

Spore Print

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

Founder: Ed Bosman
President: Bill Bynum

Vice President: Bill Yule

Treasurer: Terri Hungerford

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Membership Sec.: Karen Monger

Spore Print Editor: Dinah Wells

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 \$24 (electronic) \$30 (hard copy) 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 (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 January 1. Send a link to an interesting article

COMING EVENTS

Oct. 26: CVMS Tailgate! Stratton Brook State Park, Simsbury, CT A regular foray at 10am followed by potluck lunch. Please see food event guidelines in Member Handbook. Important: Remember to print your dish ingredients on a card along with your name.

Nov. 2: Final foray of the year: Gay City State Park, Hebron There will still be things to find with all the rain we've had!

Dec. 5-7: GSMS Winter Foray, Crawfordville, Florida The GSMS (Gulf States Mycological Society) Winter Foray 2014 will be held at the Best Western Plus, Crawfordville, FL, 18 miles south of Tallahassee. The Guest Mycologist will be Dr. Matthew Smith, Assistant Professor in the Department of Plant Pathology and curator of the UF Fungal Herbarium, at the University of Florida, Gainesville. Dr. Smith plans to bring a graduate student who we will host at this foray. Field trips are planned to nearby forest areas. Average cost is \$265/single and \$352/double. For details and a registration form, go to our website <http://gsmyco.org>. Or contact David & Patricia Lewis at 409-423-3776 before November 30.

Membership Application is in this issue on Page 9. Renewal dues should be in by the end of the year. Please mail the completed application with your dues for renewal to the Membership Secretary, Karen Monger, at the following address:

CVMS/Karen Monger
32A Perkins Avenue
Norwich, CT 06360

WANTED

Your extra maitake! If any CVMS member finds themselves overburdened with excess *Grifola frondosa* this autumn, we are accepting donations for the NEMF Mycophagy session in 2015, held at Connecticut College, Friday, July 31. We will be making Maitake Jerky now, and vacuum sealing it for service.

Contact Robert or Karen
or see us at any of the remaining forays, we are almost always there!

President's Message

Hello CVMSers,

It is October and the rains we have yearned for since July have finally come! Many lamented the 2014 dryness and low yield of Hen of the Woods. But just this week, courtesy of the recent rain, Terry Stoleson filled her basket full of *Boletus edulis* which she found at one of her "spots". She advises everyone to "check your spots". Now, I do not know how many members actually have porcini spots. In fact, I am looking for a reliable one. Regarding that most sought after edible, Bill Yule tells us that *Boletus edulis* is actually a group of many different mushrooms, but we call them all edulis. While the tasty *Boletus edulis* can have many looks, there is one bad look-alike that may fool you as it did me. Last summer at the Northeast Foray, I found what I thought was a small but very fresh edulis. It had the right chestnut color, white pores and flesh, and fine white reticulation. I showed it to an expert: no less than Gary Lincoff, author of the Audubon Guide to Mushrooms. He took out his hand lens and, seeing the fine white netting I had seen at the top of the stipe, quickly confirmed my ID. But then he hesitated. He looked a second time - a little more closely and he said "aha!!" Seeing that some of the netting had just started darkening ever so slightly, Gary immediately took a taste saying that tasting was the truly important test. He made a twisted face and declared it to be the bitter bolete: *Tyloporus felleus*!! After some more time, the pretender's true identity became more and more obvious as its flesh and pores started staining. So the point is for those of you who are not sure, taste your edulis, most especially the young fresh ones, just to be sure they are not bitter!

For more on *Boletus edulis*, go online to Mushroom Expert at http://www.mushroomexpert.com/boletus_edulis.html

or Mushroom Observer at <http://mushroomobserver.org/100150> or the other great online resources.

