

# Spore Print

Newsletter of the Connecticut Valley Mycological Society  
Affiliate of the North American Mycological Association  
Member of the Northeast Mycological Federation  
Vol. XLIII, No. 3, Autumn 2017

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Membership Secretary: Karen Monger  
  
Spore Print Editor: **OPEN**

## Coming Events

**September 23:** To be Determined foray, follow the procedure on page 7 of the Member Handbook to learn about the location; we will be collecting and holding specimens to display the next day

**September 24:** The Denison Pequotsepos Nature Center's Wild Mushroom Festival returns for its 15th year! Sample wild mushroom dishes from the area's best eateries, sample wild mushroom. CVMS members will foray at Bluff Point SP and Pequot Town Forest and return to the nature center to display the collection from 1:00-4:00pm, as well as interact with the public and lead short walks on the property.

**October 1:** Kettletown State Park, Southbury; The annual Ed Bosman Memorial Foray is jointly hosted with COMA, Connecticut-Westchester Mycological Association. Bring a snack to share.

**October 8:** Burr Pond State Park, Torrington

**October 15:** Hopeville Pond State Park, Griswold

**October 22:** Natchaug State Forest, Ashford

**October 29:** Hurd State Park, East Hampton; Our annual year-end tailgate will be held at the pavilion at Hurd. Bring a shareable dish to participate; it DOES NOT have to contain mushrooms. Please label all dishes with the contributor's name and a full listing of ingredients. Review the Food Events Guidelines on page 6 of the Member Handbook.

**November 5:** Pachaug State Forest, Voluntown

### Subtle reminder:

Content wanted/needed for future newsletters!  
Volunteer position of CVMS Newsletter Editor is **OPEN**. Please direct interest to Beth or Karen. Commitment: About 3 newsletters annually, mailing of printed copies and emailing of e-copies to paid CVMS members. Costs reimbursed.

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 pay for NAMA membership yearly by visiting: <http://www.namyco.org/join.php> for application and payment information

The Sporadic Spore Print newsletter is published *about* three times per year: 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 newsletter copy online, in full color and with working links, send your email address to: [speditor@cvmsfungi.org](mailto:speditor@cvmsfungi.org)

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Hello CVMSers,

Autumn is nearly here and hen season has begun. *Grifola frondosa* is popping up at the base of hardwood trees all over the state. Keep your eyes open for this delectable species, which happens to be my favorite.

The summer was rather disappointing for mushroom collection. While Connecticut has come out of the severe drought we had last year, fungi growth was not as productive as we had hoped. Eastern Connecticut was hit with a devastating gypsy moth caterpillar infestation that stripped entire forests of their foliage. There are theories as to why this would discourage fungi growth. One theory is that the open canopy results in a sun-dried forest floor which would inhibit growth. Another relates to the inability of defoliated trees to provide carbohydrates needed by the mycorrhizal fungi associated with these trees, which would discourage fruiting of fungi. While we do not definitively know the reason, or combination of reasons for the situation, it was not a very productive year for boletes, russulas, nor other fungi in many areas of the state. Let's hope for a fungi-filled fall to make up for it.

CVMS had excellent representation at NEMF 2017 in Stratton Mountain, VT. Several members attended and it was a very successful foray, with 563 taxa collected. If you have not attended a NEMF, I highly recommend it. Mingling with other mycophiles and learning from world-class mycologists is a worthwhile experience. Next year, NEMF will be held in Geneseo, New York. Watch their fantastic YouTube advertisement video here <https://youtu.be/xd5PIFXsWRM>. Keep in mind that CVMS has a scholarship program to attend these events. See our website for more details.

