

Spore Print

Newsletter of the Connecticut Valley Mycological Society
Affiliate of the North American Mycological Association
Member of the Northeast Mycological Federation
Vol. XLII, No. 2, Summer

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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 \$24 (electronic) \$30 (hard copy) payable to NAMA.

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

CONTENTS

Upcoming forays	1
President's Message	2
Eagle Hill Schedule	3
Mushroom Photography Sites	3
2016 Regional Forays	4
Cooking with Black Trumpets	5-8
Book Review: Mushrooms of the Northeast	9-10
Adult Coloring Page	11
CVMS T-shirt contest	12

Upcoming Summer Forays

June 5, Day Pond State Park, Colchester, Wild Food Foray Potluck. Bring a shareable dish to participate, our theme will be wild, foraged foods. Please label all dishes with the contributor's name and a full listing of the ingredients in the dish. Review the Food Event Guidelines on page 6 of the 2016 Member Handbook.

June 12, Dennis Hill State Park Foray, Norfolk

June 19, Natchaug State Forest Foray, Ashford

June 26, Meshomasic State Forest Foray, East Hampton

July 3, Putnam Memorial State Park Joint Foray with COMA, Redding

July 10 Nehantic State Forest Foray, Lyme—Bring a bathing suit to take a dip in the pond

July 17, Salmon River State Forest Tailgate Foray. Bring a shareable dish to participate. Please label all dishes with the contributor's name and a full listing of the ingredients in the dish. Review the Food Event Guidelines on page 6 of the 2016 Member Handbook.

July 24, Mohawk Mountain State Forest Foray, Goshen

July 31, No Foray, see the NEMF Foray info on page 4 of newsletter

August 7, Roraback Mountain Wildlife Management Area Foray, Harwinton

August 14, People's State Forest Foray, Barkhamstead

August 21, Devil's Hopyard, East Haddam, Ed Bosman Educational Day, Several educational talks and displays will be presented after the collection has been sorted and identified, public welcome. CVMS T-shirt contest submissions will be voted upon.

August 28, Campbell Falls State Park Foray, Norfolk

Visit us on Facebook:

<https://www.facebook.com/groups/256342771155387/>

President's Message

Hello CVMSers,

I would like to thank everyone who participated in another great March Mushroom Madness event. Dianna Smith, President Emeritus of the Connecticut-Westchester Mycological Association (COMA) and co-founder of the recently formed Pioneer Valley Mycological Association (PVMA), presented an excellent program for those new to mycology. The pot luck was again a success and the food was delicious, as always.

The new season has brought change to CVMS. Our former president, Bill Bynum, resigned his position to the sadness of all. He and his wife will be relocating to their new home this summer. All of us here at CVMS would like to thank Bill for his leadership and service to the club. He will be missed. In my new role as Bill's successor, I will strive to provide the strength of leadership that he has exemplified.

As you are aware, Dinah Wells has resigned as editor of the Spore Print and Karen Monger has agreed to fill that role until a suitable replacement can be found. Dinah has taken on the role of Secretary and Karen also remains as Membership Secretary. Bill Yule and Terri Hungerford will continue in their roles as Vice President and Treasurer, respectively. I thank each of them for their dedication to CVMS.

In addition to our full schedule of CVMS forays, there are several regional mycological events to look forward to in 2016: the Northeast Mycological Federation (NEMF) 40th Sam Ristich Foray will be hosted by the Boston Mycological Club at Fitchburg State University in Fitchburg, Massachusetts on July 28-31; the North American Mycological Association (NAMA) is hosting the Shenandoah Foray at the Northern Virginia 4-H Center in Front Royal, Virginia on September 8-11; and the Connecticut-Westchester Mycological Association (COMA) is hosting the 38th Clark Rogerson Foray at the Berkshire Hills Eisenberg Camp in Copake, NY on September 22-25. Be sure to check out the details in this issue of the Spore Print.

Spring is in full swing in Connecticut, and although there have been some chilly nights, the weather has been mostly pleasant. We are slightly behind on precipitation this year, but the morels have been popping up at various locations in the state. Let's hope for more rain to keep the mushrooms, and mushroomers, happy!

