

Spore Print

Newsletter of the Connecticut Valley Mycological Society
Affiliate of the North American Mycological Association
Member of the Northeast Mycological Federation
Vol. XLIV, No. 1, Winter/Spring 2018

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 25, 2018 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 Noah Seigel: A Season of Fun(gi)

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: volunteers appreciated

Renew for 2018 NOW!

Applications for your membership renewals are available on our website at <http://cvmsfungi.org/membership.html> and in this newsletter, see page 9.

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

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 2018

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

PRESIDENT'S MESSAGE

Hello CVMSers,

Connecticut had a brief peek at spring during the second week of January when we had torrential rains and temperatures that reached the low 60's in some areas of the state, but we are back to our typical January weather as I write this. I now look forward to March, when I hope to see all of you at March Mushroom Madness. The event will be held on March 25th and Noah Siegel has agreed to present a program for us. As most of you know, Noah travels and lectures extensively on the fungal kingdom, has contributed photos and articles to the major mushroom periodicals and is the co-author of *Mushrooms of the Redwood Coast*. I look forward to his program.

As is customary, attending members will receive their 2018 Member Handbook at March Mushroom Madness. For those not in attendance, the booklets will be mailed to the address on record with the Membership Secretary. Since we were successful last year with "To be determined" (TBD) foray locations, you will notice that we have continued that program in 2018. 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. The phone number and procedure will be outlined in your Member Handbook, as it was last year. In a change from previous years, we have discontinued scheduling Saturday forays in 2018 due to lack of attendance.

We again have joint forays on our 2018 schedule with the Boston Mycological Club (BMC), the New York Mycological Society (NYMS), the Pioneer Valley Mycological Society as well as our usual joint foray with the Connecticut Westchester Mycological Association (COMA). The joint forays were well attended and praised by all attending clubs in 2017. As usual, no foray will be scheduled for the week of the Northeast Mushroom Association Foray (NEMF), which will be held Geneseo, NY on July 26-29, 2018.

I wish you all a safe and happy new year. Let us hope for a drought-free season!

Beth Karwowski
President, CVMS



March Mushroom Madness: A Season of Fun(gi) with Noah Seigel, March 25, Sessions Woods Wildlife Management Area



Noah's field mycology skills are extensive – he has spent over two decades seeking, photographing, identifying, and furthering his knowledge about all aspects of macrofungi. He has hunted for mushrooms throughout the United States and Canada, as well as on multiple expeditions to New Zealand and Australia. He is one of the premier mushroom photographers in the nation, having won numerous awards from the North American

Mycological Association (NAMA) photography contest. His technique and attention to detail are unrivaled, arising from a philosophy of maximizing utility for identification purposes while maintaining a high degree of aesthetic appeal. His photographs have appeared on the covers and have been featured in articles of multiple issues of FUNGI Magazine and Mushroom the Journal, the primary mushroom enthusiast magazines in the United States, numerous mushroom books, as well as many club publications. He just finished, along with Christian Schwarz, *Mushrooms of the Redwood Coast*, a comprehensive guide for the northern California coast. Noah travels and lectures extensively across America, following the mushrooms from coast to coast, and everywhere in between. Noah will have copies available for sale at MMM.



Hunting the *Sparassis spathulata* Mushroom

By Judy Buonocore

Hello CVMS'ers. I have had an interest in mushrooms and foraging for many years and now with my kids off at college I had time for study, walks in the woods and joining CVMS this fall. I have learned so much from you all via the Facebook page before I joined. Even with dry conditions I have had a good season locating *Sparassis spathulata*. My husband is a great mushroom spotter. He saw the first one near the edge of the trail we walk in a state forest near us in early September.