NEMF 2015 Dates will be July 30-August 2 in New London:

By now almost everyone knows that our club is hosting the 2015 NEMF Sam Ristich foray. We will be at Connecticut College in New London next July 30 to Aug 2. We expect to have over 200 attendees including the mycologists. We'll have several classrooms and a lab with microscopes for classes. Busses will take people to forays in several nearby locations. There will be mycophagy and evening socials. Details about the foray will be added to our website as they develop. The registration form should be up early in 2015. <http://www.cvmsfungi.org/>

The End:

If you saw the collection at the Wild Mushroom Fest at the Dennison Nature Center in Mystic, you got a laugh at the macro characteristics of this giant puffball.

Happy foraying,

Bill Bynum, President, CVMS



A WOW! OCTOBER 3rd

by Terry Stoleson

Early this month, a visiting old friend, who, like me, enjoys walking in Mother Nature's garden, joined me for a foray at a state park. On arriving there, the sight of a troop of *Amanita muscaria* marching below some pines made my heart beat faster. It was the first time in many weeks that I was seeing real live mushrooms! The terrestrial fleshy kind. Next to those were fresh, generous fruitings of *Suillus granulatus* and *S. americanus*, the chicken fat mushroom. Simply beautiful to these eyes!

When you spot *A. muscaria*, Connie Borodenko told me many years ago, you should scan that same area for *Boletus edulis*, aka Ceps. So I did, - and found two nice young ones. (Other club members reported finding this sought-after species at the same time). I also found several *Lepista nuda*, aka Blewits nearby. These love deep pine needles or any humussy substrate, even woodchip mulch..

Not far away, we found *Clitopilus prunulus*, aka Sweetbread. In addition to its whitish (sometimes a bit gray) always matte cap surface, decurrent gills and pinkish spores, its unbaked bread odor helps to identify this good edible. A little further in a lawn area I got quite excited to find two handsome, big white *Agaricus arvensis*, aka Horse mushrooms. Great flavor rivaling the Portabello of the supermaket, but a bit different. Back on the trail I found a small *Laetiporus cincinnatus*, the Chicken of the Woods with a white underside, growing at the base of a Sassafras tree where I had found one two years ago, but hadn't paid close attention to the substrate at that time. It's the only tree other than oak where I've seen this species grow. An amazing and fun discovery.

On returning home with these fine edibles, I decided to cook them all together because after taste-testing more than one hundred fifty cooked species over the years, I know that none I've tried cause any gastro problems for hubby or me. With mushrooms, when you have only two of this and three of another and four of this other species, it's the simplest and best way to prepare them. The flavor of this combination was outstanding.

If you thought the mushroom season was over, think again. Today, two weeks later, I went back to the same park and found most of the same species and more, including a quantity of *Boletus edulis*. See you in the woods.



[Editor's note: We love, LOVE, to see photos like these on the CVMS facebook page. But perhaps like Terry's son, Scott, who commented, "Now you're just showing off", we are green with envy. Nice haul, Mycomama!]

2014 NEMF Foray by Karen Monger



After receiving a generous scholarship from CVMS, I was able to attend the 38th Annual NEMF Sam Ristich Foray in Brunswick, Maine. I traveled with my family, Robert and Gillian, and we arrived at Bowdoin College on Thursday afternoon in time to register and attend the first foray that was held on site at Bowdoin Pines. Even though it was raining, we headed over to the Pines and quickly split up to cover more ground. The assortment of *Russulas* in the parking lot was large, and upon entering the woods, we found some *Amanitas*, *Boletus edulis* and a few *Boletinellus merulloides* under a stand of ash trees. The constant but light rain made it difficult for me to stop and search for small ascos, but I rolled a few logs and found a large fruiting of a pale yellow, toothed crust, *Radulomyces*

copelandii on hardwood. This finding would be deemed award-worthy as it was a new species for a NEMF foray, and a collection of a species thought to be an invasive fungus from Asia, previously found and described by Lawrence Millman in an article in the Summer 2011 issue of *Fungi Magazine*. We returned to Thorne Hall to attempt identification of our finds and have them verified by the mycologists, and then the finds were recorded in the NEMF database. We settled into our dorm room and then headed over to the dining hall for the first of many surprisingly good meals at Bowdoin. The speaker for Thursday night was Don Cameron, an ecologist who works for Maine's Natural Heritage Program. His presentation focused on the fungi we could hope to find in Maine and some descriptions of the habitats we would encounter. His enthusiasm for amateur mycology was strongly evident, and he encouraged us all to get out in the woods and find some of the abundant chanterelles and black trumpets that had been flushing in large numbers in Maine.



