

# Spore Print

The Newsletter of the Connecticut Valley Mycological Society  
Affiliate of the North American Mycological Association  
Member Northeastern Mycological Federation

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Membership: Dues per calendar year are \$15 individual; \$20 family (two or more persons at one address and requiring only one copy of club mailings). Lifetime memberships are \$200 individual and \$250 family. Make checks payable to CVMS and send to: CVMS/Karen Monger, 32A Perkins Ave., Norwich, CT 06360. CVMS members may also pay NAMA yearly membership dues by attaching a separate check for \$32 (discount rate) payable to NAMA.

The Spore Print newsletter is published quarterly in early Winter, Spring, Summer, and Fall. It is distributed to all members of the club in good standing, and on an exchange basis to the newsletter editors of other mushroom clubs. Submissions to this newsletter can be sent to the editor. If you would like to get your copy online, send your email address to: [dinahwells@hotmail.com](mailto:dinahwells@hotmail.com) (put "Spore Print" in subject line or your email will be deleted).

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### We welcome your submissions

The Spore Print "staff" would love to have your input! Photos, poems, articles, recipes or anything of interest to the members. The next deadline for submissions is October 1. Send a link to an interesting article or an email to: [dinahwells@hotmail.com](mailto:dinahwells@hotmail.com).

## COMING EVENTS

**July 14, SATURDAY FORAY! Day Pond State Park, Colchester:** Special finds from this foray may be brought to the Coventry Farmer's Market the next day for public display.

**July 15, Sunday: The Coventry Farmer's Market Foray and booth** CVMS members will foray and set up a booth at the market on the Nathan Hale Homestead in Coventry. A great farmer's market with local artisans, music and more. Market opens at 11 am. CVMS members will foray in the Nathan Hale State Forest surrounding the homestead to collect specimens for the display table which will be set up by 11am. You can also bring fresh specimens from elsewhere for the public to view at the table. Please label their place of origin.

**July 29: Salmon River State Forest, Colchester: Bonus CVMS potluck foray! Why?** Because it's so much fun to bring food and share lunch after the foray. Regular potluck rules apply (see food event guidelines in foray booklet) Details on p. 3.

**August 2-5: 36<sup>th</sup> Annual Samuel Ristich Foray (NEMF) in East Stroudsburg, PA** Registration deadline is July 15. Information at [www.nemf2012.org](http://www.nemf2012.org) or phone: (717) 846-1225 (No CVMS foray this weekend) Registration form in Spring newsletter.

**August 19, Sunday: Devil's Hopyard State Park, East Haddam: Ed Bosman Educational Day** In honor of our beloved founder, Ed Bosman, Educational Day features a regular foray followed by several educational talks over the display. Members often bring food to share making this an informal potluck, but it is optional to bring a dish.

**September 15, Sunday: Mushroomfest** This annual CVMS foray/potluck is now held at member Joe Maciejny's house, a lovely venue. \$5 per person will be collected to help share the expense of this event. Joe suggests bringing fishing gear to try out his pond!

### Important Message from Membership Secretary

"We have had 18 new members sign up in the past 2 months, and it can be intimidating for them to go to a foray and not know names. We ask all members to wear their name tags to the forays. If you need a name tag because it was misplaced, or never received, I would be happy to make one and mail it to you. Please contact me, Karen Monger, Membership Secretary, directly at 860-639-9385 or [kraczewski@comcast.net](mailto:kraczewski@comcast.net). Thank you."

## President's Message

Hello, CVMSers,

July is starting and thunderstorms sweep across the state -- but too fast to drop the soaking rains all mushroomers want to see. Even without ideal rainfall, we have had successful forays and many interesting finds. Finds of *Suillus granulatus*, *Lactarius volemus* and Chicken of the Woods (*Laetiporus* -- both *sulphureus* and *cincinnatus*) are examples of species showing up unusually early in this mushroom year.



*At Campbells Falls the very attractive *Cyptotrama asprata* drew special attention. I read that it was originally classified in Ceylon in 1847 by Miles Joseph Berkley and was widely distributed in tropical climates. Now in 2012, Ceylon is called Sri Lanka and the *Cyptotrama asprata* has made it to Connecticut !!*

So, come to the forays and see what discoveries are made in the woods. You may be the one who finds one of the fungi stars of the day!! Talk with the experts and hear their observations of how the fungi might be revealing what is happening in our environment.

Finally, I want to make another pitch for members to apply for CVMS scholarships. Any member at any level in amateur mycology can apply simply by letting any club officer know they are interested. Then write a letter stating what event you plan to attend and what you expect to learn more about. Scholarships could be used for regional or national forays such as NEMF or NAMA, for classes at Eagle Hill, or for other similar events. This is an important way that CVMS promotes amateur mycology.

