



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

Membership Sec.: Karen Monger

Secretary: Ellen Bulger

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 April 1. Send a link to an interesting article or an email to: dinahwells@hotmail.com.

COMING EVENTS

Sunday, March 29, 2015: March Mushroom Madness at Sessions Woods WMA, Burlington, CT Members and guests \$5 per person, (talk is free to public). No Raffle (door prize drawing only provided by club). See Food Event Guidelines in foray book/member handbook. Each adult to bring a dish for six. Tentative schedule:

8:15 am setup

9:00 Coffee, etc.

10:30 Public program with presentation by Alison Birks

11:45 Business meeting and election of officers

12:20 Potluck lunch: Please remember to label dishes with all ingredients used and your name. Bring plates and utensils and wait until all dishes are set out and "bell" is rung to start. See guidelines for potluck in the foray schedule/handbook

1:15 Door prize drawing

1:30 Clean-up

Renew for 2015 NOW!

Applications for your membership renewals are available on our website at <http://cvmsfungi.org/membership.html> and in this newsletter on page 7.

Join us for a full season of weekly mushroom identifications, delicious potlucks, public events, four club newsletters a year, and social interactions with amateur mycologists in the parks and forests of Connecticut. Send completed applications and membership fees payable to CVMS to:

CVMS c/o Karen Monger
32 A Perkins Ave
Norwich, CT 06360

Nominees for 2015

The nominating committee will present the following slate of officers at March Mushroom Madness:

President: Bill Bynum
Vice President: Bill Yule
Treasurer: Terri Hungerford
Membership Secretary: Karen Monger
Secretary: Ellen Bulger

President's Message

Hello CVMSers,

Well, here we are in the bleak mid-winter without snow. January may be treating us to plenty of cold, but CVMSers know that it cannot last forever and the club already has plans for the spring.

The first big event will be **March Madness** on March 29th at Sessions Woods in Burlington. Alison Birks will give a presentation entitled "Fungi as Medicine." Alison has more than just textbook knowledge on this topic because she uses medicinal fungi to help her clients in her work as a nutritionist and herbalist. If you were there to hear Alison's presentation at a March Madness many years ago, you already know we are in for an informative and engaging talk.

When you come to March Madness you will receive your 2015 Members Handbook with the new foray schedule. As always, you will see that CVMS does not schedule a regular foray on the weekend of the annual Northeast Mycological Association Foray (NEMF) July 30-Aug. 2. Usually a few members travel to NEMF, and the ones who don't, have a week off. But this year NEMF is right at Connecticut College in New London! So plan to come to NEMF right in our backyard! This will be a terrific event featuring many programs given by well-known (some truly are famous) mycologists. We'll also have several forays and a team of great identifiers who will create a massive indoor display complete with labels and table talks. We expect to have over 200 people including the mycologists. Believe it or not, several CVMS members are already reserving some of their personal stores of choice 'shrooms including black trumpets and morels for what promises to be the tastiest mycophagy ever at the 2015 NEMF!! So mark your calendars! Keep informed with the latest 2015 NEMF info on our website: <http://www.cvmsfungi.org/>

Finally, since winter still has a way to go, here is a book recommendation. I know many of you have read some or all of this one already, but many members probably have yet to discover *Mycelium Running: How Mushrooms Can Help Save the World* by Paul Stamets. I loaned this book to Joe Macjieny this summer and when he returned it, I opened it up again. It covers such diverse topics from the mushroom life cycle, to fungi in nature, to cleaning up pollution, to gardening with edible and medicinal species, and much more. So whether this terrific book is new to you or if you already have it on your bookshelf, plan to spend some of the cold weather indoors with this wonderfully entertaining and informative classic.

Happy cool foraying,
Bill Bynum, President, CVMS

(photo: Bill Yule, CVMS Educator and VP, gives a table talk at 2014 NEMF. He and many other talkative fungi experts will be sharing their knowledge and enthusiasm at NEMF 2015 in Connecticut this summer. Bill is a myco-celebrity!)