A Foragers Haiku

Spring rain is falling
Mushrooms stirring in the earth
Foragers rejoice

Beth Karwowski
President, CVMS

EAGLE HILL INSTITUTE MYCOLOGY WORKSHOPS STEUBEN, MAINE

The Eagle Hill Institute is located on the eastern coast of Maine and is perhaps best known for the advanced natural history science seminars and scientific illustration workshops it has offered since 1987.

July 3-9 Lichens & Lichen Ecology, David Richardson & Mark Seaward \$525

Suitable for beginners, this seminar emphasizes both fieldwork and laboratory studies, focusing on identification of specimens using books, keys and chemical tests. The emphasis will be on macrolichens although crustose lichens will be included. Taught by two eminent and widely published professors of biology.

July 10-16 Crustose Lichen Identification, Irwin Brodo

A repeat of last year's course taught by the world authority. Using modern keys and demonstrating techniques for sectioning, staining, and interpreting the tissues of crustose lichen.

July 31-Aug 6 Mushroom Identification for New Mycophiles: Foraging for Edible and Medicinal Mushrooms, Greg A. Marley and Michaeline Mulvey— A field identification course of the macrofungi focusing on the skills needed to identify common mushrooms using field characteristics, keys and guides while also addressing preparation of edible fungi for the table.

Aug 7-13 Slime Molds: Miniature Marvels of Nature, Steven Stephenson

This seminar aims to provide the basic information needed to collect, study and develop an understanding of the biology, taxonomy, ecology and global distribution of these fungus-like organisms. Taught by the world authority and author of *Myxomycetes: A Handbook of Slime Molds*.

Aug 21-27 Polypores and other Wood-inhabiting Fungi, Thomas Volk

Course description not yet posted, but Tom Volk, Prof of biology at the University of Wisconsin-La Crosse, is a name universally known among NAMA members as a popular, witty, and learned lecturer and researcher, and host of the website http://botit.botany.wisc.edu/toms_fungi/

(Other Natural History seminars range from Birding, Wild Plant Foraging, to Seaweeds, Mosses, Sedges, etc. Unless otherwise noted rates are \$475 for the seminar; \$195 for accommodations (double); and \$245 for the meal plan. Access <http://www.eaglehill.us/> for more detailed information and to apply online.)

Mushroom Photography Sites

Steve Axford- <https://steveaxford.smugmug.com/>

Taylor Lockwood- <http://www.fungiphoto.com/>

Michael Wood- <http://www.mykoweb.com/photography/>

Nigel Summers- <http://creativemotiondesign.com/blog/expose-me/under-a-mushroom-nigel-summers-photography/>

David Osborn- <http://www.davidosbornphotography.co.uk/page51.htm>



2016 Regional Forays and National Events

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>

WHITE MOUNTAIN FORAY **September 16-18** Coordinated by Lawrence Millman to bring together enthusiasts and folks new to the fascinating world of mushrooms; including Dianna Smith, Sam Lendes, Lichens with Kay Fairweather, and Fungal Arts :drawing, needlefelting, and mushroom photography. Registration info and brochure:

<http://worldfellowship.org/event/3rd-annual-white-mountain-fungal-foray-weekend/>

COMA Rogerson Foray 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

WPMC 2016 Gary Lincoff Foray The 16th Annual Gary Lincoff Foray will be held on Saturday, **September 24th** at the Rose Barn in Allegheny County North Park. This year's program will be a single-day event with guest mycologists Gary Lincoff, author of the *Audubon Guide to Mushrooms of North America*, *The Complete Mushroom Hunter*, *The Joy of Foraging*, and many others; and Dr. Nicholas (Nik) Money, author of *Mushroom*, *The Triumph of the Fungi*, and *Mr. Bloomfield's Orchard*. The day will include guided walks, mushroom identification tables, a cooking demo by Chef George Harris, an update on our DNA Barcoding project by WPMC President Richard Jacob, sales table, authors' book signing, auction and, of course, the legendary Mushroom Feast—all included in the price of admission. Check www.wpamushroomclub.org for more info

17th International Fungi & Fibre Symposium **October 17-22, 2016** | Madeira Park, British Columbia Mushroom dyers from all over the world will be gathering in Madeira Park, British Columbia, Canada, to spend a week discovering (or rediscovering) the magic of mushroom colours. More information and registration will be available in early 2016. Visit <https://fungiandfibre2016.org/> for more info

Cooking with Black Trumpets by Karen Monger, The 3 Foragers



For me, the most fragrant and distinct tasting wild mushroom of summer is the black trumpet, with its earthy, iron-y, and rich flavors.