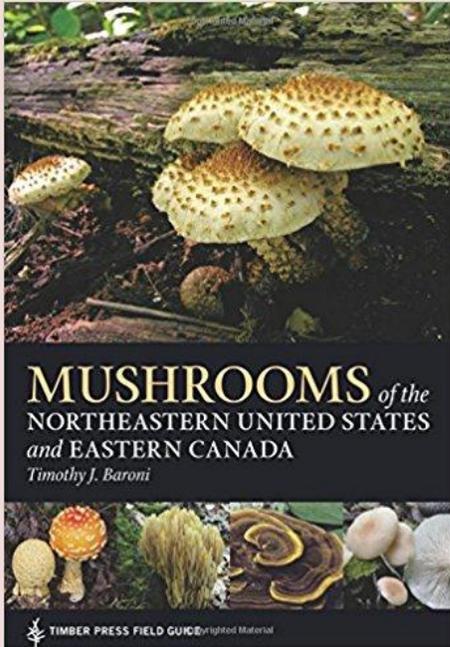
Speaking of mingling, in addition to our recurring joint COMA foray coming up at Kettletown SP, CVMS partnered with three other nearby clubs this summer to hold joint forays: The Pioneer Valley Mycological Association (PVMA) joined us at People's State Forest; The New York Mycological Society (NYMS) participated at Devil's Den; and the Boston Mycological Club (BMC) attended at Bigelow Hollow. A good time was had by all! With the success of these ventures, we are going to do it again next year. We are also considering joining these clubs at forays in New York and Massachusetts. These events are a wonderful opportunity to learn from other clubs.

I hope you are all having fun out there. See you in the woods!

Beth Karwowski  
President, CVMS



*From the joint  
CVMS-BMC foray*



## Book Review: *Mushrooms of the Northeastern United States and Eastern Canada* by Tim Baroni

This newly published book (July 2017) is among the few mushroom identification books I heartily recommend to beginners and intermediate fungi aficionados alike. It is highly relevant to our area in southern New England and covers 400+ of the most highly visible and common, fleshy fungi we are likely to encounter. The section covering the Ascomycota is a bit sparse beyond morels, lobster mushrooms, and a few colorful cup fungi, but most casual amateur mycologists or pot hunters won't miss the vast array of "bumps on logs" anyway.

The book starts with a fantastic **Introduction** that I suggest everyone reads through at least once. Some common sense advice is given, especially along the lines of eating your finds safely. The various toxins and the levels of toxicity are discussed (from kill-you-dead to mild GI distress and the unpleasant levels in-between), something beginning pothunters need to understand clearly. The **Introduction** also discusses several structural terms used in descriptions, recommended tools, biology of fungi, and the role of fungi in the overall environment. For more very useful term definitions, see the glossary at the back of the book.

Identifications are arranged at first by spore-print colors for a large amount of gilled mushrooms, then the fleshy pored boletes, followed by a fair selection of polypores, and finally smaller sections on chanterelles, tooth fungi, corals and coral-like fungi, puffballs, stinkhorns, jellies, and the limited selection of ascos that include cups, earth tongues, morels, and Cordyceps. The few common fungi I did *not* see represented at all in the book are the crusts and corticioid fungi, another unloved but common group on branches and decayed wood (think of the *Stereums*, *Phlebias*, and *Peniophoras*). After 6+ years of intensely hunting the forests of New England, there were only a few species in this book that I have not personally encountered.

Each illustrated and described species gets its own page, complete with a full-color photograph. Many of the newest names are used for each mushroom, but I caution against too much comfort as the science of DNA is constantly shifting the taxonomy and rearranging the nomenclature; the older, synonymous names of a specimen are noted. Measurements of cap/stem/pores are done in the metric system exclusively, but a small ruler is printed on the back cover to help

make the “American” conversions. Very importantly, spore-print colors, odor, habitat info, and taste profiles are included in each identification as well. For anyone interested and able to do microscopic work, the spore sizes are included. The comments section addresses look-alikes, edibility, and any additional identification verification information available.

Physically, the book may be a bit heavy for carrying in your basket, but it is flexibound with a soft cover and is compact enough to keep in your car. The inside of the back and front cover include some excellent illustrations of pictorial keys and the detailed parts of mushrooms, something visual learners will appreciate. The author, Timothy Baroni, is a Distinguished Professor of Biology at the State University of New York and works globally on biodiversity research of macrofungi. Mr. Baroni was selected for the 2009 Distinguished Mycologist Award given by MSA and has served as past president of the Mycological Society of America.

**Keep your eyes open for our edible Fall Fungi!**



*Grifola frondosa*, *Boletus edulis- sensu lato*,  
*Armillaria mellea*, *Sparrasis spathulata*

## Fungi News, Blogs, and Videos

Nicholas P. Money is an Anglo-American gentleman of letters and professor at Miami University in Oxford, Ohio. He is an expert on fungal growth and reproduction. Nicholas has authored a number of popular science books that celebrate the diversity of the microbial world. His first foray into fiction, *The Mycologist*, was published in Spring 2017.

