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Mycological Assn.

NJMA NEWS
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THANK YOU

Did you notice that the newsletter looked different last month? It was the biggest ever, and was written with a wonderful flowing style. You probably guessed I didn't do it. You're right! I didn't even get a chance to see the pages before printing, so I couldn't proofread or edit. A VERY SPECIAL THANK YOU to Robert Peabody and Jim Richards who agreed to lend a big hand last month to help me. I am tackling three part-time jobs until the end of June and I really appreciated their excellent help. ---D.S.

NOTE - - Committee chairmen are now asked to send in several typewritten articles per year. All members are welcome to send in any items of note for the newsletter as well. The NJMA NEWS needs your contributions. Thanks.

IN ADDITION - - Thanks also to K. Spock who showed five paintings and Al Northup who lent a photograph for viewing at the club's exhibit in April at SCEEC.

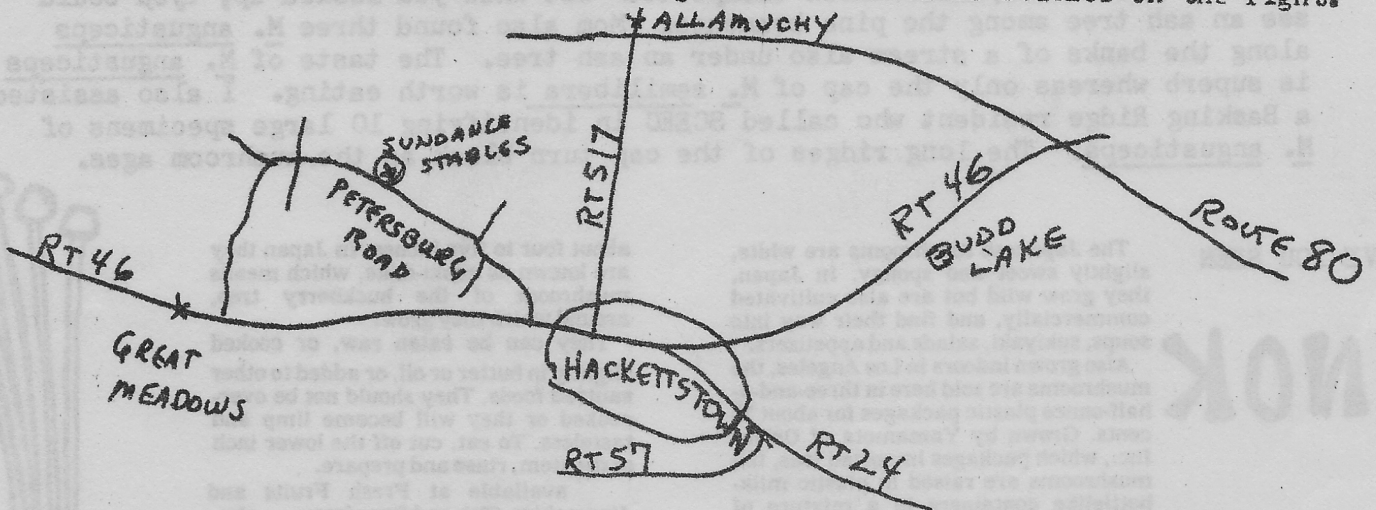
Did you see the 50-cup coffee pot that Al Northup donated to the club? It's a beauty. We all thank you, Al.

WILD FOODS FORAY - JUNE 4

At SUNDANCE STABLES, Petersburg Road, Hackettstown, 852-6342. Leaders are Robert Peabody, Dr. Erica Frank, Irma Chaiten and Jim Richards.

This is an outstanding foray. Everyone enjoyed themselves a great deal last year. Plan to spend all day! There will be a special treat this year. A kitchen crew will be preparing certain items while the foray crew is out walking and gathering. This means less wait before the pot-luck tasting time. Any contributions will be welcomed. Bring along the recipe -- you're sure to be asked.

