



Spore Print

Newsletter of the Connecticut Valley Mycological Society
Affiliate of the North American Mycological Association
Member of the Northeast Mycological Federation
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Coming Events

March Mushroom Madness, Sunday March 20, 2016 at Sessions Woods WMA, Burlington, CT Members and guests \$5 per person (talk is free to the public). Potluck! See Food Event Guidelines in member handbook; each adult attendee should bring a dish to serve six. **Tentative** schedule:

8:15 Setup

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

10:15-11:15 (approximately!) Public program with presentation by Dianna Smith: "Introduction to Mycology"

11:30 Public session ends, Club business meeting and election of 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 2016 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

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

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Final President's Message by Bill Bynum

Hello CVMSers,

We are a lucky group! For one thing, the mild weather leading up to and beyond the winter solstice made for extra fungi in the woods, including lots of oysters. Bill Yule even posted some stink horn pictures from December on Facebook (thanks, Bill). We are also lucky to have this winter Spore Print. Karen Monger volunteered to be the new editor starting with this issue, so be sure to thank Karen when you see her. (Editor's note: The position is still available for anyone interested!)

As we come to the end of 2015, we then look forward to what is coming next. The highlight of 2015 has to have been our outrageously successful production of the Northeast Mycological Federation (NEMF) foray at Connecticut College. The 187 attendees had great things to say (we have the survey to prove it!). Also I know the cadre of CVMS volunteers had fun too. Their energy and hard work made everything happen ... though I am sure no one will mind waiting for the eight years that will pass before it again falls to our club to host this annual event.

For 2016 we have a full foray schedule planned. You will see the new schedule and the special events when you get the 2016 Members Handbook at March Mushroom Madness, or mailed in April. The focus of our club is to promote amateur mycology. Our many educational programs happen at the forays. Bill Yule, Vice President and also Director of Education, is the one who coordinates these programs with the help of the many CVMS experts who are there to share their knowledge with everyone from beginners on up. For everyone, attending the forays, sharing in the collection, and exploring the fungi with like-minded folk is what makes this club a terrific experience.

All CVMS'ers, new and old, will want to be sure to come to the 2016 March Madness event on Sunday, March 20 at Sessions Woods Wildlife Management Area in Burlington CT. Arrive before 10:00 and you will get your copy of the new handbook and some morning munchies. We'll have a fine program to get everyone revved up for spring forays. Another highlight is the amazing pot luck lunch where you will find an assembly of delicious dishes that cannot be found any other place. Our brief but important annual business meeting happens just before the meal.

Looking forward, it is not too early to start thinking about the 2016 NEMF in Fitchburg, MA and the North America Mycological Association (NAMA) Foray in Front Royal, VA. You will find details on March Madness, NEMF, and NAMA forays and other 2016 fungi opportunities in this Spore Print. Meanwhile enjoy the mild weather while it lasts and happy foraying!



Mycophagy from NEMF, Staff Photo from NEMF 2015, and Collection tables from NEMF
Photos by Robert Gergulics, The 3 Foragers

March Mushroom Madness Speaker: Dianna Smith



Dianna Smith did her doctoral work in a comparative analysis of pre-modern Chinese and European science and technology at Tufts University and with Professor Nathan Sivin of MIT. She taught history at Tufts and later the sciences for young people during summers at ‘Creative University’ from her home in NY. She was later producer and editor of her community cable television program for twenty-two years called SCAPES, which featured half-hour shows on gardening, botany and mycology. At the Connecticut-Westchester Mycological Association’s ‘Mushroom University’, which she created and fostered with Gary Lincoff eight years ago, she studied mycology with the master and author of the *Audubon Guide to Mushrooms of North America*, *The Complete*

Mushroom Hunter, *The Joy of Foraging*, and several other popular books. She also studied with Alan and Arleen Bessette, authors of numerous field guides of mushrooms of the northeast as well as of individual mushroom genera. She taught introductory mycology lessons with Dr. Roz Lowen for two summers at Eagle Hill Research Center.