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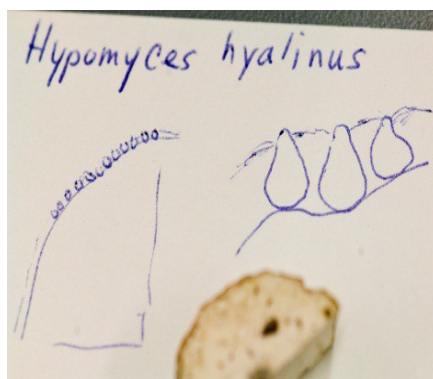
Friday started with breakfast, and then we split up again. Robert and Gillian were off to an early lecture about Marine and Maritime Fungi that was a prerequisite to the all-day foray at Reid State Park, which was to include some seaweed collecting (see 3 photos above). I joined the morning foray at Stonewood Trail. The forest at

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Stonewood was mixed, and I managed to find many *Geoglossum* earth tongues (photo top, left), as well as several *Elaphocordyceps ophioglossoides* on underground deer truffles. Others on the trip returned with baskets filled with black trumpets. After returning to the sorting tables at Thorne Hall and doing tentative identifications, I headed off



to lunch and my afternoon workshop on Ascomycete Microscopy for Beginners taught by Jason Karakehian. Here we learned the proper microscope protocols, how to use a dissecting scope, how to prepare slides from specimens, and looked at several different species like the *Geoglossum* and *Hypomyces hyalinus* on an *Amanita* (see drawing, middle left). My workshop finished at the same time that Robert and Gillian returned from their successful foray at the seashore, so we headed back to the room to break out the dehydrators we brought to start drying the Irish moss seaweed (*Chondrus crispus*) and paper bags full of black trumpets (*Craterellus fallax*) that they and our roommate and fellow CVMS member, Andrew Karwowski, found. We all headed



to dinner and then off to the Summary of Outstanding Finds for the Day and awards before the keynote lecture by Brandon Matheny. Gillian and I volunteered to help set up the mycophagy which we did, staying to help wash dishes afterwards.

We were a little too late to sign up for any of the Saturday foray bus trips, so we decided to head out on our own to a few parks in Topsham we had visited in past trips to Maine. We found more trumpets to bring back to the room to dehydrate, along with several beautiful *Boletes* and more *Amanitas*, along with a bag full of the large *Cantherellus* golden chanterelles that others had been finding in abundance at other forays. Beth Donald and Andrew attended some

workshops on campus during the morning, but we all met for lunch and then headed out to pick even more trumpets for the dehydrators. The evening banquet was held outside on the campus grounds under a large tent, and even though there was a short downpour, all of the mycologists cheered for the rain, much to the confusion of the banquet staff. The final evening lecture was presented by Raymond Archambault from the University of Montreal, accompanied by a *Gomphus floccosus*, right, horn and included some rousing crowd participation in song as well as a discussion of the imprecise use of descriptive wording when discussing mycology.

At the final Saturday Summary of Outstanding Finds, CVMS President Bill Bynum gave the presentation and promotions of next year's NEMF foray at Connecticut College, July 30-August 2. He described the campus and the other attractions of the region and our local mushroom hunting grounds, while Robert, Beth, Andrew, Gillian, and I handed out invitation cards to attendees of the lecture.



The Maine Mycological Association did a wonderful job on the foray. The brochures, maps, informational handout and forays were all excellent. There were so many great lectures, workshops, and forays taking place at all times of the day, sometimes making a choice of what to do next difficult because we wanted to do everything! Bowdoin College also did a fantastic job with comfortable dorms and very good dining options for all dietary needs. We were able to see how to manage a large event, and hopefully Robert and I will be able to contribute to a successful NEMF foray next year.

