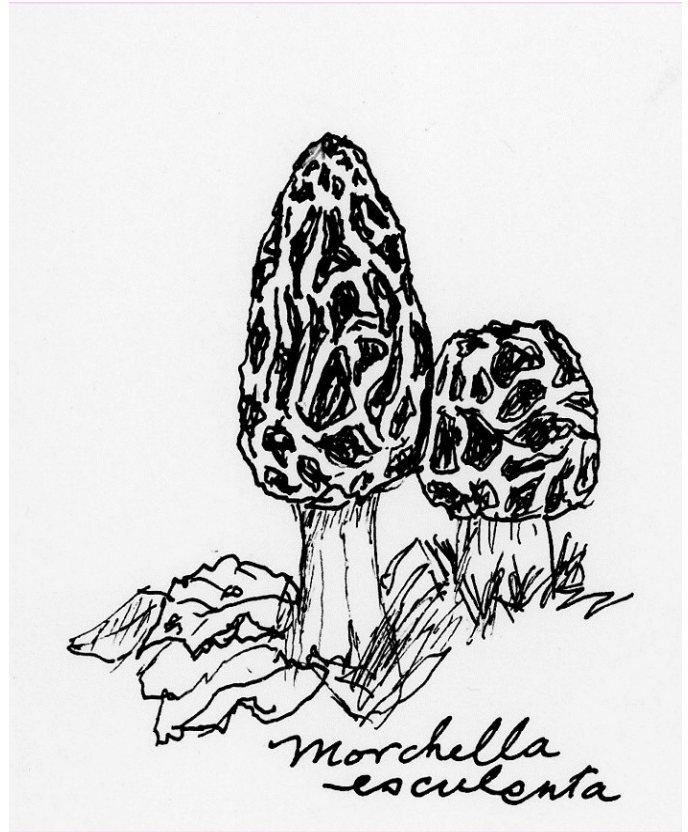
Questions?

Email: nemfregistration@cvmsfungi.org
 Website: <http://www.cvmsfungi.org/nemf.html>
 Phone NEMF Registration: 860-821-0549

Under Elm
by Connie Borodenko

Under the old graceful elm tree
whose bark now shows wear and tear
whose branchlets have curled inward
as if grasping in the air
Under the small knurled elm tree
who will never reach full height and grace
whose bark is falling in peels
and leaving bare wood in its place
There a gift is still to be given,
elm nourished to its final day,
Morels, strange wonderful weird morels
that come magically only in May.

[Editor's Note: This poem first appeared in the 20th anniversary edition of the Sporeprint in the Spring of 1995 and now appears again at the 40th anniversary of CVMS accompanied by a recent drawing by the author.]



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