Happy foraying!! Bill Bynum, President

## **The Garlic Mustard War**

By Zellene Sandler, CVMS member

The spring of 2012 saw a vast invasion of the dreadful garlic mustard, a plant that has no redeeming value to me. My woods were an unbroken carpet of it: under fallen trees, creeping around rocks, hiding in every hill and dale. There was way too much area for chemical warfare (and to which I am opposed,) and way too difficult terrain to merely weed-whack. This called for the hands-on approach, a daunting thought given almost an acre of woods.

I girded my loins, so to speak, each morning and spent hours contemplating the tenacity of this plant as I pulled up each one. They say that garlic mustard kills native plants. They lie. Poison ivy grows just fine underneath it. They say you can sauté it in a little olive oil and eat it. They lie. It tastes like cooked grass.

On the fifth day, my itchy, tick-bitten body was ready once again for battle. One more section remained on a steep slope replete with fallen ash trees. I had become intimately acquainted with my lot, often crawling over and under branches and multiflora rose on my hands and knees, scratched and bruised but never giving up. Crawling under yet another branch, I spied a wrinkly protuberance... something vaguely familiar...could it be? Yes! A Morel! Then another and another! In sixteen years I had never seen a morel on my property, but then, how often had I looked quite this hard?

Was it worth the poison ivy, the ticks, the scrapes and bruises? I think you all know the answer. Every cloud has a silver lining...and that is the morel of the story.

### Additional potluck event proposed! July 29 at Salmon River *(submitted by Karen Monger here and posted on the CVMS Yahoo group site)*

Chatting, learning, and sharing food with fellow CVMSers is a favorite Sunday activity for us, and we would like to put together an additional potluck event after a foray.

I am looking at the foray at Salmon River State Forest in July, due to the easy parking, available picnic tables, and high attendance. Check your foray schedules for the directions. The date is July 29.

Normal potluck rules apply; please contribute a dish to participate. Participation is not mandatory. The dish does NOT have to contain mushrooms, but add a card listing the ingredients to help with potential food sensitivities. For every adult attendee, please provide a main dish to feed 6, or a soup, salad, bread or dessert to feed 12, plus serving utensils. Bringing your own eating utensils, plates, and drinks is recommended to reduce waste.

Potluck setup and service begins after the foray at about noon, followed by identification of the foray finds and lunch.

Any questions, concerns, or suggestions, give me a call or send an email.  
Karen Monger, (860) 639-9385, [kraczewski@comcast.net](mailto:kraczewski@comcast.net)

## **Eagle Hill Workshops on the Maine Coast**

### Mushroom Identification for the Novice; Focus on Edible and Medicinal Mushrooms

July 29 – August 4, 2012

This seminar will address the macro-fungi, the mushrooms, of Maine, assisting participants to learn the skills of field identification, by use of features easily seen with the naked eye or a hand lens rather than through the objective lens of a microscope. We will take a broad overview of representative divisions of the Kingdom Fungi, investigating biology, ecology and cultural elements. We will focus on the skills needed to identify common mushrooms into family and generic groups using macroscopic features, dichotomous keys and field guides. The underlying theme of the week will be the use of mushrooms as food and medicine, exploring the place of fungi in diverse cultures across the world. Through the week we will enhance the dining experience by collecting great wild edible mushrooms to add to the menu, offering those who wish an opportunity to develop cooking skills. The seminar will appeal to the amateur mycologist wishing to go deeper and to the student or field biologist desiring an opportunity to expand their knowledge of the world of mushrooms. Participants are urged to bring the mushroom field guides and material they use for identification. Led by Greg A Marley and Michaeline Mulvey

### Natural History of Fungi and Slime Molds August 5 - 11, 2012

The purpose of this seminar is to provide the information needed to develop a better understanding of the biology, taxonomy, and ecology of fungi and myxomycetes, with particular emphasis placed on those species associated with forest ecosystems. This seminar will benefit university students, amateur mycologists, field biologists, and researchers who are interested in learning new skills in studying these two groups of organisms. Led by Dr. Steven L. Stephenson

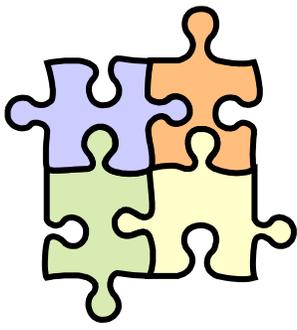
### Maine Mushrooms and Microscopes Foray August 19-25, 2012

