



Lakeland Mycology Club LMC  
a NAMA affiliated Society

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NAMA Foray

Word has arrived from NAMA that the North Carolina Foray has been completely booked as of mid-May. Charles Novy who was fourth on the waiting list just got word that there have been some cancellations, and he has moved up and will attend. Other club members who are attending are: Mr. & Mrs. Bosman, Mr. & Mrs. Gambino, Mr. & Mrs. Turchick, Mr. & Mrs. Tyler and Mr. & Mrs. Williams.

LMC Foray

July 28 was the date — Stokes Forest was the site. Earlier in the week a light rain was sufficient to fruit a goodly number of mushroom varieties both for collecting and photographing.

Stokes Forest is a mycologist's delight. The varieties are numerous and the rich soil produces large specimens. There are clear trails, and even short hikes along them and into the surrounding under brush, soon fills your collection basket.

After the foray group discussions were sparked by the specimens which were spread out on a picnic table.

Ursula Robinchund was an eager learner, as Greta Turchick discussed various recipes and cooking hints with her. Candace Wiser volunteered to nibble on a Lactarius Piperatus, which made her wish she had continued to search for the reptiles which her husband, John, has a deep interest in. John Sudal's Polish Salad, with heaps of thin strips of thinly sliced bologna mixed with the greens, should be tried by all.

The LMC Foray schedule is:

August 11	South Mountain Reservation
August 25	Heddon Park, Dover, N. J.
September 8	The Tourne, Boonton, N. J.
September 22	LMC "Honey Mushroom" Picnic, Myron Dickerson Park

New Member

We're happy to announce that Mr. Samuel Ristich of East Brunswick, N. J., author of the following article on Slime Molds, has joined our organization. We wish to thank him for this and other articles he has contributed to this newsletter.

Slime Molds - The Jekylls and Hydes of the Mycological World  
by Samuel S. Ristich

Myxomycetes or mycetozoans have perplexed man for millennia because of their "half animal, half plant" existence. All slime molds begin their complex lives as a soft, plasmodial amoeboid stage that can move great distances through the plasmodial stream. The common leaf slime mold Fuligo septica forms sheets 3' in diameter.

In these plasmodial stages the slime mold "feeds" upon bacteria and nutritive substrates such as decayed logs and leaves. Some mechanism eventually "triggers" the transformation of the amoeboid stage to the plant or spore producing stage. Spring and early summer are the best times for observing these fascinating, colorful and intricately patterned animal-plants. The best habitats are decayed, moist logs, decayed leaves and compost heaps. Some of the most common forms are:

1. Ceratiomyxa fruticulosa - The white coral slime mold covers many logs with a white bloom. Under the hand lens these blooms appear as white coral horns with spores borne externally on the horns.
2. Lycogala epidendron - The pink wolf milk, slime mold - this slime mold forms small domes of pink ooze which transform into domes (1/8-1/2") with lavender spores.
3. Fuligo septica - Forms 2" to 2' masses of yellowish plasmodial masses on sticks, logs or compost - that eventually sporulate in cushions that have a powdery cream, yellow or red crust - with black spores inside.
4. Diachea leucopoda - The "white footed" blue iridescent slime mold. This spectacular "Jekyll" starts as a glossy white upright tear drop. This glistening white protoplasm elongates into 1/8" cylindrical, blue iridescent jewels with a white foot.
5. Arcyria denudata - The rosy "Carnival Candy" slime mold starts as a glistening white mass that eventually separates into upright cylindrical entities on a tiny stalk, containing rosy spores trapped in intricately designed threads called capillitia. These threads eventually unfurl into hair net structures resembling wispy carnival candy.
6. Dictydium cancellatum - The "Japanese lantern" slime mold - This slime mold starts life as a purple black ooze. This ooze elongates into a long 1/4" thread-like stalk with a globose ribbed structure containing a tiny sphere inside. This delicately structured figurine reminds one of a pendant miniature Japanese lantern.
7. Stemonitis fusca - The "chocolate tube" slime mold - It starts out as a white ooze that "separates" into thin cylindrical structures with thread-like shiny black stalks. These cylindrical structures contain the hair net capillitium and chocolate spores.

There are no field guides to slime molds. The best source is the new tome by Martin/Alexopoulos - entitled "The Myxomycetes"; Hegelstein's "Mycetozoan of North America" is out of print but may be available in book stores. The National Geographic Magazine, in the 1920's had a magnificent issue on slime molds.