March Mushroom Madness Speaker: Alison Birks

CVMS member Alison Birks will be the speaker at March Mushroom Madness on March 29 at Sessions Woods Wildlife Management Area in Burlington, CT. Alison Birks, MS, AHG, CNS is one of Connecticut's most highly recognized Nutritionists and experts in Herbal Medicine. Her breadth of knowledge has ushered in her success as a Holistic Health Counselor, Nutritionist and Clinical Herbalist for over thirteen years. Alison received a Master's of Science in Human Nutrition and holds five certifications in Herbal Medicine and related fields. She is proudly an esteemed professional member of the American Herbalists Guild, one of the most prestigious organizations in her field. Alison is a Motivating Public Speaker, a Published Author, a Creative Product Developer, an Academic Instructor, a Health Coach and a Radio, TV & Print Media Personality. Alison has completed Advanced Training in the Hormone Cure with Dr. Sara Gottfried, MD.

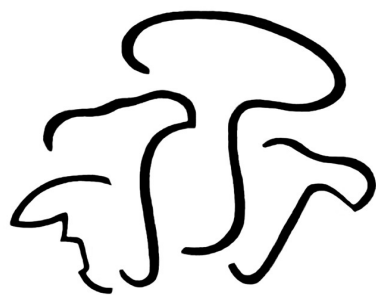


- Nutritionist and Herbalist , 20+ years of clinical practice
- Instructor / Science Curriculum Developer at The Institute of Sustainable Nutrition (tiosn.com)
- Longtime member of CVMS

Here is a brief description of the talk Alison will give:

“Fungi as Medicine: Our local woods are home to many species of fungi that can be used as part of a holistic approach to maintaining your health. In this lecture, you will gain an appreciation for the unique contribution of fungi as medicine. Alison will highlight some of the most recent scientific discoveries about this amazing group of organisms and discuss how she uses them in her clinical practice as a Nutritionist & Herbalist.”

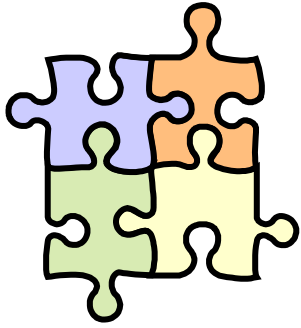
Alison's website at www.alisonbirks.com is full of great information. Visit her blog to read many interesting posts about all aspects of nutrition. Some recent blog entries are: “Hidden Food Additives and Allergens in Sushi Roll”, “Is Organic, Humanely-raised Turkey a Superfood?”, “Rooibos Winter Spiced Tea Blend” (recipe looks delicious!)



NEMF 2015
Sam Ristich Foray
Connecticut College

NEMF 2015 Facebook page now in operation!!

CVMS member Robert Gergulics who created the CVMS website (www.cvmsfungi.org) (distinct from the CVMS Yahoo groups page), has started the Facebook page for NEMF 2015, The Sam Ristich Foray, at Connecticut College, New London, July 30-Aug. 2. The registration form will appear there first! The NEMF 2015 logo, at left, was designed by none other than CVMS' Connie Borodenko.



Bits & Pieces

Could a Japanese Mushroom Extract [shiitake] Eradicate HPV?

by Honor Whiteman, <http://www.medicalnewstoday.com/articles/284534.php>
(reprinted in full with permission from www.medicalnewstoday.com)

Researchers say that an extract from shiitake mushrooms - AHCC - may have potential to eradicate HPV.

Principal investigator Judith A. Smith, associate professor in the Department of Obstetrics, Gynecology and Reproductive Sciences at the university, recently presented the team's findings at the 11th International Conference of the Society for Integrative Oncology in Houston, TX.