He thought it looked like a brain and sent me a picture to identify it. It was growing near a stump in the leaf litter. I could not identify the stump but the trees around it are beech, birch and oak. The habitat on this side of the trail is old growth forest with a lot of underbrush and ground cover plants at the base of a hill so some moisture is retained in the leaf litter. This first mushroom was 1.5 pounds before cleaning. The second location was very similar on the same hiking trail. There was no visible stump but it was growing near a beech tree. This mycelium produced two fruiting bodies each about 8 ounces. I was able to harvest those in successive weeks as the smaller of the two fruiting bodies had the benefit of one rain storm to allow more growth.

Some tips on harvesting and cleaning. The fronds should be firm and moist, light beige with white striping near the top and a fresh sweet smell almost like maple syrup –I cut the fruiting body close to the leaf litter to ensure the mycelium was protected for further harvests. Once harvested, I turned over and removed any large leaves or twigs and gently shook the mushroom to dislodge any insect tenants. I shook it again once I got home outside. Tear the fronds gently from the central stem into pieces you can easily and gently wash. I know often people are told not to use too much water as the mushroom will be waterlogged but this one requires it as it can collect quite a bit of forest loam, leaves, twigs and beetles. I put into a bowl of cool water and swirled around and rinsed several times. You can either let it drain for 10-15 minutes or spin in a salad spinner to remove excess water. I am sharing my Sherried Cream of *Sparassis* Soup recipe.

8 ounces cleaned *Sparassis* Mushroom

3 ½ C Chicken or vegetable stock or broth -can be made with culinary bouillon

¼ C cooking sherry

¼ C heavy cream

¼ C finely chopped onion

2-3 Garlic cloves chopped

2 T butter

2 T olive oil

3 T Gluten Free Flour (Bob's red mill 1:1 baking flour works well)

Salt and pepper to taste

1 pinch of cayenne or to taste

1. Saute onion in butter and olive oil until translucent

2. Add mushrooms and saute until almost all of the liquid is released and gone then add garlic and saute for 2 more minutes.

3. Add wine and saute until almost all of the liquid is gone.

4. Add the flour and coat the vegetables and cook 1 minute. Add the broth and stir, bring to a boil and then simmer for 15 minutes. Reserve a few of the cooked mushroom fronds to float on top of the bowls of soup later.

5. Blend in the blender or using a stick blender in the pan until smooth. Add the cream and seasonings to taste and just heat until cream is hot but not boiling. Taste for seasoning and add more if you like. Serve



Sparassis (also known as cauliflower mushroom) is a genus of parasitic and saprobic mushrooms characterized by their unique shape and appearance. *Sparassis spathulata* (left) has flatter shaped “fans”, while the curly-edged cauliflower mushroom is the *Sparassis americana* (previously named *S. crispa*, which is a European species). Both species are considered choice edibles.

Fungi News, Blogs, and Videos

A very basic but thorough description and method for simple mushrooms on toast
<https://www.nytimes.com/2017/04/11/dining/mushrooms-on-toast-done-just-right.html?emc=eta1>

Mushrooms may contain unusually high amounts of two antioxidants that some scientists suggest could help fight aging and bolster health, according to a team of researchers.
<https://www.sciencedaily.com/releases/2017/11/171109100409.htm>

Culinary treatments (boiling, microwaving, grilling, and deep frying) influence on proximate composition and antioxidant capacity of most cultivated mushrooms worldwide. A study by Spanish researchers has shown that microwaving and grilling are the best processes to maintain the nutritional profile of mushrooms. <https://www.news-medical.net/news/20170519/Microwaving-and-grilling-help-maintain-nutritional-profile-of-mushrooms-study-shows.aspx>

France finds traces of radioactive material on imported mushrooms; Officials from the country's nuclear safety institute believe the radioactive material comes from Chernobyl
<http://www.independent.co.uk/news/world/europe/france-radioactive-mushrooms-traces-material-belarus-chernobyl-food-a8086941.html>

A light account of Puffball hunting in NYC
<https://www.nytimes.com/2017/11/01/nyregion/puffball-mushrooms.html>