Directions: Take Route 46 west thru Hackettstown. 1/4 mile west of town turn right onto Petersburg Road. Proceed 1 1/2 miles to Sundance Stables on the right.



1978 PEEC WEEKEND JUNE 23-25

NOTE -- The full fee for this fun foray is due on or before June 10. There are still some openings left. PEEC is a great place for fungi and fellowship. Call Bill Rokicki at 201- for information.

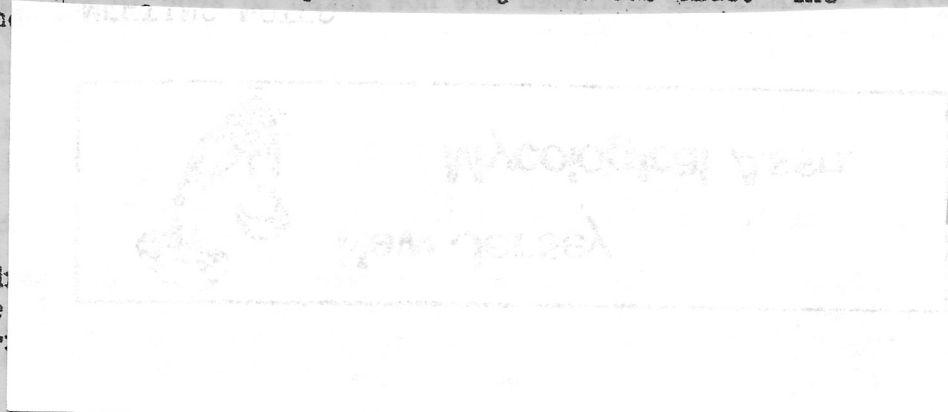
Plan to arrive Friday, June 23 in late afternoon for cabin assignment. Dinner will be approx. 6:00 or 6:30. A three-day program will be distributed to all registrants. Be sure to remember linens, towels, rain-gear, bug spray, camera, flashlight, bathing suit, etc.

Directions to PEEC: From Interstate 80 in Penn. take exit 52 (Marshall's Creek) to Route 209 North. Follow 209 North ... at the blinking light in the village of Bushkill, check your odometer... as you approach 7 miles from the light, watch for a small wooden sign on the right side of 209N -- saying Pocono Environmental Education Center -- Make a left turn at this sign, follow the road up the hill and bear right at the "Y".

WELCOME NEW MEMBERS

A hearty hello to all those who have joined or rejoined our club. The membership now stands at

Dr. Douglas Eveleigh
Mr. Benjamin Bacote
John and Michele Cantelmo
Mr. Louis deBourbon
Mr. and Mrs. Robert Mastondri
Stanley and Anna Grusetskier
Mr. and Mrs. Raymond Vaccaro
Roger and Gloria Brill



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FABULOUS FUNGI FINDINGS

The rains on and before Mother's Day were great for morels? What did you find and where? What were the associated trees?

The Peabody family - Robert, Barbara and Graham - with some help from Jim Richards found about 721 edibles over 2 weeks time. 374 Verpa conica, 121 Morchella semilibera (hybrida), 18 M. deliciosa, and 208 M. esculenta. Wow! Just in time for their new food dryer. (All collected in Warren county)

Billy Smullen helped his mother find 30 M. semilibera. These were in a stand of pine and spruce - most unexpected- but when you looked up, you could see an ash tree among the pine branches. Mom also found three M. angusticeps along the banks of a stream also under an ash tree. The taste of M. angusticeps is superb whereas only the cap of M. semilibera is worth eating. I also assisted a Basking Ridge resident who called SCEEC in identifying 10 large specimens of M. angusticeps. The long ridges of the cap turn black as the mushroom ages.

HAVE YOU SEEN

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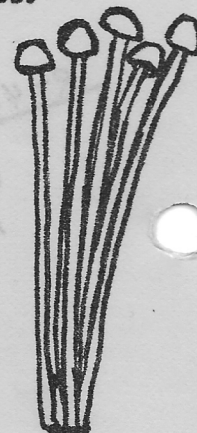
The Japanese mushrooms are white, slightly sweet and spongy. In Japan, they grow wild but are also cultivated commercially, and find their way into soups, sukiyaki, salads and appetizers.