Dianna is President Emeritus of the Connecticut-Westchester Mycological Association (COMA), co-founder of the newly formed Pioneer Valley Mycological Association (PVMA), editor of *The Mycophile*, newsletter of the North American Mycological Association <http://www.namyco.org/mycophile.php>; a mycology educator; a frequently published mushroom photographer of field guides in both Britain and the US; winner of 2012 NAMA Harry and Elsie Knighton Service Award for her extraordinary contributions to COMA; 2012 recipient of the NAMA President’s Award for her work on *The Mycophile*; creator of the educational mycology website <http://www.fungikingdom.net>; as well as President of the Northeast Mycological Federation (NEMF) of clubs; webmaster of <http://www.nemf.org> and a consultant to poison control centers and hospitals in Massachusetts.

Dianna will be presenting “Introduction to Mycology”.

Pioneer Valley Mycological Association's Fungi University Seminar/Workshop Series for 2016

Join Dianna Smith and members of PVMA for eight sessions of fungi education at Dianna's home in central Massachusetts, enrollment number is limited. Cost is \$100, and includes membership in PVMA for 2016. Workshops meet on the following Sundays from 10:30am-2:00pm with a half hour lunch break, except for the first session, which is a field trip off-site. Checks should be mailed to: Michael Ostrowski, 27 East Street, South Hadley, MA 01075, and an email message sent to Dianna Smith at dianna.smith@comcast.net

1. March 13: Thanks to the generosity of Willie Crosby of Fungi Ally, we will begin our series of programs with a two hour guided tour of his new mushroom growing facility at 311 River Drive in Hadley (parking in the back). Willie, who attended our series of mushroom identification workshops in 2015, supplies a variety of freshly cultivated mushrooms to area markets will also talk with us about outdoor mushroom cultivation. (www.fungially.com)
2. April 3: "*Finding, Identifying and Preparing at least 100+ Edible Mushrooms for Cooking and Avoiding The Consequences of Eating Their Toxic Lookalikes*" with Dianna Smith.
3. April 10: "*Field characteristics used in traditional mushroom identification: a morphological approach useful to the naturalist and mushroom collector. Once mastered the field of amateur mycology can be more easily explored*" with Bill Bakaitis
4. April 17: "*Ascomycetes Explained;*" "*Identifying Common Ascomycetes*" with Dr. Roz Lowen
5. May 1: "*Polypores*"; "*Crusts and Stereums*" with Larry Millman
6. May 15: "*Medicinal Fungi*" with Dianna Smith; an afternoon lunch talk with John Michelotti (www.catskillfungi.com/)
7. May 22: "*Tree Identification*"; "*Mushrooms and their associated trees*" with Dianna
8. June 5: "*The Boletales in general*"; "*The Identification of Common Mushrooms in the Boletaceae*" with Bill Yule

Fungi Blogs: Some Wintertime Reading on the Web

Geoff Ridley, a mycologist and author, general biology of fungi, lichens, and slime molds from New Zealand, <https://sporesmouldsandfungi.wordpress.com/>

Jan Thornhill, a writer and illustrator of children's books, she is obsessed with some of the weirdest and most often overlooked fungi from Ontario, Canada, <http://weirdandwonderfulwildmushrooms.blogspot.ca/>

Anna McHugh, a radio journalist, this page is a good mix of audio recordings, photos, and essays from a mycophile, <http://www.crazyaboutmushrooms.com/>

Mara Penfil and Andrea Rossi, a safe space for of womyn in the mycological community to come together and share stories, research, theories, and dreams, <http://femaleandfungi.com/>



Saddle Up!

Joe & Kathy Brandt

For many mushroomers, the sighting of the first Dryad's Saddle (*Polyporus squamosus*) in May is a sure indicator that morels will not be far away. Although morels are inarguably the most sought-after mushroom of the early season in the Northeast and many of the Great Lakes states, Dryads should not be ignored as a good edible, and their season is at least six months long, as opposed to (if you're lucky) the single month in which morels occur in all their splendid varieties. While the taste of *P. squamosus* is quite strong and not necessarily for everyone's palate, when very young specimens are properly prepared, they can be wonderful (and unique) culinary delights, and terrific additions to any number of dishes.



To begin with, you must be certain that what you have is suitable for the table. Dryads are easy enough to identify, and there are several simple techniques that may be employed in order to determine a particular specimen's "table" worthiness. It is not enough to find that the good looking polypore you've just located is supple; only in old age do they become truly "woody".

