



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. 1, Winter/Spring 2017

Founder: Ed Bosman
President: Beth Karwowski

Vice President: Bill Yule

Treasurer: Terri Hungerford

Secretary: Dinah Wells
Membership Secretary: Karen Monger

Spore Print Editor: **OPEN**

Coming Events

March Mushroom Madness, Sunday March 26, 2017 at Sessions Woods WMA, Burlington, CT. Members: \$5 per person (talk is free to the public). Potluck! See Food Event Guidelines in member handbook-- each adult attendee must bring a dish to serve six.

Tentative schedule:

8:15 Setup

9:00 Doors open, receive handbooks, pay dues, coffee, etc.

10:00-11:15 (approximately!) Public program with presentation by The 3 Foragers: Foraging the Fantastic, Delicious, Deadly, and Glowing Mushrooms of Connecticut

11:30 Public session ends, Club business meeting and election of 2017 officers

12:00 Potluck lunch: Please remember to label dishes with all ingredients and your name. Bring your own plates and utensils and wait until the call is made to start lunch.

1:30 Clean-up

Renew for 2017 NOW!

Applications for your membership renewals are available on our website at <http://cvmsfungi.org/membership.html> and in this newsletter, see page 11.

Join us for a full season of weekly mushroom identifications, delicious potlucks, public events, newsletters, and social interactions with amateur mycologists in the parks and forests of Connecticut.

Mail completed applications and membership fees payable to CVMS

CVMS/Karen Monger

32 A Perkins Ave

Norwich, CT 06360

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

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Slate of CVMS Officers for 2016

The nominating committee will present the following slate of officers at March Mushroom Madness:

Beth Karwowski President

Bill Yule Vice President

Terri Hungerford Treasurer

Karen Monger. . . . Membership Secretary

Dinah Wells Secretary

Hello CVMSers,

Although it is bitterly cold outside as I write this, the days are getting longer and it won't be long before we are all together again for **March Mushroom Madness**. This year, it will be held on March 26th and our program will be presented by The 3 Foragers. As most of you know, The 3 Foragers comprises our very own Karen Monger, her husband Robert Gergulics, and their daughter Gillian. They have been featured in several newspaper articles and also in Yankee Magazine. In addition, Karen's book, *Adventures in Edible Plant Foraging*, was published last year. We are very fortunate to have them as valued members of CVMS.

As is customary, attending members will receive their 2017 Member Handbook at March Mushroom Madness. Those not in attendance will receive the booklet by mail. While most of our forays have been scheduled in the traditional way, you will notice in the schedule that we are introducing a new tactic this year: the "To be determined" (TBD) foray location. In 2016, the drought in parts of CT resulted in very limited mushroom production, while other parts of the state were producing in extraordinary quantities. Therefore, we decided that for a few of the summer forays, we will be chasing the rain. The locations of the forays for these dates will be determined by the club officers based on precipitation maps in the week prior to the foray. To facilitate this change, CVMS now has a dedicated foray phone line to announce the location and directions to the site. More details, including the phone number, will be provided in the Member Handbook and elsewhere in this newsletter.

We have joint forays on our 2017 schedule with the Boston Mycological Club (BMC), the New York Mycological Society (NYMS), the Pioneer Valley Mycological Society (PVMA) as well as our usual joint foray with the Connecticut Westchester Mycological Association (COMA). CVMS and these regional clubs are coming together to create more connection between us, to share knowledge and to foster friendships with fellow mycophiles. As usual, no foray will be scheduled for the week of the Northeast Mushroom Association Foray (NEMF), which will be held at Stratton Mountain Resort in southern Vermont July 27-30, 2017.

I wish you all a safe and happy new year and I look forward to our coming season.

Keep dreaming of Spring!