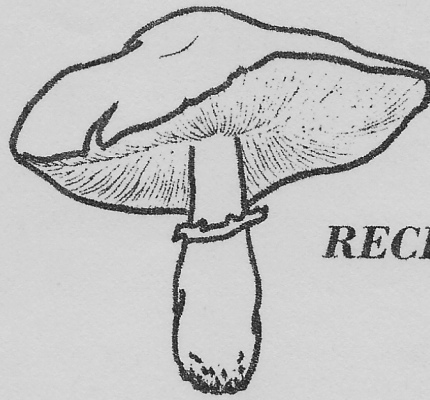
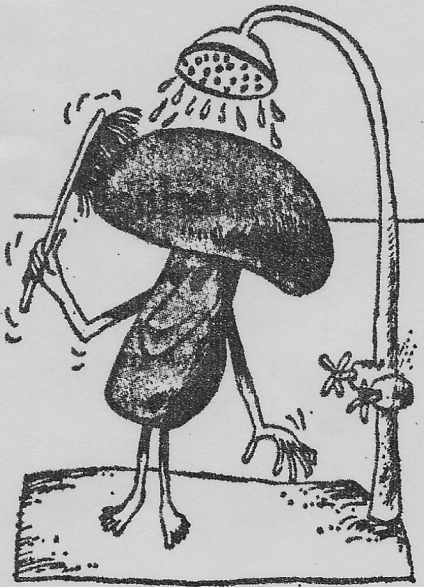
Also grown indoors in Los Angeles, the mushrooms are sold here in three-and-a-half-ounce plastic packages for about 79 cents. Grown by Yamamoto of Orient Inc., which packages imported teas, the mushrooms are raised in plastic milk-bottlelike containers in a mixture of sawdust, rice bran and water, and take about 55 days to reach full size, which is

about four to five inches. In Japan they are known as enoki-dake, which means mushroom of the huckberry tree, around which they grow.

They can be eaten raw, or cooked slightly in butter or oil, or added to other sautéed foods. They should not be overcooked or they will become limp and tasteless. To eat, cut off the lower inch of the stem, rinse and prepare.

available at Fresh Fruits and Vegetables, 75th and Broadway. also Broadway Fruit and Vegetables at 90th and Broadway.





RECIPOURRI

Funghi Trifolati (Mushrooms with garlic, oil and parsley)

- 1/4 ounce dried Italian mushrooms (Boletus edulis)
- 1 pound fresh mushrooms
- 1/2 cup olive oil
- 2 teaspoons finely chopped garlic
- 3 tablespoons finely chopped parsley
- Salt and freshly ground pepper to taste.

1. Put the dried mushrooms in a mixing bowl and add warm water to cover. Let stand half an hour or longer until mushrooms are soft.

2. Slice the fresh mushrooms as thinly as possible. There should be about six cups.

3. Remove the soaked mushrooms but save all their liquid. Squeeze the mushrooms to extract as much liquid as possible but save this liquid too. Line a sieve with one layer of a kitchen towel. Strain the liquid.

4. Chop the soaked mushrooms on a flat surface. They should be chopped fairly fine but semicoarse.

5. Combine the strained mushroom liquid and the chopped mushrooms in a skillet. Bring to the boil and cook until all the liquid has evaporated.

6. Heat the olive oil in a deep skillet or casserole and add the garlic. Cook, stirring, without browning. Add the parsley.

7. Add the fresh mushrooms and cook about one minute, stirring. Add the dried mushrooms.

8. Add salt and pepper to taste. Cook until mushrooms give up their liquid. Continue cooking until liquid (not the oil) evaporates. Serve as a vegetable or with pasta (see recipe).

Yield: 4 to 6 servings.