Each day we will foray into the Maine woods to discover, collect, document and learn about the unique fungi of the northeast and coastal Maine. The workshop will provide a broad overview of the vast Kingdom Fungi and its biology and ecology and will help participants develop skills in the identification of mushrooms and other fungi to genus and species, using both macro and microscopic features. Each student will be assigned a microscope. Emphasis will be placed on mycorrhizal fungi, such as the Amanitaceae, Boletaceae, and Russulaceae, as well as ascomycetes and polypores. There will also be an opportunity to learn about mushroom photography as an aide in studying and documenting mushrooms, so cameras are welcome. This seminar will benefit field biologists, university students, amateur mycologists and novices, who are interested in expanding their knowledge and learning new skills for pursuing the study of fungi. Independent study interests are welcome during this seminar. Led by Dr. Rosalind Lowen and Dianna Smith

### Botanical Illustration on Vellum and Paper: Portraiture and Microlandscapes (July 22 - 28, 2012)

When studying plants in their natural habitats, collecting field information accurately and quickly is important. After finding a subject in the field, students will learn to collect information by sketching, painting, and photographing in order to compose accurate and beautiful groupings of Maine plants to complete in the classroom. Each microlandscape should impart a real sense of place, while also serving as a botanical portrait. A historical overview of botanical portraiture and microlandscapes will be discussed. This will give participants a perspective which will help them in developing compositions for their own watercolor paintings. Composition, botanical accuracy, aesthetic strength, and drybrush watercolor techniques on vellum or paper will be covered. By the end of the week, each participant will have at least one substantially advanced or completed a painting of a Maine microlandscape or botanical portrait. Participants have the option of bringing finished natural history artworks for a formal exhibit during the workshop in the traditional gallery of the Commons Building at Eagle Hill. Led by Carol Woodin

*More information at: [www.eaglehill.us](http://www.eaglehill.us) • phone: 207.546.2821 • email: [office@eaglehill.us](mailto:office@eaglehill.us)*



## Bits & Pieces

### LIVING WITH AMBIGUITY

by Joel Horman (*reprinted with permission from the Long Island Sporeprint, (Summer, 2012)*  
*the newsletter of the Long Island Mycological Club; Joel Horman, editor*)

In the May 2012 issue of Mycena News, the newsletter of the San Francisco Mycological Society, Else Vellinga, world renowned fungal taxonomist, authored an article entitled “Mushroom Names Are Not Always What They Seem!”. She pointed out that of the ten most frequently encountered species in Point Reyes Park, CA (including some of our own common mushrooms such as *Pluteus cervinus* and *Armillaria mellea*) the only names that were correct were those that had been named based on local specimens: *Laccaria amethysteo-occidentalis* and *Suillus pungens*. *Pluteus cervinus* turned out to be three related but unnamed species. Others, such as *Russula amoenolens* and *Helvella lacunosa*, were found to be misapplied names of European species. This knowledge was only possible because DNA sequence data had been obtained and compared with foreign specimens. She stated that “neither descriptions nor photos would have been sufficient to decide this.” There is no reason to believe that the situation on the East Coast differs significantly. (Indeed, it has recently been demonstrated, and many of our avid collectors are aware, that we must now call the former *Megacollybia platyphylla* by a new name *Megacollybia rodmani*, to differentiate it from the European relative which was its namesake.) Accordingly, we may have a greater degree of confidence for those North American species that were described as new species when initially collected and not based on European types. This would include all the new species of Peck, Kauffman, Coker, AH Smith, LR Hesler, etc., which number in the thousands, but which constitute an unknown percentage of our total species numbers. In addition to this historical record, all novel modern descriptions by NA authors such as Guzman, Petersen, Bessette, Tulloss, Trappe and innumerable others, are unlikely to need revision. But for the time being, we must continue to rely upon European names, in those cases where no alternative is yet available. Hopefully, this will not always be the case. Serious proposals are underway to construct a new mycoflora for North America. The existing North American Flora, which lists all the species known at the time of publication, is now over 100 years old and taxonomically outdated. At this year’s annual meeting, the Mycological Society of America will host a workshop to organize this effort, which will of necessity include both professionals and amateur societies in the collection, documentation and vouchering of specimens. We look forward to participating in this grand effort.