Beth Karwowski
President, CVMS



Signs of Spring: *Mitrula elegans* and *Morchella americana*

March Mushroom Madness Presenters: The 3 Foragers



The 3 Foragers are a family from southeastern Connecticut who have been identifying, photographing, and cooking with the edible plants and fungi of New England for more than 12 years. Their blog, <http://the3foragers.blogspot.com/> and newly published book, *Adventures in Edible Plant Foraging: Finding, Identifying, Harvesting, and Preparing Native and Invasive Plants*, all focus on family-friendly, environmentally sustainable harvest of plants and ways to incorporate these foods into your diet with original recipes. Throughout the 2016 calendar year, they have given more than 35 presentations at libraries, nature centers, and for garden clubs throughout the southern New England area on topics including seasonal foraging, eating invasive plants, and mushroom ID for beginners.

Karen, Robert, and Gillian have been active members of CVMS since 2011, attending nearly every weekly foray. Karen is the Membership Secretary for CVMS, as well as the temporary Spore Print Newsletter Editor. Robert is an avid photographer, and has had his photographs published in assorted mushroom identification books. He is also the Webmaster and designer of the CVMS website, <http://www.cvmsfungi.org/> They have participated in numerous regional BioBlitzes on Team Fungi, helping to collect and identify mushrooms. Karen and Robert are also members of COMA (Connecticut Westchester Mycological Association), PVMA (Pioneer Valley Mycological Association), and NAMA (North American Mycological Association).



In addition to attending weekly CVMS forays to absorb the experience from knowledgeable local identifiers, they have attended 3 years of Mushroom University, a six-week winter course taught in Katonah, NY by Gary Lincoff and invited mycologists; classes covered boletes, *Ascomycota*, and general mushroom ID. In 2016, they attended Fungi University, an eight-week winter course taught in Northampton, MA by Dianna Smith and invited mycologists; classes covered diverse subjects such as learning fungi and their associated trees, polypores, and medicinal fungi.

Robert and Karen's interest in the edible wild fungi of Connecticut has inspired them to create and share many recipes and potluck dishes at assorted events, and Gillian is the chief recipe taste-tester. They were the head Mycophagy Chefs at the 2015 NEMF (Northeastern Mycological Federation) Sam Ristich Foray hosted by CVMS, presenting an array of nine mushroom-based offerings to the 175 attendees of the evening mycophagy session. Their most popular and requested recipe is for Maitake Jerky <http://the3foragers.blogspot.com/2013/10/hen-of-woods-recipe-hen-jerky.html>

The 3 Foragers will be presenting "Foraging the Fantastic, Delicious, Deadly, and Glowing Mushrooms of Connecticut".

Fungi News, Blogs, and Videos

The Lost Mushroom Masterpiece Unearthed in a Dusty Drawer: How an obscure woman mycologist left her mark on fungi. This wonderful piece on Atlas Obscura describes how Mary Banning, the “toadstool lady” from 19th century Baltimore would eventually identify 23 new species and produce numerous striking illustrations in her self-financed home laboratory. Unfortunately her work was never published due to non-access to the male-dominated scientific community, but has been recently found and now shared and admired.

<http://www.atlasobscura.com/articles/the-lost-mushroom-masterpiece-unearthed-in-a-dusty-drawer>

Check out mushroom “leather” made by **Mycoworks**, a company working with Philip Ross to create a new kind of leather grown rapidly from mycelium and agricultural byproducts in a carbon-negative process. Their custom-engineered material is sustainable, versatile, and animal-free. Best of all, it feels and performs like leather. <http://www.mycoworks.com/>

ALL CAPS: A Love Song is a relaxing and lovely video made by Marty Klein, an artist from western Massachusetts, and an exhibitor and contributor to the 2015 NEMF Foray hosted by CVMS at ConnCollege. Marty creates fungi art using scanography and photography.

<https://www.youtube.com/watch?v=a2f1007MNFQ&feature=youtu.be>

Looking for some fungi gifts, ingredients, or other mycodelights? The **Mycoboutique** is located in Montreal, Canada and their website includes a shop, recipes, and some pretty interesting news articles and blog posts about mushrooms. Available in English or French, <http://www.mycoboutique.com/en/>

2017 Regional Forays

NEMF July 27-30, 2017 marks the 41st annual Sam Ristich Foray. The foray is hosted by the New York Mycological Society, Connecticut Westchester Mycological Association, Mid-Hudson Mycological Association, and Long Island Mushroom Club at the Stratton Mountain Resort in southern Vermont. <http://www.nemf.org/2017-nemf-foray-july-27-30.html>

