



New Jersey Mycological Assn.

NJMA News
Vol. XII

January 1982
No. 1

President: Ray Fatto

Editor: Melanie Spock

DR. ROGERSON - JAN. 10

The January 10 meeting will feature Dr. Clark Rogerson who will discuss the genus Amanita. Dr. Rogerson always gives a good presentation. The meeting will begin 2:00 p.m., downstairs classroom #3 at SCEEC.

MYCOPHAGY - FEB. 7

The February meeting is turning into an annual mycophagy meeting. It will be held in the SCEEC auditorium on Feb. 7. Anyone who has dried or frozen mushrooms to contribute, contact Grete Turchick at least two weeks prior to the meeting. The mushrooms will be prepared and sampled by all those who attend the meeting.

DUES DUE

In spite of the current inflationary spiral, it's nice to find something that cost the same as it did a year or two ago - dues in NJMA. 1982 membership will continue to be \$7.50 for single membership and \$10.00 for family membership. Your check payable to NJMA may be brought to a meeting or mailed to Mrs. Margarete Turchick,

DEC. MEETING REVIEW

Aside from the dues remaining the same as last year, 1982 officers elected at the December meeting remain the same as last year:

- Ray Fatto - President
- Anna Gerenday - Vice President
- Melanie Spock - Secretary
- Grete Turchick - Treasurer

Thanks to the many people who contributed the delicious refreshments for the meeting. More than 50 people viewed the slides entered in the photography contest. Film and developing were awarded winners in the contest, discussed by Al Leyenberger below:

PHOTO CONTEST

Despite the relatively unproductive mushrooming season, our photographers have been very busy. A total of 157 slides were submitted for the Photo Contest, and more would have been entered had time and space permitted. This is more than double the number entered last year. Slides were received from John Durkota, Barbara Ecker, Gertrude Espenscheid, Bernice and Ray Fatto, Mitchell Goldman, Andy Grant, Fred Huykman, Al Leyenberger, Al Northup, Bob Peabody, Jane Peacock, Rudy Petersen, Jim Richards, Bill Rokicki, Melanie Spock, and Anthony Vaccari. Thanks to all for participating and for letting us see their beautiful slides. Special thanks to Gary Lincoff for acting as judge. The selection of "winners" from among so many excellent slides is an almost impossible task, but he did it to the pleasure and satisfaction of all. His choices were as follows:

Pictorial Category

Winner	Coprinus disseminatus	Al Northup
Runners Up	Amanita inaurata	Al Northup
	Polyporus squamosus	Ray Fatto
	Hericium	Jim Richards
	Clavaria veriformis	Al Northup
	Pseudocolus schellenbergii	Al Northup

Technical Category

Winner	Amanita cokeri	John Durkota
Runner Up	Pycnoporus cinnabarinus	Ray Fatto
Special Mention	Boletus edulis	Melanie Spock
	Calvatia Pattern	Melanie Spock
	Cortinarius armillatus	Bill Rokicki
	Polyporus sulphureus	Bill Rokicki
	Hygrophorus coccineus	Bill Rokicki

Nov. Meeting Review

About forty members attended the first winter meeting on November 8th. The NAMA slide program, "Range and Diversity of Fungi" was presented.

By means of beautiful photographs, most of which were taken on the West Coast, this slide lecture illustrated the wide range of shapes and forms which can be found among mushrooms. It included slides of slime molds, corals, cups, porous and gilled fungi. There were also habitat photos: the temperate rain forest which is rich in mushroom flora, the desert which is favored by some Gastromycetes, and the rocky roadside where the ubiquitous shaggy mane might be found.

The narration was informative, and the slides beautiful. The only drawback, as I saw it, was the length of the program. A lecture lasting longer than an hour, especially if it is a tape presentation, tends to lose the audience toward the end. A trimmed-down presentation would be far more effective, even at the expense of leaving out some material.

Special Class Taught

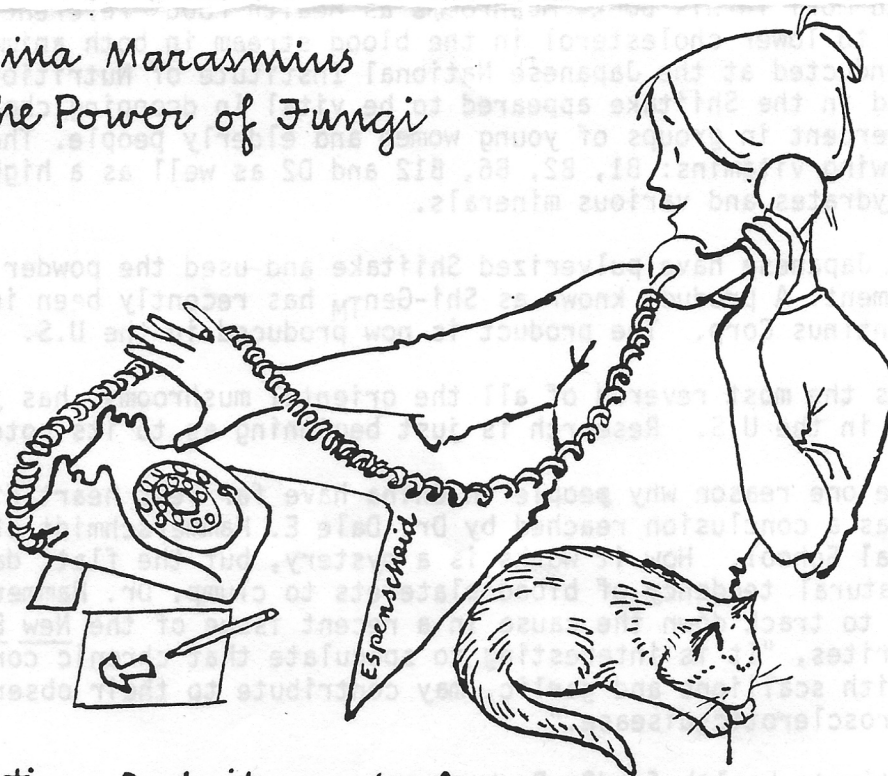
Anna Gerenday and Joe Spock co-taught an introduction to mushrooms class at a Bridgewater school the end of October. Using a variety of learning materials including fresh and dried mushrooms such as Lepista nuda, Calvatia sp., Polyporus versicolor, Armillariella mellea, Ganoderma tsugae and Agaricus campestris, they entertained the class of gifted fourth and fifth graders.