Fall Foraging in Connecticut (to the tune of "Pinball Wizard" from "Tommy") by Joe Brandt

Ever since I was a young boy,
I've picked those big boletes.
Picked chickens, blewits, oysters,
every one of them's a treat—
but there's still somethin' that's missing
and I've got to tell y'all—
my poor ol' heart is achin'—
I NEED A HEN THIS FALL!

I looked here and there for weeks now,
I've scoured high and low,
checked Cobalt, Mystic, Day Pond,
even Granby and Monroe,
but I just don't seem to get it
so I really got to know—
now can anybody tell me:
WHERE DO THE DAMN THINGS GROW??

I'm a mushroom hunter
there has to be a catch—
a mushroom hunter and
I NEED A HEN TO SNATCH!!

Why is it I can't find them?
I don't know—
Maybe they're just not there!

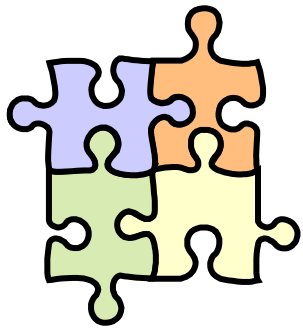
We're far into the season
with the pickins' gettin' slim;
from the Massachusetts border
to New Haven and Berlin,
I tried Enfield, Warren, Wakefield,
even Sharon and Cornwall;
I'm about to have a meltdown—
I NEED A HEN THIS FALL!!

I thought I was
the greatest thing around
but all those hens
MUST STILL BE IN THE GROUND!

Can't cook me no *Grifola*,
can't find one anywhere—
looked up and down an' sideways,
but the mushrooms just don't care!
And I'm gettin' pretty tired,
so I got to tell y'all, I think I'm gonna lose it—
I NEED A HEN THIS FALL!!



[This illustration was taken from the Biodiversity Heritage Flickr stream which is the photo library of a consortium of natural history and botanical libraries. There are over 92,000 high-resolution images available free for download. You can view the images at www.biodiversitylibrary.org. Most are in color. It is a fabulous source of artwork if you have a decent printer! Beautiful botanicals, zoological illustrations, mollusks, you name it: if it's out there in nature, there's an artistic representation of it in this photo library. Fungus, too!]



Bits & Pieces

Twinkly Earthstars

(a blog post by Kathie Hodge, reprinted with permission from the Cornell Mushroom blog at www.blog.mycology.cornell.edu The Library of Congress has recently added this blog to their historical collection of Science (photo, above : from en.wikipedia.org)



Blogs.

Fungi are lively things, but (like this blog) you can seldom spot them moving. That’s why we like time lapse [videos](#) here on the Cornell Mushroom Blog, to hurry things along a bit. Our fungus of the day barely needs speeding up — pleasingly, it’ll do its thing while I share a cup of tea with visitors at my lab table. Drop one in water and in ten minutes it unfolds, revealing a plump center that you can puff with a poke. As it dries, it slowly closes up, ready for teatime tomorrow. A small wonder.

There are two kinds of earthstars that look similar only because they’ve hit upon the same delightful solution for spore dispersal. This one, *Astraeus*, has the infinite ability to open and close, open and close. Species of *Geastrum* look like kin, but do their trick just once and remain open for business. Whereas *Astraeus* earthstars are the sisters of [boletes](#), *Geastrum* earthstars are relatives of [stinkhorns](#).

I found my *Astraeus* earthstars among the dunes of Cape Cod, Massachusetts. Then in my local Asian grocery, I found a bright red can from Thailand, marked “*Astraeus hygrometricus*,” and here you see a photo of its contents in my palm. *Astraeus* earthstars are a valuable wild mushroom in Thailand, and are picked before they even open up, then sold both fresh and canned. But I’ve never heard of anyone gathering earthstars for dinner here in North America, and it made me wonder.