Based on newest DNA studies, it appears the black trumpets of eastern North America are a separate genus from those in Europe and the West Coast, ours being *Craterellus fallax*, displaying a peachy-salmon spore print. Classify it any way you like, but let me eat my black trumpets!

Black trumpets are vase-shaped, or like the throat and bell of a trumpet. The stem is hollow, tapering down to the base, and can catch debris, sometimes bugs, and even small frogs. We pinch off the trumpets at the lowest point of the base and give them a quick inspection and shake to dislodge anything "extra". The top edge is often curled outward, and the inside is dark grey or brownish-black, sometimes minutely scaly. The outside has neither gills nor pores, but can have some ridges or be completely smooth, and is often a lighter grey.



We hunt black trumpets in the hot summer months, after the rains have made the forests damp and humid, and the mosquitoes swarm your ears with their whine. In this area of New England, we find black trumpets in mixed forests, associated with smooth-barked beech trees and oaks. The trumpets are almost impossible to detect among the leaf litter on the forest floor, appearing more as an absence of color when you look into their black funnel. Finding them along gentle slopes, nestled in soft, green club moss is easier on the eyes, if harder on the knees to pick while standing at an angle. Black trumpets grow in groups, sometimes great, expansive

groups; you can fill several paper sacks within a half hour before making a trip back to the car for more paper sacks.

Black trumpets dehydrate incredibly well; our many, full gallon jars on the shelves testify to that fact. They reconstitute easily with boiling water or heavy cream since they are so thin. We also sauté them lightly to reduce their volume before vacuum packing them for the freezer. Once dried, they can be made into an intense flavoring powder, which can be added to dough, sauces, or any other recipe that would benefit from the flavor of black trumpets.



Black Trumpet Pasta

makes about 4 servings, one pound

US measurements:

10.6 oz. semolina flour
1.2 oz. dried, finely ground black trumpets
1/2 tsp. salt
2/3 c. water
2 Tbsp. oil

1. In a bowl, combine the semolina flour with the salt.
2. Combine the dried, powdered black trumpets, oil, and water in a high speed blender, blend 1 minute. Pour into the semolina flour, and mix until a dough forms.
3. Knead the dough for 5 minutes; allow it to rest for 5 minutes, and then knead it further for 5 minutes.
4. Wrap the dough in plastic or cover with a damp towel, and allow it to rest at least 30 minutes. It can be refrigerated for a day or so if tightly wrapped.
5. Cut the dough ball into quarters, and use a pasta roller to roll it out into flat sheets, starting at level 1 and rolling it down to level 5 thickness, re-folding and rolling it again if it is falling apart. The more you work it, the smoother it becomes. We like the fettuccine size cut for this firm dough.
6. Dry the pasta and store, or cook fresh in plenty of salted, boiling water, about 2-3 minutes, until al dente. Toss with butter or a sauce, and serve.





Black Trumpet Choux Bombs filled with Black Trumpet Cream Cheese

Makes about 36-48

- 1 c. flour
- 1 c. water
- 3/4 tsp. salt
- 4 Tbsp. butter
- 4 large eggs
- 1 Tbsp. powdered black trumpets
- 2 Tbsp. coarsely chopped dried black trumpets

1. Heat the oven to 425° F. Prepare a sheet pan with parchment paper.
2. In a large sauté pan, bring the water, salt and butter to a boil. Quickly stir in all the flour at once to make a paste, and cook until the mixture over medium heat until it pulls away from the sides of the pan and is dry. Transfer to the bowl of a stand mixer fitted with a paddle.
3. With the mixer running on low, add the powdered and coarsely powdered trumpets. Continue to mix for a few minutes to cool the mix.
4. Start adding the eggs, one at a time, mixing until incorporated before adding the next egg. Scrape the sides of the bowl often. You'll end up with a thick paste that can be scooped or piped with a pastry bag into small balls on the sheet pan. They will puff up a bit, so leave about 1" between each puff.
5. Bake at 425° F for 15 minutes, and then reduce the heat to 350° F and bake an additional 20-25 minutes until the puffs are dry on the inside. After they are removed from the oven, poke a small hole in each to allow the steam to escape. Each puff should bake up mostly hollow, a perfect place to add a filling.