NAMA September 7-10, at the Lakewoods Resort on Lake Namakagon in northwestern Wisconsin, hosted by Britt Bunyard, the editor of *Fungi Magazine* and NAMA. Luxurious accommodations, fine dining, dozens of world-renowned mushroom experts, and hundreds of mushroom species await. Registration opens Spring 2016 <http://www.namyco.org/events.php>

COMA is returning to the Hemlocks Center in Hebron, CT for the 39th Clark Rogerson Foray, **September 1-4**. Check <http://www.comafungi.org/special-events/clark-rogerson-foray/> for updates.

Wonderful Winecaps by Joe and Kathy Brandt

Here in the Northeast, Winecaps *Stropharia* (*Stropharia rugosoannulata*) are a prized edible, appearing in both spring and fall (sometimes in summer, too), often in large quantities. Although wood chips are not an exclusive growing medium, our experience has been that almost every time you see them come up, wood chips are exactly where you'll find them.



These fabulous mushrooms have a distinctive flavor, are versatile, and easy to prepare. Either pre-cooked (they freeze beautifully after cooking) or used in a recipe when cooked fresh, wine-caps are hard to beat. Because of their favorite growing medium, winecaps are frequently easier to clean than many of their agaric counterparts. Bear in mind, however, that as with many of the "choice" edible mushrooms, insects love

them just as much as we do. Even specimens that appear to be pristine must be carefully examined after an initial cut is made in order to determine whether the bugs have beaten you to it. What we will usually do in the field is make one cut crosswise through the bottom of the stem, and look closely for small holes. If there's nothing, you're "good to go", but even if there's evidence of insects, all is not necessarily lost, because there's always the chance that the insects have not penetrated through to the cap. (The stem can just be discarded, and these often remove easily.) If you're not sure, a single lengthwise cut across the center of the cap will give you the full story.

Small child, large winecap



Our observation has been that, generally, the smaller the mushroom, the better chances are that they will be insect-free, although this is not always the case. The size of wine caps varies widely, from a closed cap the size of half a dollar all the way to an open cap as big as a dinner plate. Although the chances of insect involvement increase with the size of the mushroom, the good news is that it is not uncommon to find pristine specimens that are quite large—and winecaps are sometimes found in astonishingly large quantities. Big or small, there is little taste differential between any given winecap found in a particular place. We've heard people say that the really large ones aren't any good, and that's just not true. As long as the caps are not dried out, the chances are that they're still viable regardless of the size. Although smaller ones with closed (or partially-closed) caps have the most eye-appeal when sliced and cooked in dish, even the largest ones are terrific,

and yes, the entire mushroom— stem included— is edible.

A deep brownish-red cap color (thus the term "wine-caps") is characteristic, but in strong direct sunlight, bleaching may occur, giving a light-brown (or even taupe) appearance and this in no way affects the flavor, unless the cap has become dried out as a result. For the most part, caps will have an incurved margin, although with age, the margin may be completely flat, or even upturned. [*There is often a distinct "cog wheel-shaped" ring on the stem, and thready white mycelial strings at the base of the stipe.- editor*] If you're lucky enough to have had found nice young specimens (regardless of size), there is no problem keeping these refrigerated in a paper bag for a day or two until you have the chance to cook them— but as with all wild edibles, once you've taken them out of their natural environment, "the clock is ticking", so we would advise against leaving them in your refrigerator for more than a few days.



Preparation for these is often a snap as far as wild mushroom go— sometimes, you can get away with just a wipe of a damp cloth. As with any mushrooms, the less they are exposed to water, the better. Winecaps have a comparatively high moisture content and will release quite a bit of liquid into the pan during cooking. We should point out that these are not a "flash in the pan", and a quick sauté will not do the trick here. A bare minimum of 15 minutes will be required, and a full pan can easily go double that length of time.