Size is not always a factor either, although one dead give-away is a mushroom that is the diameter of a serving platter. Every once in a blue moon, the extreme outer edge of a larger specimen is soft and fresh enough for cooking purposes, but this is rarely the case. Here is what you want to look for: Your first "line of defense" is a knife test, and this may be done in one of two ways. The first (and most reliable) method is to invert the cap, and with light pressure, pull the blade of a knife over the pores *at a 90° angle*. They should come off in somewhat the same way as scraping jelly from toast. If you have to hack at them, *forgetaboutit*. You may also employ the "cut" test, in which you cut through the body of the mushroom itself with a sharp knife. The knife should pass through without resistance. Similar to what happens with some of its polypore cousins; you may find that the closer you get to the growing edge, the softer the "flesh" is. Frequently, you will wind up using only the outermost portions, and discarding the short stalk and dense inner parts where you must exert pressure in order to cut. Tough portions may be suitable in the flavoring of a mushroom stock, but trying to eat a cooked piece of Dryad's saddle that is even remotely too old will be like chewing gum or shoe leather. The cutting board will be your "acid test", because often, a "field" analysis is

done in somewhat of a hurry, and there is no downside to bringing home mushrooms that may be examined more closely under optimal conditions.

Once you have identified a worthy specimen, preparation is a bit different than it is with some of the more commonly eaten varieties of polypores, because of the strong taste and smell. Here is the way we do it:



Very small and young specimens (perhaps the size of a large human ear) may be sliced and used as is, but larger pieces (those with pronounced large pores) should have the pores removed prior to further processing. With the exception of the youngest and smallest of Dryads, we have found that the retention of the pores will add nothing to the flavor when cooked, and will only serve to absorb cooking oil in great quantity. There seems to be some debate as to the merits of stripping off the "pheasant's back feathers" (overlapping scales) on the top of the caps, although we have found that on more mature caps, their removal (easily done by peeling) helps to insure a uniform texture. Although beetles seem to like *P. squamosus*, they are generally not sought out by maggots or other boring insects as readily as are, let's say, chicken mushrooms (*Laetiporus sulphureus*), but it's always a good idea to keep a sharp eye on the flesh as it's sliced, in order to eliminate unwanted visitors. Always slice this mushroom thin; thick pieces will frequently cook unevenly, and (as a general rule) the thicker, the "chewier" it will be, which would not be a desirable characteristic. (For beef jerky it would be one thing, but a dish containing wild mushrooms is another matter entirely.)

For general applications, we have found that (after cleaning and slicing) a short (10-15 minute) soak in a little soy sauce mixed with some fresh lemon juice will enhance the

flavor. Other types of marinades— including those with garlic— may be used if desired. Once the mushrooms have marinated, we always start with a good quality olive oil (preferably extra virgin), and cook over medium/medium-low heat (stirring frequently) until more-or-less evenly browned on all surfaces. For a nice snack, continue cooking until very well-browned, then drain on a few folded paper towels and sprinkle with salt if desired; the result will be much like "potato sticks", which may also be used as an addition to sandwiches. For any of you who enjoy making your own tomato sauce, the addition of (cooked) *P. squamosus* halfway through the process will impart a very rich, "earthy" flavor, and the result will be what we have come to call "Dryad Saddle Sauce". (This little trick, by the way, may also be used to add character to what would otherwise be unremarkable *store-bought* tomato sauce.)



Please note that the following recipes call for the use of ramps (wild leeks— *Allium tricoccum*), which are in season in early Spring, and common throughout much of the Northeastern United States, Southeastern Canada, and may be found as far South as South Carolina. In many areas, the earliest ones may be ready to pick a full month before the first *P. squamosus* of the season can be found. If you're

unfamiliar with ramps— what many consider to be the most versatile member of the onion family— consult any good wild edible field guide, or cross-reference "wild leek" in a more comprehensive guide, such as "Wildman" Steve Brill's "Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places", or Roger Phillips' book "Wild Food".

Spring Triad with Dryads*

This recipe features an unusual combination of three mushrooms, thus the name "Triad". (We used artichoke tortellini for the pasta, which worked particularly well.)