Joe and Anna stressed the part mushrooms play in ecology, the diversity of fungi and the different types that fruit during the seasons of the year. Presenting a slide show and emphasizing the many look-alikes, the children were told that experts are needed to tell them apart. They were encouraged to notice fungi, but not to try eating any.

Asked about teaching, Anna exclaimed that she "loved the experience!" Joe's reaction was "a delightful experience. The children asked intelligent questions and were really attentive and interested. They had no prior knowledge that mushrooms existed in such diversified forms."

The children were interested in the dyeing with mushrooms exhibit which was part of the learning materials, and Anna left the mushroom poster for the class. From the thank you letters received from the children, they particularly enjoyed squeezing puffballs to make smoke and drawing on Ganoderma applanatum. Mrs. Joan Moss, the teacher, felt that the experience was valuable in that the children "could directly experience the variety and wonder of mushrooms." As Kenny Kuilla, one student, in his letter summed up the experience, "Before you talked I thought it was going to be a real bore, but it was really great!"

Tina Marasmius
The Power of Fungi



Anytime I don't want them for dinner,
I just tell them I'm cooking a fungus.

TAXONOMY

This month's taxonomy meeting will be held on Saturday, January 23, from 10:00 a.m. to noon, at SCEEC in the downstairs classroom #3. Dorothy Smullen welcomes all newcomers. If there are any questions, call Dorothy, [REDACTED].

Ultimate Health Food ?

The following press release was issued by the Lentinus Corp., a commercial mushroom farm in Pennsylvania.

In their ancient herbal medicine, the Chinese utilized certain mushrooms, especially the Shiitake (Lentinus edodes) to help cure colds and ailments of the liver, the Reishi (Ganoderma applanatum or G. lucidum) to prevent aging and insure a long life, the wood ear or Black Tree Fungus (Auricularia auricula) to help cure and prevent heart problems. Fact or fantasy?

Recent scientific investigation shows that perhaps the herbal medicine practitioners of ancient China did have something.

It has only been in the past few years that these mushrooms have been cultivated under controlled conditions. The Shiitake is now the second most popular mushroom in the world after the common white mushroom seen in all grocery stores. The Reishi has just been cultivated and the Wood Ear only in the past 10 years.

Adequate supplies have therefore been available for extensive research. At the recent meeting of the International Congress on the Science and Cultivation of Edible Fungi, Drs. Mori and Takehara of Japan reported that an extract of the Shiitake was effective against certain influenza viruses in mice, and further that cancerous mice survived significantly longer when tested with the same extract. This appears to be the same results that have been noted in various research papers published in both Europe and Japan over the past 10 years. Further research into these areas is beginning here in the United States.

Further, Dr. Kisaku Mori in his book "Mushrooms as Health Food" references the Shiitake's ability to lower cholesterol in the blood stream in both animals and humans. The human tests conducted at the Japanese National Institute of Nutrition showed that an amino acid found in the Shiitake appeared to be vital in dropping cholesterol levels between 6 and 15 percent in groups of young women and elderly people. The Shiitake also contains the following vitamins: B1, B2, B6, B12 and D2 as well as a high concentration of protein, carbohydrates and various minerals.

For some years the Japanese have pulverized Shiitake and used the powder as a diet and health food supplement. A product known as Shi-Gen™ has recently been introduced into the U.S. by the Lentinus Corp. The product is now produced in the U.S.

The Reishi, perhaps the most revered of all the oriental mushrooms, has just been grown for the first time in the U.S. Research is just beginning as to its potential.

The Wood Ear may be one reason why people in China have far less heart disease than Americans. This was a conclusion reached by Dr. Dale E. Hammerschmidt of the University of Minnesota Medical School. How it works is a mystery, but the flat, dark "tree ears" somehow slow the natural tendency of blood platelets to clump. Dr. Hammerschmidt described his search to track down the cause in a recent issue of the New England Journal of Medicine. He writes, "It is interesting to speculate that chronic consumption of the tree ears, often with scallions and garlic, may contribute to their observed low incidence of arteriosclerotic disease."

Mushrooms: The ultimate health food? Perhaps so.

BOOKS

Gary Lincoff's new Audobon Society mushroom book has been ordered and will be available to club members at a discount.

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New Jersey Mycological Assn.
c/o Ray Fatto, President
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