As with many other types of edible mushrooms, the basics are olive oil, garlic, onion, salt & pepper, but there's one spice that happens to go extremely well with winecaps, and although we're sure that this may not be to everyone's taste, fennel is a beautiful match to the flavor, in much the way that cumin agrees with oyster mushrooms. Fennel in any

form may be used— whole seeds, toasted ground seeds, or sliced bulbs. With mushrooms as versatile as these, you are limited only by your imagination. Another great feature of this mushroom is that very little in the way of flavor is lost in freezing, and winecaps will keep quite well— so if you're fortunate enough to have a major find, and you have extra space in your freezer, you can be assured of wonderful meals to come for a year or more.

If freezing is not an option, winecaps may be dehydrated, but we have found that this method of preservation is "second best" by a wide margin. These are enjoyed and prized in many parts of the globe, and the Japanese have a great name for them: "Sakésubataké". Regardless of what you call them, the distinctive flavor is one that is easily remembered.

Wine Cap Sauce

2 Tbsp. olive oil
1 cup sliced wild ramp greens & bulb, or, scallions
2 Tbsp. minced garlic
2 Tbsp. lightly toasted fennel seed
8 cups cleaned, sliced winecaps
2 Tbsp. butter, earth balance, or olive oil
2 Tbsp. flour
1 tsp. Vege-sal, or 1/2 tsp. salt
1/4 c. water

1. Heat oil in large frying pan. Add leeks or onions. Sauté 3 minutes. Add garlic, sauté 1 minute. Add fennel seed, winecaps and Vege-sal (or salt), mix thoroughly. Cook, stirring occasionally, 8 to 10 minutes. Drain off released cooking juices and reserve.
2. Push mushrooms to the side of the pan and add the additional fat. Mix in flour, creating a roux. Add reserved liquid back into the pan, stirring constantly. Add water* or vegetable broth* as needed to attain desired consistency.
3. Cook 5 minutes more, season with salt and pepper to taste. Serve on pasta, rice, or with pita bread.

*For an interesting variation, try adding 1/2 cup of sour cream and a few Tbsp. of your favorite tomato sauce, which will result in a creamy pink sauce.

Winecaps with Fennel & Ramps

2 Tbsp. extra-virgin olive oil
2 cloves garlic, minced
1½ cups thin-sliced fennel bulb (approx, 1/2 bulb)
8 cups sliced winecaps
1-2 Tbsp. water
¼ tsp. ground toasted fennel seeds
3 Tbsp. cooked chopped ramps (or 1/2 cup sliced shallots*)
1 cup (cooked) protein— chicken, cubed tofu, whatever you have on hand

1 tsp. salt
1 Tbsp. fennel greens, chopped (for garnish)

1. Heat oil in large skillet, add garlic*, stir for 30 seconds, add winecaps and stir, add water as needed to prevent sticking until the winecaps release their liquid. Cook 5 minutes, add fennel, cook (stirring) 5 minutes, add ramps, ground fennel and salt. Cook 5 minutes more.
2. Garnish with greens. (Especially attractive served on broad noodles.)

* If using shallots instead of cooked ramp, add the shallots with the garlic and cook for 2 minutes (stirring) before adding the winecaps.

Pickled Winecaps

1 pound (more or less) fresh, small winecaps, unopened, halved or quartered*.
¼ cup olive oil**
2 tsp. salt
1½ tsp. peppercorns***
2-3 cloves garlic (depending on size), peeled & quartered
1 tsp. ground mace
3-4 sprigs fresh oregano, or 1 tsp. dried
White vinegar****

1. Have several very clean glass jars ready before starting.
2. In a large pan, heat mushrooms (covered with half vinegar, half water) to boiling, reduce heat, and simmer 5 minutes. Drain. Place a layer of drained mushrooms into a jar. Sprinkle in a little salt. Drop in a few peppercorns. Drop in a piece or two of garlic. Sprinkle in a little mace. Add a sprig of oregano, or sprinkle in a little dried oregano if using. Drizzle in a little olive oil. Repeat in layers until the jar is almost completely full.
3. Prepare a mixture of vinegar & water (approximately 1/3 vinegar to 2/3 water), and pour in over the mushrooms & spices to cover everything completely. Cap tightly, and store in the refrigerator for *at least* 3 days. These must be kept refrigerated, and will last for up to 6 months.

