



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).

CONTENTS

Coming Events -----	1
President's Message -----	2
Bits N Pieces -----	3
Membership List -----	4-9
Mycophagy -----	10

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 October 1. Send a link to an interesting article or an email to: dinahwells@hotmail.com.

COMING EVENTS

July 26-Aug. 1: Medomak Fiber Arts Retreat, Washington, Maine This is a rare opportunity to learn all about mushroom and lichen dyeing over the course of a week. There is a rich offering of classes, delightful healthy meals, comfy cabins, and lots of space to learn and explore. For more info: <https://newenglandfiberartsretreat.wordpress.com/tuition-registration/> or phone 1-866-MEDOMAK

July 30-Aug. 2: 39th Annual NEMF Samuel Ristich Foray, Connecticut College, New London, CT This year's NEMF hosted by ours truly, CVMS. Information at <http://cvmsfungi.org/nemfregistration.html>

Sunday, August 23: Ed Bosman Educational Day at Devil's Hopyard, East Haddam Come and get some refresher mushroom talk in honor of our late, beloved founder Ed Bosman. Great for both experts and beginners.

Sunday, September 13: CVMS Mushroomfest! Once again at Joe Maciejny's lovely, rural-ish home. Regular foray followed by potluck festival starting about 12:30. A \$5 per person contribution will be collected to defray expenses. Always great food and fun here, folks. Fishing opportunity in the pond if you bring your poles!

Position as Newsletter Editor Opens Up!!

Any CVMS member interested in being the new Sporeprint Editor please contact Dinah Wells at dinahwells@hotmail.com Takes about 1-2 days 4 times a year. (Maybe you can do it faster.) It's fun being a reporter! (Of course, like other club positions, the pay is rather low, i.e., zero.) **MUST** be able to meet deadlines and, well, edit. Really, the only requirements are that it be proofread by someone else and goes out on time. Should cover club events, mushroom news, etc. Basic training offered. Some computer skills required. Job starts in January with the Jan. 15 issue! October 15 will be this editor's last issue. Thanks for your appreciation over the years. Let the torch be passed!

President's Message

Hello, CVMSers,

Every mycophile is rejoicing at the turn of weather in Connecticut. A drought (we actually went 37 days with less than 1/2" of rain in New Haven) was almost discouraging until May 31 when we had a welcomed rainy day. Such days have come regularly in June and July, blessing us with the kind of weather mushrooms love. At our forays you can see the bounty up close. One noteworthy phenomenon is a remarkable showing by one of the classiest looking amanitas -- the *Amanita jacksonii*. We find this mushroom every year, but most often one or two at a time. This year it has been found in troops in many areas. Here are some photos from Day Pond on July 12. Even the long time CVMS members do not remember a year like 2015 for finding this beautiful mushroom in such numbers.

All this weather makes for a promising NEMF 2015. As you know from numerous mentions in earlier Spore Prints, CVMS is hosting this event July 30 - August 2 at Connecticut College. Registration is closed, but you can expect good reporting on the event in the next Spore Print and online at CVMSFUNGI.ORG. So many members are working to make this NEMF foray one of the best. And it will be!!

Happy foraging, Bill Bynum



Mycological Word of the Day

A favorite Facebook page is Rob Hallock's Mycological Word of the Day at:

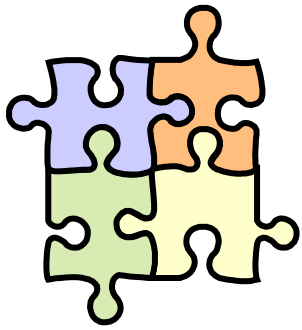
<https://www.facebook.com/groups/mycologicalwordoftheday/>

Similar to Harley Stoleson's old newsletter column called "What's in a Name?", Rob gives the etymology of mycological terms and scientific names. As he explains, "Mushroom names aren't just a string of nonsensical letters. Stop in here to find out what some of their names mean - it just might help you appreciate them or remember their names a little better." Here is a typical post:

"Word of the Day (July 10, 2015): exudate (EX you date)

Category: Definitions

Description: From the Latin exudare that means 'to sweat'. In the context of mycology, it is a fluid that oozes from a surface of a mushroom. There is also mycelial exudate, a liquid forming on the surface of mycelium in some species. Can you name a species that can have an exudate?" The post is often accompanied by pictures. Reading Rob's Facebook entries is very helpful in understanding and learning the names of mushrooms and how to pronounce them, too!