Black Trumpet Cream Cheese

- 8 oz. block cream cheese, softened
- 2 c. fresh black trumpets, chopped
- 1 Tbsp. chopped scallions or chives
- 1/2 tsp. salt
- black pepper
- 1/2 tsp. lemon juice

1. Quickly sauté the chopped fresh black trumpets in a little bit of olive oil, just until they are soft.
2. Mix the cooled cooked trumpets into the cream cheese along with the scallions, salt, pepper, and lemon juice. Adjust the seasonings.
3. Using a piping bag, pipe the soft cream cheese filling into the cooled puffs. You could also cut the puffs open and spoon in the filling. Serve soon after filling.



Bonus photo: White Pizza with Goat Cheese, Scallions, and Black Trumpets, served with a smooth, creamy Black Trumpet Soup

Come visit our blog for more recipes for other tasty fungi and edible plants:

<http://the3foragers.blogspot.com/>

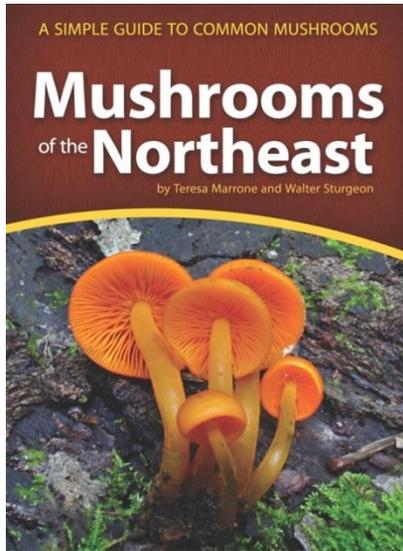


September 28, 2015 Actor Dwayne Johnson's dog dies after eating poisonous mushroom.

Dwayne "The Rock" Johnson couldn't save the life of his dog Brutus after it ate a poisonous mushroom. "As all puppies and dogs do, he ate a mushroom while playing outside... This mushroom happened to have a lethal toxicity and within hours it was rapidly destroying his liver and immune system to the point of no return."

Book Review: *Mushrooms of the Northeast: A Simple Guide to Common Mushrooms* by Teresa Marrone and Walter Sturgeon

by Karen Monger



With the phrase “A Simple Guide to Common Mushrooms” in the title, this diminutive-in-dimensions (4 ½” x 6”) guide delivers on its promise. While small, there are hundreds of full-color photos of mushrooms to browse through. Right at the front of the book, there is a very useful Introduction that goes over basic ideas that may be new to beginners, including how to look at mushrooms and use their morphology to begin the identification process. The book is handily arranged by visual appearance of a specimen, from gilled mushrooms, to mushrooms with a cap and pores (*Boletes*), shelf fungi with pores (bracket polypores), spherical fungi (puffballs), cup shaped fungi, cubs and corals, and a small miscellaneous section with a few jellies, crusts, and bird’s nest fungi. The changing appearance of a mushroom as the specimen ages is covered, as well as how to take a spore print, and the cautions of eating fungi.

For a regional guide, this book covers nearly 400 species of common wild mushrooms found in the Northeast. There are more than twenty-five pages going over the Top Edibles, and nearly fifteen pages examining the Top Toxics, two very important categories for anyone who wishes to consume wild mushrooms. Top Edibles include morels, chicken, chanterelles, black trumpets, hens, and porcini.

This book follows the layout of Teresa Marrone’s previous series of books on regional berry identification (of which we own three), in that the left side of a page contains the descriptive text, while the facing right page contains the photo or photos of the species being described. The description includes a common name, binomial name, habitat, physical description, seasonality, other common names used, a comparison of lookalikes, and any additional notes about a mushroom, including an edibility rating.

Since this is billed as a simple guide, I can’t really complain that it doesn’t cover very many *Ascomycetes* beyond morels, parasitic Lobster fungi, jelly babies, and lemon disco. None of the black bumps on logs are identified, but that is to be expected since most folks don’t bother collecting them or even recognize them as a fungi.