1/3 cup thin sliced ramp bulbs (or shallots)

1 clove garlic, minced

2 Tbsp. olive oil (we like extra-virgin)

4-5 shiitakes, thin sliced

3/4 cup young dryads, pores removed, thin sliced

2 Tbsp. tamari/soy sauce

1/3 cup sliced roasted red peppers

½ tsp. ground cumin
½ tsp. ground turmeric
2 Tbsp. plus 1 Tbsp. vegetable broth (Keep a little more in reserve)
4 large fresh morels, (6-8 small) halved and sliced lengthwise (quartered if small)
2/3 cup thin sliced ramp greens or green onions (green parts only)
Salt & fresh ground pepper
Large pot of water
12 oz. artichoke (or other) tortellini

Grated parmesan cheese (optional)

Put the water up to boil. Mix the sliced dryads with the tamari.

In a large frying pan, heat the oil, medium heat. Add garlic and ramp bulbs, cook 2 minutes. Add shiitakes and dryads/tamari, cook 6 minutes, stirring often. Add the morels, cumin, tumeric and 2 Tbsp. vegetable broth, cook 5 minutes, give it a stir every minute or so. Add peppers, ramp greens (or green onions) and 1 Tbsp. vegetable broth, cook 3 minutes more, keep stirred. Add salt and pepper to taste, remove from heat. (*Note: If this gets too dry at any point, add a *little* more vegetable broth.)

Cook pasta according to package directions. (Do not overcook!) Drain. Transfer to suitable serving bowl. Add the mushroom/ramp/pepper mixture to the pasta and mix thoroughly. Serve immediately. Top each serving with a little grated cheese, if using. Serves 2 as a main course. A fresh salad goes nicely with this dish.

Dryad and Ramp Spring Stew*

1 lb. fingerling potatoes, steamed
1 handful ramps (or 3 leeks)
1/2 - 1 cup sliced young dryads
10 ounces crimini (or other *Agaricus*) mushrooms, sliced
1 14 oz. package extra firm tofu (or pre-cooked, cubed chicken)
Soy sauce or tamari
1 Tbsp. peanut oil
1 Tbsp. olive oil
1/2 cup milk
1 heaping Tbsp. flour
salt/pepper
2 Tbsp. butter (or butter substitute)

Slice ramps (or leeks) fine, keeping bulbs and lower "stems" separate from leaves. (If using leeks, use white parts only.)

Soak dryads in tamari for 5 minutes, then drain.

Sauté dryads in olive oil with lower parts of ramps (or leeks) until browned. Remove from pan and reserve.

Cut tofu into 3/4 inch cubes. Soak in soy sauce or tamari for 15 minutes, then drain and pan-fry in peanut oil until browned on all sides, turning as needed. Set aside.

Sauté criminis in 1 Tbsp. butter for about 5 minutes, then, push mushrooms to the side of the pan and melt another Tbsp. butter in the pan, gradually stir in the flour over very low heat, making a roux. When the flour is well mixed with the butter, slowly add the milk, and then stir in the criminis from the side of the pan. Remove the criminis & gravy and set aside.

Add olive oil to the pan and sauté the ramp greens (if using) for 3 minutes, then add steamed potatoes, mix well, add all the other ingredients and mix again. Season to taste with salt and pepper, serve hot.

*Original recipes from J&K Brandt

*Photos by The 3 Foragers

(This article was previously published in *Mushroom: The Journal of Wild Mushrooming*. Used with permission.)

2016 Regional Forays

NEMF 2016 marks the 40th Anniversary of the annual Sam Ristich Foray. The Boston Mycological Club will be hosting the Foray at Fitchburg State University in Fitchburg, Massachusetts on **July 28-31**. Our theme will be "The Role of Fungi in the Ecology of the Forest". The chief mycologist will be David Hibbett, Professor of Biology at Clark University in Worcester, MA. BMC will emphasize group learning, rather than individual collecting, and conservation of the biosystem. BMC also plans to have lectures on the relationship of fungi to the forest's flora and fauna. <http://www.nemf.org/2016-nemf-foray.html>

NAMA September 8-11, The Shenandoah Foray will be located in the unique environment of the bio-regions of the Blue Ridge Mountains and the Shenandoah Valley of Virginia. The foray will be stationed at the Northern Virginia 4-H Center in Front Royal. Registration opens Spring 2016 <http://www.namyco.org/events.php>