Bits & Pieces

Safe Mushrooms Cause Most Poisoning Cases

Most illnesses are caused by unsafe collection and storage of safe fungi, not by toxic ones, a study shows. (by Ann Lukits, July 13, 2015, *The Wall Street Journal*)

A study at a European hospital found the majority of mushroom-poisoning cases involved people consuming edible mushrooms, not toxic ones, says a report in the journal *Human & Experimental Toxicology*. Unsafe collection methods and storage of mushrooms considered safe to eat caused most of the illnesses, the study found.

Wild-mushroom foraging is popular in many countries, but edible mushrooms can become contaminated with toxic microorganisms if they aren't stored properly or consumed soon after picking, the study suggests.

Fragments of decaying mushrooms may remain in the stomach for three days, causing gastrointestinal symptoms, according to the study. These symptoms may be due to low activity of trehalase, an intestinal enzyme that can cause symptoms resembling lactose intolerance, previous studies have shown.

For the current study, researchers reviewed the medical records of 457 people, 25 to 62 years old, treated for mushroom poisoning in Kraków, Poland, from 2002 to 2009. Symptoms such as nausea and vomiting occurred up to four hours after ingesting wild mushrooms and lasted one to three days. Hospitalization was required in 5.3% of cases. The subjects underwent blood tests and provided information about mushroom gathering, storage, and consumption. A spore analysis of the subjects' stomach contents identified the species.

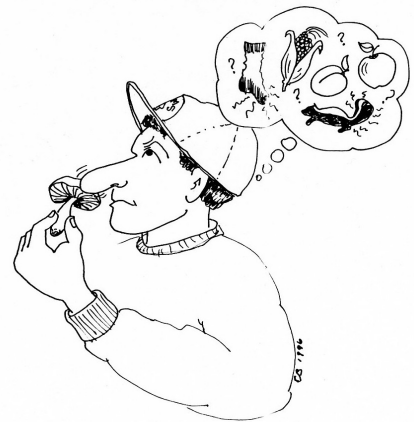
Edible mushrooms were responsible for 87.5% of the illnesses, with poisonous mushrooms accounting for the rest. Most of the mushrooms were gathered by patients and some were purchased at markets or from other collectors. Of patients sickened by edible mushrooms, close to a third consumed mushrooms more than two days old and about 25% stored the mushrooms in plastic bags. Harvesting mushrooms at 77 degrees Fahrenheit or higher and carrying mushrooms in plastic bags for more than three hours in hot weather contributed to their toxicity, the researchers said.

Fewer than 1% of the estimated 10,000 mushroom species in North America are poisonous, according to the North American Mycological Association.

Editor's Note: Headed out in hot weather to find the motherlode of Black Trumpets, Boletes, or Milky Caps? Don't let your good edible mushrooms make you sick with improper handling! Bring a cooler with ice packs to keep your finds fresh while you stop to check just one more spot on the way home.

At MushroomExpert.com by Michael Kuo “<http://www.mushroomexpert.com/odortaste.html>” you can read a wonderful description of various mushroom odors which are used as identifying aids. Here is an excerpt:

- Fishy or shrimplike. Examples include *Lactarius volemus* and *Russula xerampelina*.
- Spermatoc. Primarily in species of *Inocybe*. (See also "[Hey, That Mushroom Smells Like...](#)")
- Like anise (the flavoring in ouzo or black licorice). Examples include *Clitocybe odora* and *Agaricus*.
- Like green corn. Examples include species of *Inocybe* and an odd species of *Porpoloma* I have not yet identified.
- Like bleach. Primarily in species of *Mycena*.



(drawing by Connie Borodenko)

MYCOPHAGY: CREAMED MUSHROOMS ON CHIVE BUTTER TOAST (from Smitten Kitchen)

1/2 pound cremini mushrooms, or a mix of wild mushrooms
2 tablespoons unsalted butter, more for toast
1 large or 2 small shallots, chopped
2 tablespoons dry white wine or white vermouth
1/4 cup heavy cream
Kosher salt and freshly ground black pepper
Slices brioche or good white bread, crusts cut off if desired
1 tablespoon fresh chopped chives
Coarse sea salt such as fleur de sel or Maldon, for garnish

Clean excess dirt from mushrooms. Chop into 1/4-inch pieces. Melt butter in a large skillet over medium-high heat. Add shallots and sauté until very limp, about three minutes. Add mushrooms and cook, stirring, for about five minutes. Add wine, reduce heat to medium, cover, and cook for about five minutes more. Uncover pot and continue cooking, stirring occasionally, until most of the liquid has evaporated, about two minutes. Stir in cream; simmer until slightly thickened, two minutes longer. Season with salt and pepper to taste.

Toast bread and spread with butter. Cut each slice in half diagonally and sprinkle lightly with chives. Top each toast triangle with some mushroom mixture. Sprinkle with additional chives, garnish with sea salt, and serve.



CVMS / Dinah Wells

FIRST CLASS MAIL