A high-fat diet changes fungi in the gut and may play a role in the development of obesity, according to a new study. While gut microbes have previously been implicated in the development of obesity, this study shows that fungi may also play a role.
<https://www.sciencedaily.com/releases/2017/10/171011131654.htm>

Cataloging Fungal Life in Antarctic Seas; Brazilian researchers report a relatively large diversity of fungi in marine ecosystems surrounding Antarctica, but warn that climate change could bring unpleasant surprises. <https://www.the-scientist.com/?articles.view/articleNo/50946/title/Cataloging-Fungal-Life-in-Antarctic-Seas/>



Fairy fans, *Spathulariopsis velutipes* and fairy cups, *Sarcocypha occidentalis*

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

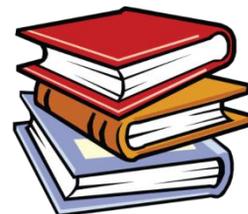
Joe's Book of Mushroom Cookery. Czarnecki
Complete Book of Mushrooms. Rinaldi
The Mushroom Hunters Fieldguide. Smith
Mushrooms of Northeastern North America. Barron
Mushrooms of North America. Phillips
Simon & Schuster's Guide to Mushrooms. Lincoff
Peterson Field Guide to Mushrooms. Knight
Mushrooms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



We at CVMS have received a collection of books donated by Carolyn Proctor on behalf of her late husband Noble Proctor. Noble was an influence on generations of Naturalists and Environmentalists in CT and a popular Professor of Biology at Southern CT State University. He was passionate about Mycology as he was about all of Nature. These books will be available for loan through CVMS to further the education of amateur mycologists following the standard borrowing procedure listed above. Thank you to Carolyn Proctor!

1. Mushrooms of North America—Orson Miller
2. How to Know the True Slime Molds—M.L. Farr
3. The Gasteromycetes of the Eastern United States and Canada—Coker and Couch
4. Mushrooms and Their Relatives—Courtenay and Burdsall
5. The Club and Coral Mushrooms of the United States and Canada
6. Celebrating the Wild Mushroom; A Passionate Quest—Sara Ann Friedman
7. The Fungi (1973)—Ainsworth, Sparrow, Sussman
8. Mr. Bloomfield's Orchard—Money
9. British Fungi, Books 1&2-- Ellis
10. The Savory Wild Mushroom—Stuntz and McKenny
11. Mushroom Pocket Field Guide—Bigelow
12. Mushrooms and Common Fungi of the San Francisco Bay Region—Orr
13. A Color Guide to Mushrooms and Fungi—Svrcek
14. A Brief History of Mycology in North America—Rogers
15. Mushrooms of Colorado—Evenson
16. British Cup Fungi—Dennis
17. In the Company of Mushrooms—Schaechter
18. The Polyporaceae of United States and Canada—Overholts
19. Mushrooms of Great Britain and Europe—Phillips
20. Gasteromycetes; Morphological and Development Features—Miller
21. The Boleti of North Carolina-- Coker and Beers
22. Psilocybin Mushrooms of the World—Stamets
23. Mushrooms of Eastern Canada and the United States—Pomerleau (1951)
24. One Thousand American Fungi—McIlvaine
25. Mushrooms of the Northeastern Woods-- Hurley
26. Wild About Mushrooms (a Cookbook)—Freedman
27. Texas Mushrooms—Metzler
28. All That the Rain Promises—Arora
29. How to Know the Gilled Mushrooms—Smith, Weber
30. How to Know the Non-gilled Mushrooms- Smith, Weber
31. The Mushrooms of Britain and Europe-- Bon
32. The Mushroom Trail Guide-- Glick

**CONNECTICUT VALLEY MYCOLOGICAL SOCIETY
APPLICATION FOR MEMBERSHIP FOR 2018**

Note: New members who pay full yearly dues after September 23 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 _____