Human papilloma virus infections are the most commonly transmitted sexual infections in the US. The virus is the main cause of cervical cancer in women, with two types - HPV 16 and HPV 18 - accounting for around 70% of all cases. HPV is also accountable for around 95% of anal cancers, 65% of vaginal cancers, 60% of oropharyngeal cancers, 50% of vulvar cancers, and 35% of penile cancers.



Although there are two HPV vaccines available to help prevent women from becoming infected, Smith and colleagues note there are no effective treatments for the virus.

As such, the team set out to assess the effects of active hexose correlated compound (AHCC) against HPV. AHCC is a substance produced by the shiitake mushroom, also called the Japanese mushroom, native to Asia.

AHCC is already available as a nutritional supplement, hailed for its immune-boosting properties. Previous studies, however, have suggested that the compound may improve the growth and function of cells that ward off infections and prevent tumor growth.

Results are 'very encouraging'

To reach their findings, Smith and colleagues enrolled 10 women to their study who had tested positive for HPV infection. Once a day for up to 6 months, each woman took an oral formulation of AHCC. *(cont'd. next page)*

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Five of these women tested negative for HPV infection after 3 months of AHCC use. Among three of the participants, it was confirmed that HPV had been completely eradicated after AHCC use had ceased. The remaining two women needed to take AHCC for the full 6 months to see results. The team's findings are "very encouraging," according to Smith. "We were able to determine that at least 3 months of treatment is necessary, but some need to extend that to 6 months," she says, adding: "Since AHCC is a nutritional supplement with no side effects and other immune-modulating benefits, we will be planning on using 6 months of treatment in our phase 2 clinical study to have a consistent study treatment plan. This confirms our earlier preclinical research." **According to the Centers for Disease Control and Prevention (CDC), almost all men and women contract HPV at some point in their lives, but many are unaware of it.** Earlier this year, *Medical News Today* reported on a study claiming that two-thirds of healthy American adults may be infected with one or more of 109 HPV strains.

CAULIFLOWERS EAST & WEST: Recent research using morphology, mating studies and molecular analysis compared Cauliflower Mushrooms (*Sparrasis* sp.) worldwide and established that *Sparrasis crispa* is a species confined to Europe and western Russia. What we have called *S. crispa* in the Northeast has now been shown to be a misnomer, and ours is another species, now named *Sparrasis americana*. The Western species of similar appearance is *Sparrasis radicata*, which is confined to the Pacific Northwest while the more widespread Western species is now called *Sparrasis americana* f. *arizonica*. (*Transatlantic disjunction in fleshy fungi. I. The Sparassis crispa complex*, Karen W. Hughes, AR Segovia, R H. Petersen, *Mycological Progress*, May 2014, Vol 13, Issue 2, p407) (Photo by Tab Tannery from the <https://www.flickr.com/photos/tabtannery/> – full of gorgeous nature photos! And thanks to Joel Horman, editor *LI Sporeprint* for finding this article.)



What Are the Benefits of Being a Mushroomer?

By Joel Horman

(reprinted with permission from the Long Island Mycological Club newsletter, the *LI Sporeprint*, Winter 2014 issue.)

"The obvious one is that by knowing where the wild things grow one gains accessibility to a variety of what Charles McIlvaine called "a vegetable luxury that centuries ago graced the dinners of the Caesars". But if one is to avoid the fate of the Emperor Claudius, said to have been poisoned by *Amanita phalloides*, it is necessary to learn the finer points of species identification. This entails mindfulness, that is, concentration on the thing at hand and awareness of details, a habit that needs constant application. This comes with practice and conscious effort of which laziness and a tendency to make snap judgements are the enemy. The secondary benefit of this effort may be the retention of sharpness of mind and memory, as numerous psychological studies have shown. Sharpening of the senses is perhaps another asset, inasmuch as sight, touch, and smell are all involved in fungal identification, much as the oenophile's palate becomes educated with experience. The necessity of becoming attuned to the elements, the changing seasons and their effects on different habitats and organisms lead to an awareness of the processes and interactions of nature which is immeasurably enriching. And the appreciation of the beauty of all these things increases and does not pall."