<https://www.themycologist.com/>

Learn about the complexity of forest ecosystems from the perspective of the forest floor. Phil Pinzone is a self-proclaimed forest floor fanatic located in Buffalo, NY and compiles interesting news stories on fungi and their role in the forest

<https://www.forestfloornarrative.com/>

Fungal diseases are increasing in animals, which might have serious consequences for wildlife living in a hotter world, said a scientist. A new study shows that fungal infections reduced the heat tolerance of frogs by up to 4 degrees Celsius.

<https://www.sciencedaily.com/releases/2017/08/170831180509.htm>

Fungi use water droplet cannons to fling spores into the breeze, an interesting read on how some fungi launch their spores <https://www.newscientist.com/article/2141757-fungi-use-water-droplet-cannons-to-fling-spores-into-the-breeze/>

Dianna Smith is an avid photographer and myco-educator, and co-founder of the Pioneer Valley Mycological Association. Her redesigned website is a treasure trove of photos, educational presentations, facts, and articles by Bill Bakaitis. Explore at

<http://www.fungikingdom.net/index.html>

## Winter forays for the Traveler

NYC Mushrooms, a pair of classes taught by Gary Lincoff exploring mushrooms at markets and in the parks of New York City, offered through the New York Botanical Garden. October 26 and November 2, see page 15 of the course catalog [http://adulthood.nybg.org:8080/cart65/jsp/static/images/NYBG\\_Catalog.pdf](http://adulthood.nybg.org:8080/cart65/jsp/static/images/NYBG_Catalog.pdf)

Visiting the UK this winter? Contact the Cotswold Fungus Group to join a foray or attend one of their public events, like the Batsford Arboretum Public Foray, October 29 <http://www.cotswoldfungusgroup.com/events/>

2017 Santa Cruz Mycoflora Foray-December 7-10, Scotts Valley, CA. Join us at the Santa Cruz Mycoflora Foray this December for a full weekend of lectures, workshops, mushroom tasting, and of course, mushroom collecting! Here in the southern stronghold of Redwoods, mid-December has been the most consistently productive time for mushroom variety and abundance in recent years. <http://ffsc.us/2017/Mycoflora>

## CVMS Lending Library

Did you know that as a club, CVMS has a lending library available to members? Bill Yule is our club educator and librarian. CVMS understands that identification books can be difficult to choose and costly, and we can provide a way for members to “test drive” one before purchase for your own library. CVMS will also accept books, magazines, and educational DVDs from those who would like to donate them. Included is the list of available books and magazines.

### Library Borrowing Guidelines and Procedure

1. New members with less than 1 year membership must provide identification (driver’s license or similar) before they can borrow books. All other borrowers should be willing to leave a phone number, email address, or home address so Bill Yule may keep track of the materials.
2. Loans will be limited to one book at a time unless special arrangements are made.
3. It is the responsibility of the borrower to return the book back to Bill Yule when due (a lending period is generally four weeks, there are no late fines). Books can be returned at weekly forays, and if Bill Yule is not there, the book may be left with one of the club officers or regulars (Beth, Terry, Walt, Karen, Connie).
4. If it is not possible to return borrowed material in a timely manner at a weekly foray, the borrower is responsible for the cost of shipping the books back to Bill Yule.
5. Contact Bill Yule one week before you would like to borrow materials and he will bring it to the next foray. To borrow materials during the off season, please email Bill Yule to arrange a way to receive the materials.

#### **Books, titles and author’s last name**

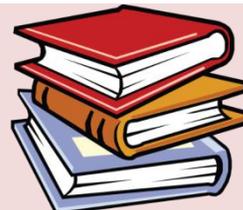
Joe's Book of Mushroom Cookery. Czarnecki  
Complete Book of Mushrooms. Rinaldi  
The Mushroom Hunters Fieldguide. Smith  
Mushrooms of Northeastern North America. Barron  
Mushrooms of North America. Phillips  
Simon & Schuster's Guide to Mushrooms. Lincoff  
Peterson Field Guide to Mushrooms. Knight  
Mushrooms and other Fungi. Kibby  
Mushrooms Wild and Edible. Marteka  
How to Identify Mushrooms to Genus: Macroscopic.  
Largent  
Morphology of Plants and Fungi. Alexopolous  
In the Company of Mushrooms. Schaechter  
Growing Gourmet and Medicinal Mushrooms. Stamets  
Edible Wild mushrooms of North America. Bessette  
Waxcap Mushroom of Eastern North America. Bessette  
Milk Mushrooms of North America. Bessette  
Common Poisonous Plants and Mushrooms of North  
America. Turner  
Wild About Mushrooms. Freedman

Continued . . . . .

