



New Jersey
Mycological Assn.

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President: Ray Fatto

Editor: Melanie Spock

WILD EDIBLES - MARCH 14

For the March 14th meeting, Dr. Erica Frank will tell us what wild plants other than mushrooms are edible and discuss identification of them. She teaches Biology and Ecology courses at Centenary College in Hackettstown. SCEEC auditorium, 2:00 p.m.

LAWN FUNGI - APRIL 4

At the last of our winter meetings, April 4th, Dr. Sam Ristich will give a talk on lawn fungi. SCEEC auditorium, 2:00 p.m.

Food For Thought by Jim Richards

On Sunday, February 7, I was lucky enough to be in the kitchen during the fourth annual mycophagy demonstration presented by Paul Leuthard and Max Meister. From this viewpoint I was able to observe the preparation of the various mushrooms at close range. For the benefit of the members who were unable to see how the dozen dishes sampled were prepared and who might like to attempt to duplicate them at home this report is submitted.

As the mushrooms were received from members they were combined in larger containers - all morels together, all sulphureus, etc. After the chefs had arrived and set out their ingredients, including one gallon of heavy cream, wines and seasonings, a general battle plan was drawn up as to the types of sauces that would be used for each mushroom and the order in which the dishes would be prepared.

After a brief business meeting, the alcohol burners were lit, the copper saute pans were heated and the cooking began. Two hours later, the kitchen was cleaned up and the meeting was over. But during those two hours, over one hundred members tasted 12 different mushroom dishes (18 pans of fungi had been cooked and eaten) along with a variety of breads and desserts. Many members asked after the meeting how various dishes had been made and I will now attempt to answer those questions.

Because they were working with dried or frozen mushrooms, Paul and Max felt that they were best enhanced by sauces of various kinds. The overall approach to the recipes was so similar that rather than try to give twelve recipes, I will describe the method and indicate the variations after.

Heat the butter in a saute pan. Add shallots (and garlic, where used), saute briefly. Add mushrooms (after thawing frozen ones or reconstituting dried ones), saute briefly. Add seasonings as indicated; add wine or brandy if used; cook briefly. Add brown gravy or cream if used. Add flour/butter paste if used for thickening. Check seasoning. Serve.

For all recipes, the ingredients used were as follows:

(SpM) Spice Mix - 3 oz salt, 1/2 oz. ground white pepper, 1 oz. MSG

(L&P) A dash of Lea & Perrins Worcestershire Sauce

(FB) Flour/Butter Mix - for thickening, mix 2 oz. butter with 3 oz flour

Chicken stock - Chicken bouillon powder or cube (Knorr-Swiss preferred)

Shallots and garlic were previously peeled, finely minced and preserved separately in oil.

Chives - freeze dried were used

Brown gravy, or demi-glace, a standard brown sauce prepared from homemade stock and reduced and thickened. Recipes available in any basic cook book.

Cream - heavy cream diluted with water of half and half may be used.

Wines used were California burgundy, chablis, sherry.

<u>Mushrooms</u>	<u>Method of Preservation</u>	<u>Seasonings</u>	<u>Wine</u>	<u>Then Add</u>
1. Armillariella mellea	Frozen (blanched)	Butter, shallots garlic, SpM, L&P	Red	Brown gravy chives
2. Laetiporus sulphureus	Frozen (sauteed)	Butter, shallots, SpM, L&P, Chicken base	Sherry	Cream, FB
3. Coprinus sp.	Frozen (blanched)	a. butter, shallots garlic, SpM, L&P, chives	White	Cream, FB
		b. butter, shallots garlic, SpM, saffron	White	Cream, FB
4. Morels (M. esculenta & M. semi-libra)	Dried	Butter, shallots, SpM	Cognac (flamed)	Brown Gravy
5. Suillus grevillei	Dried	Butter, bacon, shallots SpM, chives		
6. Cantharellus cinereus	Dried	Butter, bacon, shallots SpM, chives		
7. L. sulphureus	Frozen (sauteed or blanched)	Butter, shallots curry powder, chicken base	White	Cream, FB
8. A. mellea	Frozen (blanched)	Butter, shallots, SpM chicken base	a. White	Cream, FB
			b. Sherry	Cream, FB
9. Pleurotus ostreatus	Frozen	Butter, shallots, bacon, chives, SpM	Red	Brown gravy
10. Polyporus frondosus	Frozen (sauteed)	Butter, shallots, bacon, chives, SpM	Red	Brown gravy
11. Boletus bicolor	Dried	Butter, shallots, bacon, chives, SpM	Red	Brown gravy
12. Morels	Dried (imported)	Butter, shallots SpM, L&P, Chives	Cognac (flamed)	Brown gravy Cream, FB