Overall, I would highly recommend this book to beginners for several reasons: it is small enough to carry in your basket or pack, it covers and singles out the best edibles, it uses easier-to-remember common names, and it is arranged by how a mushroom looks. You won’t be able to identify *every* mushroom you find in the Northeast, but chances are, it is

covered by this book, even if briefly. http://www.amazon.com/Mushrooms-Northeast-Simple-Common-Mushroom/dp/1591935911/ref=asap_bc?ie=UTF8

About the authors: **Teresa Marrone** has been gathering and preparing wild edibles for three decades—and writing about them for 25 years. She is the author of more than a dozen outdoors-themed books, including the *Wild Berries & Fruits Field Guide* series (currently available for four regions of the U.S.) and numerous cookbooks featuring wild foods. She lives in Minneapolis and enjoys shooting photos of mushrooms, berries, and all things wild in the area surrounding her property abutting Minnesota's Boundary Waters Canoe Area Wilderness.

Walt Sturgeon is a nationally recognized field mycologist who has 40 years of experience with wild mushrooms, primarily in eastern North America. He has served as President of the Ohio Mushroom Society and Vice President and Foray Chairman of the North American Mycological Association. An award-winning photographer with photos in numerous field guides, he is also the author of *Waxcap Mushrooms of Eastern North America* and *Mushrooms and Macro Fungi of Ohio and the Midwestern States*. Walt has received the North American Mycological Association's Award for Contributions to Amateur Mycology and the Northeast Mycological Foray's Friend of the Amateur award.

2016 marks the 100th anniversary of the National Park Service, and the National Geographic Society and the Park Service are calling for a BioBlitz to be held in every state; the Center for Conservation and Biodiversity and Connecticut State Museum of Natural History are hosting this unique program this year.

What is a BioBlitz?

Designed as part contest, part festival, part educational event, part scientific endeavor, the BioBlitz brings together scientists from the University of Connecticut and other organizations from across the region in a race against time to see how many species they can count in a 24-hour biological survey of a Connecticut park. The public is invited to observe the scientists' activities, to interact with them, and to participate in other activities that are presented by the Museum and a host of invited nature-oriented organizations.

Why Do It?

BioBlitz is designed to increase the public's awareness of the variety of life in their immediate neighborhood and the services these various species provide to improve the quality of their lives. The BioBlitz is an excellent tool for exciting children about science. This event generates energy and enthusiasm among scientists and lay people alike. It is rare for biologists from many disciplines to have the opportunity to get together, share their passions with each other and the public, and work toward a single common goal. The BioBlitz also generates a list of species found in the park, a first step in successful park management.