Unlike you, perhaps, I didn’t wonder about what recipe to use for my Cape Cod earthstars (well past their prime; already open and full of powdery spores). No, I wondered what we mycologists often wonder — are those Thai earthstars really the same thing as these American ones? And, not surprisingly, I found that the answer is: No, they are not. So I don’t plan to cook up any American earthstars, because I don’t know whether they are edible. Just because they are in the same genus doesn’t mean they should be (think, *Amanita phalloides* (deadly) vs. *Amanita caesaria* (yummy)).



For the longest time, we thought all *Astraeus* earthstars were the same species, and we called them all *Astraeus hygrometricus* (the water-measurer; the barometer earthstar). But the littlest thing in biology, under scrutiny, often turns up surprises and intrigues. That’s what Phosri and friends found when a closer look revealed that there are many different

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lineages of earthstars, and they had to describe some new species to accommodate them all. So, now we know that my Cape Cod earthstars are quite different from those you'd eat in Thailand, in both their habitat and their genetic make-up.

When something you thought you knew needs dividing into many pieces, there's bound to be issues with names. Practically every *Astraeus* collected over the last two centuries has been called *A. hygrometricus*. Now we know most of them are not, which means that only *some* of the things we thought we knew about this species are actually true. The real *Astraeus hygrometricus* occurs in France and Turkey. My can of "A. hygrometricus" from Thailand is one of the two Thai species: *A. asiaticus* or *A. odoratus*. And what shall we call our American species? American *Astraeus* earthstars, so far, seem to be either *A. morganii* (like mine— plumpish; spores not too bumpy) or *A. smithii* (littler; warty spores), and I'd bet there are other species too, awaiting discerning eyes. I can sense you groaning at this proliferation of names... but don't. You don't need to know the names of every little thing — you can just call them *Astraeus* if you like, or barometer earthstars. But WE need to have names for every little thing. Not having names for things makes them almost impossible to perceive. They're genetically different, and they're probably ecologically quite different in ways we've never noticed. Without good names it's hard to answer important questions like "is it edible?" and "what's it doing?"

What IS it doing, anyway? Sand seems an improbable place to find fungi. You'll be pleased to hear that under the shifting sands my Cape Cod earthstars are hooked up to the roots of dune plants, forming friendly relationships (ectomycorrhizae!) that benefit both plant and fungus. Their starry fruits and clever dispersal mechanism help them spread spores that find new seedlings to team up with; new dunes to stabilize.

MYCOPHAGY

Creamed Oyster Mushrooms (from www.wildmushroomrecipes.org by AndrewM)

Ingredients

- 5 T. butter
- 1/2 lb. oyster mushrooms, chopped
- 1/4 C. yellow onion, chopped fine
- 1 clove garlic, minced
- 4 T. flour
- 1/2 t. salt
- 1/2 t. dry mustard
- pinch cayenne
- 2 C. milk

Methods/steps

1. Melt butter in pan over medium heat.
2. Add onion and saute until translucent.
3. Add mushrooms and saute until tender and juices are gone.
4. Add garlic and cook another minute.
5. Add flour, salt, mustard and cayenne, stir together thoroughly and cook another 2 minutes.
6. Add milk and continue to cook until thickened, stirring

Additional Tips

Serve over eggs, fish, chicken, rice, toast, potatoes, pasta.

Add cooked chopped chicken, eggs, shrimp, vegetables.

Top with grated cheese.

Substitute sparassis, chanterelles, morels, maitake, agaricus, lactarius, etc.

How to Make the Greatest Mushroom Broth

Take those spent, fresh older tubes that you've removed from *Boletus edulis* and put them in a pot with about twice as much water by volume. Simmer covered for several hours. Place colander over deep pot or bowl. Pour mix in colander and leave to drain overnight. The broth is the color of the spores and may have little bits in it but they don't matter. The resulting fabulous flavor is what does. What will be left in the colander looks like harmless, big, olive-colored slugs which can be dumped on your compost pile. Important: Leave the pores in big chunks so that they don't go through the drain holes of the colander. (submitted by Terry Stoleson)



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