As Paul said afterwards, most of these preparations would not be used by themselves, but would be a garnish for a meat or poultry dish. The white sauced dishes would complement poultry and veal. The brown sauces would go better with beef. Both chefs were quite impressed with our New Jersey morels. They felt the flavor was equal to that of the imported variety.

Each year, the mycophagy demonstration gets bigger and better thanks in no small part to the members who contribute time and mushrooms. The serving this year was a model of efficiency as handled by Linda Manilovich, Dorothy Smullen and Sue Hopkins (who also kept the clean saute pans coming between rounds). Mushrooms were donated this year by Pete Giacomozzi (morels), Stan Siegler (Laetiporus sulphureus), Bob Peabody, who provided a running commentary of happenings in the kitchen (Coprinus comatus), Dorothy Smullen (L. sulphureus and Polyporus frondosus), Ray Fatto (L. sulphureus and Armillariella mellea), Bill Rokicki (Boletus bicolor, Pleurotus ostreatus), Jim Richards (M. semilibra and Cantharellus cinereus) and of course, Grete Turchick (Suillus grevillei, C. comatus, C. atramentarius and A. mellea).

Paul and Max said they will do it again next year, so while you are collecting edibles, put some aside for February 1983, the next "mycophagy marathon".

Thanks to those who baked breads and contributed other refreshments in addition to those mentioned above.

CLASSES OFFERED

While attendance will be limited in our classes, there are still openings. To insure a place, register with Anna Gerenday, [REDACTED] for the following classes.

Introduction to Fungi - beginners. Saturday, March 20, 10:00 a.m. to 12:00 noon. Fee: \$4.00 members, \$5.00 non-members

Mushroom Field Identification - beginner or advanced. Saturday, March 27, 10:00 a.m. to 4:00 p.m., \$8.00 members, \$10.00 non-members.

Mushroom Identification with the Microscope - Saturday, April 17, 10:00 a.m. to 4:00 p.m., \$8.00 members, \$10.00 non-members.

TAXONOMY

A taxonomy meeting will be held Saturday, March 13 from 10 a.m. to 12 p.m. at SCEEC. A microscope will be available to work on unknowns. Call Dorothy if you expect to attend, [REDACTED]

Foray Leaders Needed

Foray leaders are needed for the upcoming season. If you have any places you would like to lead a foray, get in touch with either Bill Rokicki or Paul Meyer.

Mushrooming in Bergen

by Jerry Komarek

While money was a scarce commodity in most families during my boyhood days, Bergen County was rich in its natural environment. This made the pursuit of many inexpensive and interesting hobbies possible.

Among the popular hobbies of those bygone days, was the picking of wild mushrooms. My home town of Little Ferry was inhabited by many Czech immigrants, many of whom were enthusiastic mushroom pickers. Here the numerous wooded areas were an ideal habitat for wild mushrooms. Some varieties of these edible morsels were in season from mid-May until early November.

Fortunately for me, my father was an expert mushroom picker, and his hobby somehow rubbed off on me at the age of four. His work week consisted of 5-1/2 days. During the mushroom season I eagerly awaited his return home, early on Saturday afternoons, with great anticipation. In those days mass transportation was well coordinated. The trip from New York City, made by trolley, ferry, train, plus a mile walk from the railroad station, took him merely 75 minutes.