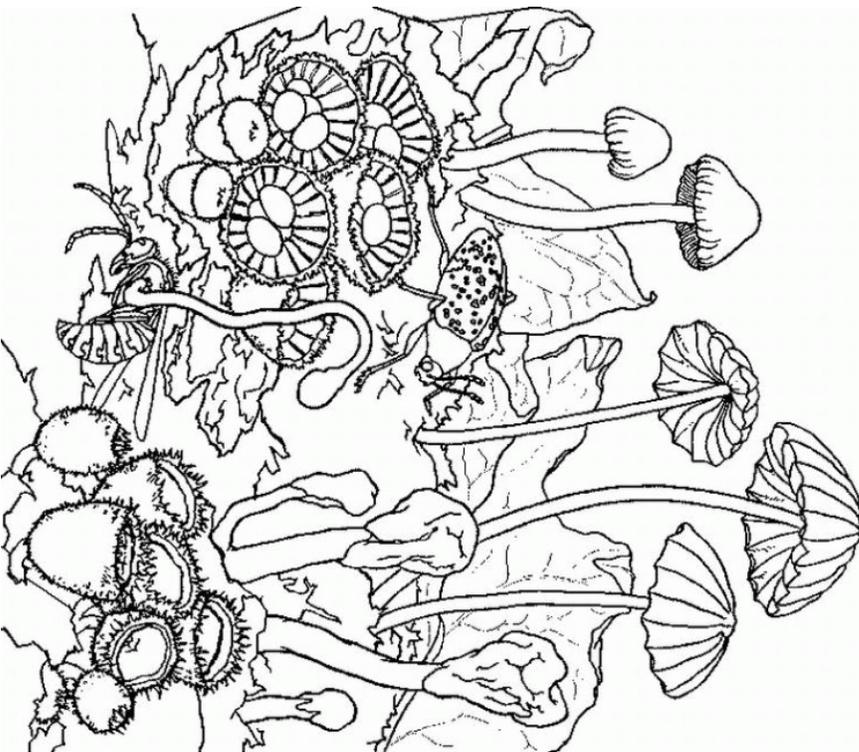
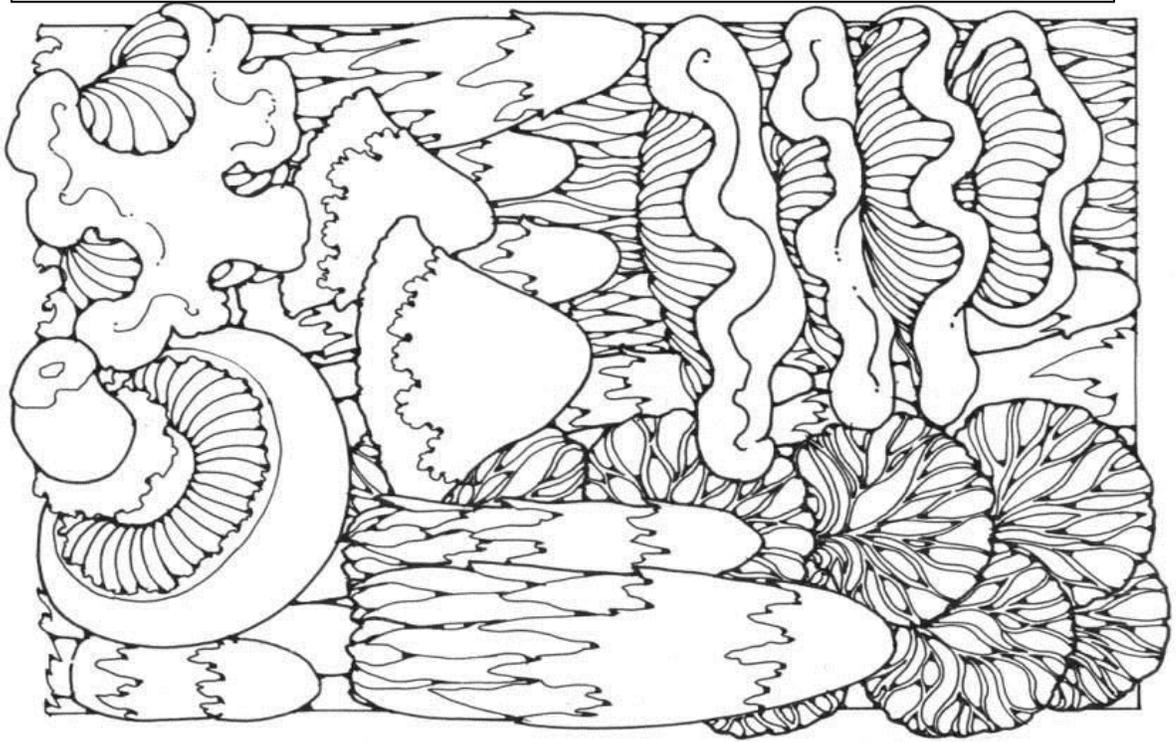
When and Where is the 2016 Connecticut BioBlitz?

It will be held June 3-4, for a 24 hour period starting at 3:00 PM on Friday, at the CREC Two Rivers Magnet Middle School in East Hartford, CT.

How can I help?

Our goal is two-fold: (1) to assemble the largest and most diverse BioBlitz event in the United States and (2) break the record for the most plants, animals, and fungi ever seen recorded for a single 24-hour BioBlitz. To achieve the latter, we need mycologists and fungi hunters, especially those with taxonomic skills. But just having more bodies, more eyes, and a willingness to explore new (and difficult) habitats, will also add species. Contact Bill Yule education@cvmsfungi.org to ask how to register as a volunteer to help the Fungi Working Group and CVMS collect and identify fungi found at designated hunting areas, or contact the BioBlitz team directly at karolina.fucikova@uconn.edu
General information about the BioBlitz can be found at <http://web.uconn.edu/mnh/bioblitz/>

Can you find the *Pleurotus ostreatus*? The *Coprinus comatus*? How about the *Cyathus striatus*? Do you see some *Marasmius rotula*? My favorites are the *Mitrula elegans* and the *Cordyceps*. From <http://freecoloringpages.co.uk>



Adult Coloring Pages: Top 4 Reasons to Color

1. Coloring helps de-stress.
2. Coloring is like meditation.
3. Coloring helps adults reconnect with their inner child.
4. Coloring activates both halves of the cerebral hemisphere.



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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