Funghi Trifolati With Pasta

Prepare the funghi trifolati but after slicing the mushrooms, chop them finely. Increase the oil from one-half cup to two-thirds cup. Serve tossed with fettuccini, spaghetti or vermicelli cooked to the desired degree of doneness.

Yield: 6 to 8 servings.

The above recipe submitted by Jim Richards.

Baked Mushrooms (French Style)

Clean the mushrooms, peeling or not, according to whether quite freshly-picked or not; if just gathered, they need only wiping or washing. Remove the stalks and cook the caps slowly in pork fat or olive oil for 2 or 3 minutes only; take them out and place them in a fireproof dish. In the meantime, chop finely the stalks and a little bacon fat and fry this in the pan from which you have just taken the partly-cooked caps. Put this mince over the mushrooms in the baking-dish, moisten with a glassful of wine; season with pepper and salt and the juice of a lemon; cook in slow oven for about half an hour and serve in the baking-dish.

Champignons à la Provençale

Clean and trim the mushrooms, which must be of large size, and cook them in olive oil and half a glass of white wine over a slow fire. Then arrange them in a shallow baking-dish, upside-down, and fill with a stuffing made of the finely chopped stalks, which have been fried in butter with some finely-chopped parsley, two anchovies and a little garlic. One may add a little bread that has been soaked in milk. The mushrooms all filled, sprinkle them with fine breadcrumbs and brown in the oven. Another good filling, is made with the stalks, chopped and cooked in a little *Bechamel*, a pinch of nutmeg, lemon juice and cream.—

Mushroom Stuffing (Duxelles)

Mince as finely as possible on a board the same weight of parsley and trimmed mushrooms; mince also a little less than half the weight of shallots and cook it all in hot butter on a brisk heat for 5 minutes; season to taste and stir with a wooden spoon. Sometimes breadcrumbs and a beaten egg are added to the mixture to give it greater consistency, and when this stuffing is used for filling boned pigeons, larks or quails, the bird's liver is also added to the *Duxelles*.

The above three recipes are from the Enc. of Gastronomy - submitted by Al Northup. Al recommends a good Penn. sausage filling for the second recipe.

Gary Lincoff suggests cooking a Duxelles over low heat for an hour - until pasty and dark. This can then be frozen.

Q. Some time ago, in an article on growing mushrooms in Kennett Square, Pa., the mushroom capital of the world, you made no mention of the fact that "packaged in plastic" fresh mushrooms are treated with a preservative known as sodium bisulfate "to retard spoilage." Are all mushrooms treated with this?

A. No. Charles Ciarrocchi, a mushroom producer, told me at the time that producers prefer to sell only the natural, freshly harvested mushrooms such as are found in baskets in grocery stores and supermarkets. These are unwashed but hygienically clean. Sometimes, however, they have traces of mushroom-growing "soil" around the caps and stems. Some people object to this and demand a snow-white product. To achieve this, it is necessary to wash the mushrooms after they are harvested. Mr. Ciarrocchi calls this a "realistic consumer dictate." Once mushrooms are washed, it is necessary to add a Government-approved preservative such as sodium bisulfate, or the mushrooms quickly turn dark brown. Generally speaking, mushrooms that are packaged, pre-rinsed, in plastic have been treated. Mushrooms sold "loose," usually in wooden baskets, have not been treated.

DON'TS OF PREPARING MUSHROOMS...

1. Don't peel
2. Don't soak
3. Don't overcook
4. Don't store in a warm place

If you must wash mushrooms to get rid of insects or soil, be sure to squeeze the mushroom between paper towels until dry.

BOOK RETURN INSTRUCTIONS * * Did you purchase the soft-cover edition of Miller's Mushrooms of North America? (The one where the keys go to page nos. of the hard-cover) You can receive a new corrected copy by sending the title page (page 3) to E.P. Dutton, 2 Park Avenue, N. Y. 10016, Attention: Dept. XX, Customer Service. (Free of charge)