After a quick lunch, we would head for the nearby woods. He was a willing teacher, and I an enthusiastic pupil in that outdoor classroom.

My first lessons were concentrated upon distinguishing between toadstools and edible mushrooms. Later on, I learned the growing season for the various types, as well as the likely places to find them.

There were those which grew in clusters under oak trees, and others which grew upon decaying chestnut stumps, which at that time were quite numerous. One of my favorites was a firm, thick stemmed type, which preferred to grow singly in patches of moss among birch trees. The field mushrooms, as the name implies, grew in open fields, pastures, as well as upon golf courses. Teterboro Golf Club received its share of attention from mushroom pickers hours before the first golfer arrived to tee off.

It was this type of mushroom that I had discovered growing in the lush pastures of Normandy in June 1944. While serving with the Second Armored Division, I gathered white field mushrooms. I had a bit of bacon grease in the vehicle and proceeded to fry some of them. Upon observing my picking and then eating them, some of my army buddies concluded that I was attempting to get out of the army by way of the poison mushroom route. In reality, I was merely attempting to add a bit more taste appeal to my field rations. On the following day, to their surprise, I did not display any ill effects from my indulging. Consequently, having become a bit more daring, they requested a taste of my next mushroom dish. In a complete turnabout, I had converted nonbelievers into believers, and from that day on, I had competition picking the tasty morsels.

Back home, every mushroom picker had a few secret locations, which would not be revealed to anyone. If a growth of immature mushrooms were discovered, they would be skillfully camouflaged with dried leaves, and then harvested in a day or two. Mushrooms mature at an unbelievably fast pace.

Upon returning home, we would always proudly display our good fortune to my mother. Although it meant additional work for her, she was always pleased with whatever we found.

Eventually I began going out into the woods on my own to pick; however, my finds were always carefully checked by my parents as a safety precaution. Ultimately, I won my parents' confidence, and in their minds, I was finally classified as an experienced mushroom picker.

In season we always enjoyed an abundance of delicious mushroom dishes including soups, gravies, and fried mushrooms. Thought was also given to the lean months of winter and early spring, when mushrooms would be out of season. Preparing for that eventuality, some of the mushrooms would be pickled and preserved in Mason Jars. Firm varieties would be thinly sliced and dried in direct sunlight for a period of two days. In the event of rainy weather, the drying would be done in the oven of the kitchen stove. Once thoroughly dried, they would be placed into empty cloth sugar or flour sacks, and hung up in the attic. There they would keep until utilized. In this state, they would give off a very pleasing mushroom odor. They would be used sparingly during the non-growing season in soups and gravies, where they would absorb moisture and swell back to almost normal size.

As in other parts of Bergen County, the Little Ferry Area was gradually being built up. More mushroom pickers were moving in, and the wooded areas were shrinking.

Thus there developed a need for discovering virgin picking areas in other locations. Automobiles were not yet in general use. Some of the more venturesome made effective use of mass transportation, journeying to the wilds of Long Island early in the day for a full day's picking.

Others likewise using mass transportation discovered new areas within Bergen County. On occasion I would board the Bergen Trolley at Bergen Turnpike in Little Ferry, on its northern run. It would clank along Hudson and Main Streets in Hackensack. The end of the line was Zabriskie's Pond in North Hackensack. I would disembark at Main Street and Spring Valley Avenue. The trip was usually made with some

of my schoolmates. We would walk west along Spring Valley Avenue until we reached a large wooded area in Maywood, just east of the present location of the Bergen Mall. Here we usually found an abundance of mushrooms, for we never seemed to have any competition.

Other pickers would board the Hudson River Trolley at Main and Mercer Streets in Hackensack, heading in an easterly direction toward the 125th Street Ferry. They would concentrate upon the Palisades Area in the vicinity of Fort Lee and Englewood Cliffs. In those days the George Washington Bridge wasn't even on the drawing board. Then there were those who boarded the same trolley, but headed in a westerly direction to the Arcola Section of Paramus.