COMA Join chief mycologists Alan and Arleen Bessette, authors of *Mushrooms of Northeastern North America*, *North American Boletes: A Color Guide To the Fleshy Pored Mushrooms*, and *Ascomycete Fungi of North America: A Mushroom Reference Guide* at the Berkshire Hills Eisenberg Camp, Copake, NY for the 38th Clark Rogerson Foray, **September 22-25**. This site features 640 wooded acres and many nearby parks in the junction of NY, CT, and MA. Check <http://www.comafungi.org/special-events/clark-rogerson-foray/> for updates

For about two weeks in July, the rains fell and the forests produced baskets full of fungi. I collected over 4 gallons of black trumpets, most of which was used at the NEMF mycophagy session. Robert collected and photographed boletes, alone and in big mixed groups. The diversity was stunning. –Karen Monger, photos by Robert Gergulics



Boletus edulis, *Leccinum longicurvipes* (previously *Boletus longicurvipes*), *Leccinum insigne*



Even the *Russulas* were found in a rainbow of color!

FAQ's with Terry Stoleson

(One of our most experienced and trusted Fungi Identifier at weekly forays.)



1. How long did it take you to learn all of the mushrooms in Connecticut?

Holy Hapalopilus! All of the mushrooms in CT? You've got to be kidding. I couldn't do that if I lived as long as Methuselah. Nobody knows all the mushrooms from an area because most fungi have not been discovered yet. What I've learned since joining CVMS 33 years ago is that those members who regularly attend the forays, study the mushrooms displayed and make the effort to identify their own finds, are the ones who eventually ID your collections.

(Editor's note: Join us at any weekly foray and it will be Terry who is the go-to mentor who will throw down the most identifications)



2. I really want to find some morels this spring. Can I follow you in the woods to learn how to find them?

No, because I think you'll learn to enjoy the hunt and finding them on your own so much more. To begin, do a little morel research on the internet or in field guides. Then learn to identify the bark of trees associated with morels. They are mainly elm, ash and tulip poplar. Then go search under those during April and May. When you finally find some morels,

you'll immediately smile broadly, your heart will beat faster and you'll look around to see if anyone is following you!

3. Can you name 5 of your favorite fungi, whether delicious, particularly beautiful/ugly, or just rare?

I don't think so. Only 5? But, I love them all. There are all the obvious ones like *Morchella*, *Craterellus*, *Boletus edulis*, *Grifola frondosa*, and *Cantharellus* that everyone likes, but I'll go with



Coprinus comatus

1. *Coprinus comatus*, the egg-shaped Shaggy Mane, for contributing great flavor to so many dishes.
2. *Amanita wellsii* for sheer beauty.
3. *Crucibulum laeve*, the tiny gregarious birds' nest fungus, because it's simply irresistible.
4. *Daedalea quercina* because of its amazing maze-like pore surface.
5. Last but not least, the entertaining *Dictyophora duplicata*, because this fascinating phallic beauty, along with the other stinkhorns, always elicits almost-illicit comments.



Amanita wellsii



Trumpets (*Craterellus*), Hens (*Grifola frondosa*), and Chanterelles (*Cantharellus*)

CONNECTICUT VALLEY MYCOLOGICAL SOCIETY
APPLICATION FOR MEMBERSHIP FOR 2016

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, include a separate check in the amount of \$25.00 (email) or \$40.00 (hard copy), payable to NAMA

NAME(S): _____

ADDRESS: _____

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 _____

CVMS T-Shirt Design Contest!

Open to all members, YOU can be the next designer of the CVMS Club t-shirt. Winning designer will receive a free club shirt!! Ideal designs should incorporate 1-6 colors (plus black), can be printed on the front, back, or both, and must be an original design. Any questions, email kraczewski@comcast.net Designers should also consider the shirt color.



Submit full sized illustrations to any club officer (Beth, Bill Y, Walt, Dinah, Karen, or Terri H), or email scanned .pdf files to: speditor@cvmsfungi.org

All entries will be viewed and voted upon at the annual Ed Bosman Educational Day on August 21.

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