* Larger mushrooms (bigger than golf-ball size) may need to be cut smaller.

** You can experiment with different flavored oils, but we generally stick with EVOO.

*** Try multicolor peppercorns for more of a "kick".

**** Try different vinegars such as balsamic.

Pickled mushrooms may be used as an addition to salads, as a topping for croustades, or simply eaten with pita bread— and by the way, this recipe works great for other types of wild mushrooms as well, including hens, oysters, and very young, firm, shaggymanes.

Text and recipes by Joe and Kathy Brandt, reprinted from *Mushroom the Journal of Wild Mushrooming* with permission.

Photos by The 3 Foragers

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

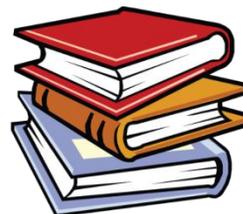
Joe's Book of Mushroom Cookery. Czarnecki
Complete Book of Mushrooms. Rinaldi
The Mushroom Hunters Fieldguide. Smith
Mushrooms of Northeastern North America. Barron
Mushrooms of North America. Phillips
Simon & Schuster's Guide to Mushrooms. Lincoff
Peterson Field Guide to Mushrooms. Knight
Mushrooms 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



Off-Season Wintertime Fungi Educational Opportunities

Mushroom University with the Connecticut-Westchester Mycological Association COMA hosts a program on six Saturdays in March and April right over the border of Connecticut and New York in Katonah, NY. The instructor will be Gary Lincoff along with invited guest educators. Subjects in the past have included the Ascomycota, Boletes, gilled mushrooms, polypores, and general mushroom ID. Mush U is open to COMA members only, but joining is easy and reasonable, for more info visit

<http://www.comafungi.org/special-events/mushroom-u/>

Fungi University with the Pioneer Valley Mycological Association

PVMA hosts a program on Sundays to our north in Leeds (Northampton area), MA. Dianna Smith is the lead educator, and she invites other mycologists and experts to lead specialized classes on assorted topics such as the spongy pored boletes, lichens, the mycorrhizal associations between mushrooms and trees, ID of *Russula* and *Lactarius* species, and the morphological changes in fungi as they age from buttons to specimens past their prime. Fungi U is open to PVMA members, but joining is easy and reasonable, for more info visit <http://www.fungikingdom.net/mycology-education-2/index.html>



Common winter polypores: *Trichaptum biforme*, *Lenzites betulina*, *Polyporus varius*

New for 2017--CVMS TBD Forays!

Looking back, 2016 was a year where some areas of the state saw horrendous drought conditions while other areas were experiencing rain and fungi bonanzas. Unfortunately the club officers create the calendar six months before the season starts, and we end up scheduling a foray in an unpredictably dry area.

This year we are going to try a new procedure for three forays to test an idea out: the To Be Determined Foray. On one normal Sunday date and two Saturday dates, there is no pre-determined foray site. CVMS members will call the CVMS Foray Hotline (860) 880-CVMS (2867) to listen to a pre-recorded message that will include the location and directions to the TBD Foray site. **The CVMS Foray Hotline is to listen to announcements only, please do not leave a message, it will not be answered.**

Club officers will make the decision to follow the rain and determine the best location for a fruitful foray; the location will be finalized by the Thursday preceding the foray. Once you have the location of the TBD Foray, we will follow standard procedure and meet at the usual time of 10:00 am to start the foray. All other forays will follow the schedule provided to paid members of CVMS.

Here's to a new and experimental way to foray smarter for 2017!

**CONNECTICUT VALLEY MYCOLOGICAL SOCIETY
APPLICATION FOR MEMBERSHIP FOR 2017**

Note: New members who pay full yearly dues after September 25 are paid through the next year.



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

To join the North American Mycological Association (NAMA) at discount affiliated club rate, Visit <http://www.namyco.org/join.php> for application and payment information

NAME(S): _____

STREET: _____

CITY AND ZIP: _____

EMAIL: _____ TELEPHONE: _____

Club Use: Check # _____ Letter _____ Handbook _____ Nametag _____ Family # _____ SP _____

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 _____



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