Eventually I became the proud owner of a second hand two wheel bicycle. This gave me a new sense of mobility, and enabled me to extend my range considerably. Initially I ventured into a woods off Hackensack Avenue, just north of the Lutjens Farm. This was one of the last farms in Hackensack, located between what is now Riverside Square and Two Guys Department Store. Later on, I discovered a very productive area off Howland Avenue in River Edge, as well as one off Kindermack Rd. in Oradell.

Upon becoming of driving age, I was able to acquire a second hand car. Together with my father we discovered excellent new areas in birch woods located in Bergenfield and Teaneck. Other excellent areas were discovered along the Palisades in Englewood Cliffs, as well as in Saddle River, Ho-Ho-Kus and Wood Cliff Lake. Since gasoline prices were modest in those days, it was even feasible to drive up to Sussex County on occasion for a day of mushroom picking.

Every year's harvest was influenced entirely by the weather. A prolonged dry spell resulted in slim picking, while in an abnormally wet season, a great abundance of mushrooms would grow.

Measured by today's lifestyles, mushroom picking would probably be looked down upon and classified as dull and unexciting. Yet as I look back over the years, I recall my mushroom picking days with many fond memories. It is a hobby which changes in our environment have almost completely wiped out.

However, in a kind of "mountain came to Mohammed" situation, for the past 10 or 12 years, I have been harvesting edible mushrooms in my yard under oak and hickory trees. While woodland is scarce in this part of the state, these edible mushrooms in my yard keep growing from late June until mid-September. They have bright red tops and spongy yellow bottoms, and turn blue when cut or bruised. We really enjoy them. Thus my "houby" hobby has not been entirely wiped out. "Houby" being the Czech word for mushrooms.

NAMA Review

The Pacific Northwest NAMA foray held at Fort Worden in Port Townsend, Washington, in October, was great. The Puget Sound Mycological Society, as host club did a fantastic job setting up the foray. Accommodations were good, as was the food, which included a beef/salmon banquet.

About 400 species of mushrooms showed up for the foray, identified by professionals and very competent amateurs; and about 340 people attended, identified by name tags, among them Dave and Margaret Morris, Phil and Sylvia Stein, Henry and Wakigo Yeager, Gary Lincoff and Aaron Norarevian from our club. The display tables contained many new mushrooms to an easterner and some specimens were even identified down to variety of a species. Dr. Daniel Stunz, senior foray mycologist, was kept busy verifying identification and answering questions.

The number of mushrooms found was impressive: not just one or two of a particular species, but many of each could be collected. An ideal area to foray, the Olympic Peninsula was constantly enveloped in mists and fog. Pounds of Agaricus campestris and fairy rings of Marasmius oreades could be collected without leaving the grounds. Aside from the large number of species, many mushrooms seemed to grow larger there.

Aside from classes and workshops appealing to a variety of levels and interests, lectures were given including: Remembrances of Margaret McKenny, in whose memory the foray was dedicated, Pleurotoid Fungi of the Pacific NW, a report on morel taxonomy, Dyeing with Mushroom Pigments, and Mycotechnology of Mt. St. Helens. We got a chance to try out the PNW keys to identification developed by the PNW Key Council under the leadership of Kit Skates. Containing mainly those species which are known to be found in the PNW, the keys are tailored to that specific area. There was even a computer terminal set up and programmed by John Kuhn of PSMS to help identify mushrooms!

Larry Stickney coordinated the mycophagy sessions which were one of the most popular areas at the foray. In the congenial atmosphere of the crowded mycophagy area, throngs anticipated the next edible to come out of the kitchen. Foray attendees received a cookbook with favorite recipes compiled from various clubs.

A post-foray was held at Quinalt Lodge in the rain forest (200 inches per year) by the coast. The four-day affair coordinated by Judy Roger and Ben Woo was an intensified and productive foray at which attendees could work on identification using microscopes and chemical tests under the guidance of Dr. Orson Miller. It seemed like more mushrooms were found there than at the foray, if that is possible.