MYCOPHAGY

Black-Black Chicken submitted by Ellen Bulger

Black trumpet mushrooms and black garlic are a match made in heaven. The garlic is a relatively-recent invention and, like so many delicious things, comes from Korea. The dark color is the result of a slow-motion Maillard reaction that takes place over several weeks. Combined in the same dish, the mushroom and the garlic make beautiful umami music.

You know where you find your black trumpet mushrooms. Black garlic can be purchased at Korean grocery stores such as H Mart (Flushing, NY or Cambridge, MA or Naperville, Ill.) Salted lemons can be found at Middle Eastern grocery stores, but the ones made at home with Meyer lemons are especially good. Doubtless you can find a good substitute for the vodka, but if you want to make your own, soak chopped dried figs in Russian Standard or some quality equivalent for three months or so.

Ingredients:

- 3 tablespoons olive oil
- 2 tennis ball-sized firm, white onions sliced thin
- 2 cups water
- 8 or 9 chicken drumsticks
- ¼ cup dried black trumpet mushrooms
- 8 cloves of Korean black garlic, peeled and sliced thin
- ½ cup mixed pitted olives
- 2 tablespoons salted, pickled Moroccan-style lemon, chopped
- ¼ cup Turkish fig-infused vodka
- 1/3 cup chopped fresh parsley



Put the olive oil in a sauce pan on low heat; add the onions. Stir occasionally until they are slightly translucent. Add two cups of water, drumsticks, trumpets, and black garlic.

Allow to simmer on low for 10-15 minutes. (The chicken will start to cook and the liquid will start to turn quite dark in color.)

Add the olives, the chopped lemon, and the vodka infusion.

Simmer on low for another 10-15 minutes. Two minutes before serving, add the chopped parsley and stir. Serve the chicken with some of the broth. If there are leftovers (unlikely), reduce the broth a bit to make it all even better.

[photo above posted by Karen Monger on the CVMS Facebook page Aug. 11, 2014 with this caption: "Even more trumpets in Maine; good thing we traveled with the dehydrators." It was a good year for trumpets in some places. So dry in Guilford that ours never popped up ;(

CONNECTICUT VALLEY MYCOLOGICAL SOCIETY, INC.

CONNECTICUT VALLEY MYCOLOGICAL SOCIETY APPLICATION FOR MEMBERSHIP FOR 2015

Note: New members who pay full yearly dues after September 27 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: _____

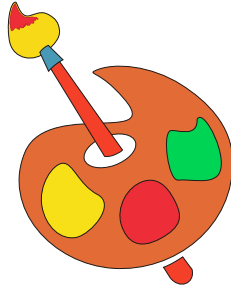
EMAIL: _____ TELEPHONE: _____

Club Use:	Check #	Rec'd _____	Letter _____	Handbook _____	Nametag _____	Web _____
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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 _____



Call For Artists for NEMF 2015

The Sporeprint editor, Dinah Wells, (me) is in charge of the art display/s for NEMF 2015 in New London July 30-August 2. I know we will all have our noses glued to the fungi collection, but as we wander here and there in the main building, etc., doing all the other fun things involved in NEMF, we don't want to be staring at vast expanses of white walls which could otherwise be decorated with mushroom-related art! Our featured artist for the event is Marty Klein whose wonderful scanography includes many fabulous mushroom artworks. You can preview his work (fungal and otherwise: all nature-related) on his website at: www.martykleinart.com We will have more information about Marty and his work in the spring or summer newsletter. But in addition, if any member has quality artwork they could display (fungi-related), or has any suggestions for the art display, please contact Dinah at the email address (page 1). Deadline for submissions: May 31.



**CVMS / Dinah Wells
118 Race Hill Rd.
Guilford, CT 06437-1011**

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