The Polyporus sulphureus (Poly'-porus sulphuere'-us) is unique in the world of Fungi. Highly colored when young. The upperside is bright pink-orange, its underside is distinctive lemon-yellow with a silky sheen. It grows in large clusters, one cap growing above the other.

The caps usually run from 2 to 6 in. broad and closely overlap each other. The flesh is white and firm, approximately ½ in. thick. Only the young knob-like beginnings of caps should be eaten as the rest of the plant is woody and becomes hard with age. This spectacularly colorful polypore grows from dead spots in living trees of all kinds from June to September.

Like all wild foods, care must be exercised in preparing it for the table. The hard inedible parts must be removed. The tender cap should be sliced thin and examined for any signs of insect larvae, and rinsed lightly to remove any debris.

P. sulphureus must be cooked gently. High heat destroys its delicate flavor. Gourmets parboil them and after allowing it to cool, add to salads allowing its lemon-yellow color to contrast with the greens, pink and reds. Try them this way with a classic Caesar Dressing.

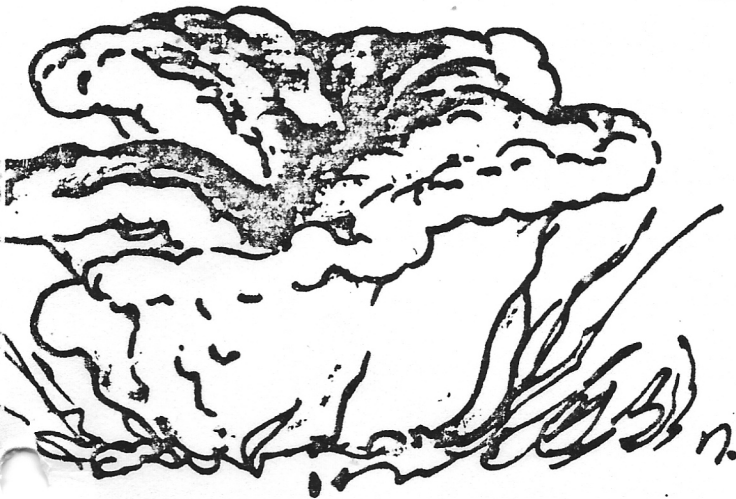
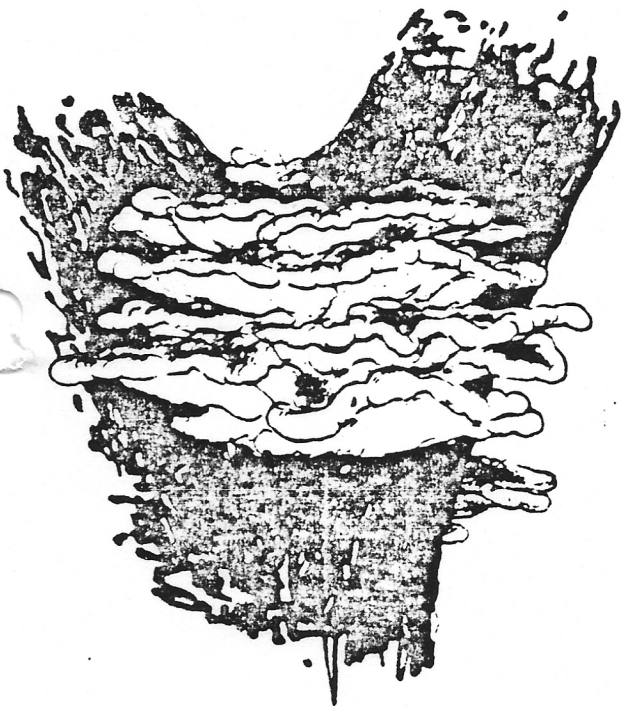
RECIPE

Mushrooms With Oyster Sauce

This recipe comes from the world of Cantonese cooking.

- |                           |                      |
|---------------------------|----------------------|
| 1 lb <u>P. Sulphureus</u> | 2 tbsp. oyster sauce |
| 1½ tbsp. cornstarch       | (obtainable from     |
| 1 cup beef stock          | Chinese specialty    |
| 2 tbsp. sherry            | shops)               |

1. Blend cornstarch & ¼ cup of cold beef stock to a paste.
2. In a sauce pan combine mushrooms & remaining stock & simmer (covered) gently for 20 min.
3. Remove mushrooms with a slotted spoon, transfer to a serving dish & keep warm.
4. Add oyster sauce, sherry, to liquids in pan, heat and add cornstarch paste to thicken. Pour over mushrooms and serve.



POLYPORUS SULPHUREUS

*mushroom-of-the-month*