



LAKELAND MYCOLOGY CLUB

NEWSLETTER



DECEMBER REVIEW : There was a tremendous turnout at Greta Turchick's home in Franklin, despite some discrepancies in the directions attached to last month's Newsletter. Those who attended, enjoyed not only mushroom soup but also some fried sulfur shelf mushrooms (Polyporus sulphureus) and later cake and coffee. Ivan Hammond then set up his slide projector in the living room where the members enjoyed Ivan's fantastic and beautiful collection of mushroom slides. Ivan has promised to show his slides once again at our January meeting and possibly some new ones.

Greta, our charming hostess, takes full advantage of the mushroom season each year, and has a long list of mushrooms which she gathers and preserves by drying, freezing and canning. To ensure a continuing supply close at hand, she has collected logs with oyster mushrooms on them, growing right in her back yard (Pleurotus ostreatus).

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WINTER FORAYS : With the coming of winter all the fungi have disappeared from the woods.....or have they?? Actually if you take advantage of some of the nice weather we've been having, and take a walk along your favorite trail, you'll find to you're suprise that many of the polypores and wood fungi that were with us during the warmer months but were not always obvious, are still with us now and stand out in stark relief with the absence of foliage. If you have the opportunity before our next meeting, take a walk and see how many different varieties you can find. Wood fungi once picked will usually keep indefinitely and can make an interesting collection. The fact that they will keep also allows for leisure identification by the mycologist.

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MYCOPHAGIST'S INTEREST: The American Mushroom Institute at Kennett Square, Pennsylvania offers a free recipe booklet to anyone interested, which can be had by writing to them. The following recipe for stuffed mushrooms is one included in their booklet.

RECIPE

Saute caps lightly in butter until golden brown. Fill with the following mixture for one pound of mushrooms. Saute (3) finely minced scallions, using some of the green with all the chopped mushroom stems, until soft. Add salt, pepper and (1/4) cup of white wine or sherry.

Turn heat off and slowly add enough fine herb bread crumbs to make a light fluffy stuffing.

Fill caps but not too full, and heat in a 375 degree oven until piping hot. These are delicious for cocktails, and they also make a nice addition to meat or fish.

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CALORIE COUNTERS TAKE NOTE: Mushrooms contain only 66 calories to the pound and are high in B-vitamins and minerals. This applies to the

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MEETING TO BE HELD ON JANUARY 16th at 2:00 pm. SUNDAY
AT JEAN TIPPY'S HOME IN MOUNTAIN LAKES--89 Melrose Road

In case of snow or bad road conditions, the January meeting
will be cancelled.

For further information
call Ed Bosman