*[CVMS members Bill Yule, Terry Stoleson and Walt Rode will be attending the 2012 Annual Meeting of the Mycological Society of America on July 15. A report on their experience will, hopefully, appear in the fall newsletter.]*

### CANDY CAP AROMA

*Lactarius fragilis* is a west coast species with an odor of maple syrup that is much sought after there, where it is referred to as the Candy Cap and used to flavor cookies and cakes. Recent research has identified the chemical causing the odor, quabalactone III, which is present only in the dried mushroom, the fresh ones being relatively odorless. Strangely enough, actual maple syrup does not contain this chemical, the characteristic odor being produced otherwise. Here on the east coast, *Lactarius camphoratus* has a similar odor which intensifies upon drying, but opinion on its edibility differs. (The maple syrup odor of the “candy cap” mushroom, *Lactarius fragilis* var. *rubidus*, William F. Wood *Biochemical Systematics and Ecology* 43 (2012) 51–53) [*reprinted with permission from the Summer 2012 Sporeprint, the newsletter of the Long Island Mycological club, Joel Horman, editor*]

## FORAY Newfoundland and Labrador: Sept 28-30, 2012

The Nova Scotia Mycological Society once again hosts this northernmost foray in Terra Nova National Park at the Terra Nova Hospitality Home & Conference Centre with seating for 75 people, so space is limited. Details are not yet available, but last year's prices varied from \$215 pp. double occupancy to \$330 for a single. Tentative guest faculty includes Renée Lebeuf, Todd Osmundsen, Steve Trudell, and others. Information will be updated in the Spring and can be accessed at: <http://www.nlmushrooms.ca/> or for more information, send email to: [foray@nlmushrooms.ca](mailto:foray@nlmushrooms.ca) or call (709) 458-2021

## 15th Annual Wildacres Regional Foray September 20-23 Wildacres, N. Carolina

Held at Wildacres Retreat, a conference center on 1600 acres in the Blue Ridge Mountains, the foray will be limited to 40 NAMA members at \$225 per person, double occupancy; no single rooms.

Dr. Coleman McCleneghan will serve this year as Chief Mycologist. Dr. Brandon Matheny will also attend the foray as mycologist. The ambiance of Wildacres is unsurpassed. Early registration is advised. For more information and to register, contact Glenda O'Neal by email [glendakoneal@yahoo.com](mailto:glendakoneal@yahoo.com) or by phone at 423-246-1882. An application form may be found in the Mar/April 2012 edition of the Mycophile.

## Mycophagy

### Mushroom Potato Spinach Skillet

*[from the kitchen of Jean Hopkins]*

Ingredients: sliced mushrooms, cooked potato cubes, garlic, olive oil, onion if desired, fresh spinach, salt and pepper, lemon juice, cheese

Heat several T. of good olive oil in large frying pan. Add two cloves of chopped garlic and sauté briefly. You can also add chopped onion to this mix. Add fresh mushrooms: chanterelles would be nice, but anything really. I suggest Chicken of the Woods, Black Trumpets, or Bi-colored boletes, if you have them. Cook until almost done and then add some chopped boiled potatoes and cook briskly, stirring to keep from sticking, until warmed through. Add salt and pepper. When this group appears to be cooked and blended, cover with a half a pound of fresh spinach, washed and shaken out with a little water still on leaves. Cover tightly and cook/steam for a few minutes. At this point squeeze lemon juice over all if you wish. The spinach will wilt over the mushroom/potato mixture. Open cover and sprinkle with grated Asiago or crumbled feta cheese. Recover and heat for a minute or two. Turn off heat and let sit for a few minutes. Eat this alone for your whole meal. Or use as side dish with grilled meat or anything else. This is a flexible dish.





Milkweed Flowerbud and Chickpea Salad  
 Milkweed (*Asclepias syriaca*)  
 flowerbuds, chickpeas,  
 red onion, feta, pickled  
 sea beans (*Salicornia* sp.),  
 red wine vinegar, salt, pepper,  
 sugar, garlic, olive oil,  
 basil, balsamic vinegar



Vegetarian Ramps Golabki  
 Ramps (*Allium tricoccum*)  
 leaves + bulbs, Morningstar  
 Farms vegetarian crumbles,  
 Basmati rice, egg, salt +  
 Pepper, yellow tomato  
 Sauce, spices

### Wild Foods Foray

Approximately thirty people attended the Wild Foods Foray at Southford Falls on June 17, where 76 species of fungus were collected and identified. Under the pavilion, as a swallow flew in and out feeding her babies in a nest overhead, a potluck spread with all kinds of wild food was enjoyed. (The table was not *directly* underneath the nest.) Many dishes contained wild mushrooms, fresh or dried, and there were ramps, milkweed buds, wild greens and more cooked up into wonderfully tasty dishes. This foray is becoming a real culinary high-point.









Inspect your trumpets for inhabitants before you pick! This immature Eastern gray tree frog found a cozy home last year in a *Craterellus fallax*, or Black Trumpet. He nearly went home in my basket!



**CVMS / Dinah Wells**

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