Rocky Mt. Mushroom Cookbook  
Mushrooms and Toadstools. Lange  
Mushrooms Demytified. Arora  
The Fifth Kingdom. Kendrick  
Mycelium Running. Stamets  
Mushroom Hunter. Lincoff  
Boleti of North Carolina. Coker  
Mushrooms for Health. Marley  
Mushrooms of North America. Miller  
The Kingdom Fungi. Stephenson  
All That the Rain Promises. Arora  
Exotic Mushrooms. Rommagnesi  
The Mushroom Hunters. Cook  
The Mushroom Feast. Grigson  
Smithsonian Handbook of Mushrooms.  
Laessoe

#### **Magazines**

Fungi Magazine-multiple years  
Mushroom the Journal of Wild Mushrooming  
1983-present  
McIlvanea 1993-present



## **Chicken and Mushroom Marsala**, submitted by Kate Rattan

As we float into fall, crisp nights have us yearning for comfort and busy school schedules leave us wanting for time. Chicken Marsala fills the bill on both accounts. This delicious dish is easy to make, tastes better the next day and freezes for a rerun next week. It doesn't get better than that. This dish is adaptable. We are a gluten-free family and so I substitute gluten free flour or corn starch for all-purpose flour. You can also go meat free with tofu or egg plant and vegetarian broth. The thing about this recipe that I like the most has always been the mushrooms; they add a savory umami that never fails to warm my heart and belly.

### Ingredients:

1 lbs Boneless Skinless chicken breast, cut into chicken tender sized pieces  
8 oz Mushrooms sliced (mix it up)  
1 large Yellow Onion diced  
2/3 C All-Purpose Flour  
1TBS Herbs de Provence  
1.5 tsp Salt  
1/2 tsp Pepper  
Olive oil  
1/2 C Marsala Wine  
1 C Chicken Stock (reduced sodium is fine)  
2 TBS Italian flat leaf parsley

Rice or egg noodles, cooked

### Get to Work:

Slice the chicken and pat dry. Slice the mushrooms and dice the onion. Salt, pepper and apply herbs de Provence directly on the chicken. Dredge in flour or add the chicken and flour to a plastic bag and shake.

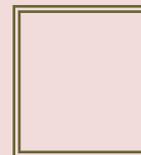
Preheat a large skillet. Add oil to prevent sticking and brown the chicken. Work in batches setting browned chicken aside. Sauté the mushrooms and onions in a little more olive oil.

Toss the chicken back in the pan and deglaze the pan with Marsala wine, scraping the caramelized bits of the bottom of the pan. Add chicken broth and simmer for at least 20 minutes to meld your flavors.

Boil up some noodles (or rice) while the chicken is simmering. You could also just sop it up with crusty bread.

Garnish with parsley and serve over the starch of choice.

If you are freezing leftovers don't include the noodles, make new noodles when you enjoy it.



**Hen of the Woods Jerky**      Makes about 2 cups marinade, enough for a large hen  
by The 3 Foragers

For the marinade:

- 1 c. sweet apple cider
- 3/4 c. low sodium soy sauce, or tamari
- 2-4 cloves garlic, chopped
- 1/2 tsp. ground white pepper
- 1/2 tsp. ground fennel
- 5 Tbsp. maple syrup
- 1/2-1 Tbsp. Sriracha chili-garlic sauce



1. Place all marinade ingredients in a blender, and puree for a minute. Pour the marinade in a glass or non-reactive shallow pan, preferably one with a cover.
2. Clean the hen of the woods mushroom, making 1/8" thick slices of the core and the larger fronds. All parts can be used, but they will dehydrate at different rates and shrink up quite small.
3. Boil the mushroom for 10 minutes, and drain completely. Place the boiled hen pieces in the marinade while still hot, and refrigerate for 4-8 hours.
4. Remove the pieces of hen from the marinade and drain the excess liquid off before arranging on dehydrator trays. If drying in the oven, use wire racks placed on a sheet pan. Arrange the marinated mushroom on the trays and dehydrate at 120-130°F for 6-12 hours, until dried and leathery. The time will vary based on the thickness and sizes of the pieces, so check it often.
5. Store in an airtight jar or vacuum pack.