PSMS members Bill and Irene O'Connor who live in the area graciously showed us some of their favorite secret collecting spots, which were literally mushroom gardens. It was very exciting to see a patch of mushrooms, walk to it and see another patch, then another, and another. In the rain forests lichens abounded, trees mantled in moss sometimes had ferns in their boughs, and angel wings (Pleurotus porrigens) stood out against the green and brown background. My boots never did get dry, and it was easy to get lost. Many edibles were consumed and many given away. Among them Lactarius deliciosus, L. sanguifluus, Boletus edulis, B. zelleri, honey mushrooms and chanterrels.

The post-foray also featured a lecture by Dr. Miller and one on the genus Russula.

In supermarkets, bulletin boards contained ads for wild mushrooms. From \$1.25 to \$3.00 per pound is paid for chanterrels or matsutake, which are exported. I heard of people making \$100 a day, some up to \$3,000 per year in their spare time.

After a few more days in Washington during which I found my favorite Boletus edulis and some matsutake, I left for California.

My plane landed in San Francisco in the first rains of the season. The hills were all brown with dry, dead grasses. I was told that the rains didn't start until Thanksgiving, but were really a month early this year. The next evening Coprinus comatus from a neighbor's lawn found its way to the dinner table. Taking this as a good sign, I contacted Larry Stickney of the Mycological Society of San Francisco for information on the club's activities.

A few days later on a foray led by Larry to Land's End, a spot near the Golden Gate Bridge, Marasmius oreades and other mushrooms dotted the grass, some Suillus were found; and wild radishes, fennel, New Zealand spinach and other wild edibles were more plentiful than edible mushrooms. Fellow NJMA member Gerry Miller, who was in town for the opening of his art exhibit, also joined the foray.

A few days later we were invited to the club's culinary group's monthly dinner, which featured Near Eastern foods. Everyone (some 60 people that night) brings tableware and beverages, and others previously designated cook the meal. It's quite a production, with an array of tablecloths and napkins in mushroom motifs.

Gerry and I did some mushrooming in the area. We did something different with the mushrooms we found, that most mycologists have never dreamed of. We color xeroxed the live mushrooms and made transfers for T-shirts. The people at the xerox place thought we were a little strange.

With various S.F. club members I went on several mushroom picking excursions some successful, some not so. There are valid species in California that I have come across, which are only mentioned in David Arora's Mushrooms Demystified: Boletivorus clandestinus, B. brutalosipes and Pseudoboletivorus incognitus, the latter closely related to an east coast species. Many times I found evidence of these species. After one disappointing day, we stopped at a restaurant for dinner. While discussing mushrooms, our waitress informed us that her boyfriend had picked 300 lbs. of Boletus edulis the day before in the same woods we were picking.

On a weekend foray in Mendocino, many mushrooms were found, very wet and soggy due to the five inches of rain that weekend. One of the largest mushrooms I have ever seen was a specimen of Amanita Pachycolea: it was too big to be wrapped in wax paper, far larger than any Amanita I've ever seen. It is related to our delicate A. vaginata.

We often met other pickers along the roads, a group of whom invited us to dinner, probably because they arrived late in the day and our baskets were brimming with chanterrels, pigs ears, L. deliciosus, L. sanguifluus and other edibles. A local restaurant specially prepared the mushrooms for dinner.

Afterward, I attended a small mushroom fair at Fort Bragg, near Mendocino. Highlighted for me was Miriam Rice's mushroom dyeing exhibit. All the rich colors she obtains are spectacular. It was interesting that the west coast jack o'lantern produces blues and greens, even lavender dyed wool, whereas our east coast species, which looks almost identical, gives little color reaction (mainly tan) with any mordant used.

The fair was similar to our own, but on a smaller scale. Someone had found morels (November!) and I learned afterwards that morels are not rare in the fall & winter in California.

I had the opportunity to tour C.W. Mushrooms of Hayward, a wild mushroom grower. The firm produces 200 lbs. of shiitake and 400 lbs. of Pleurotus ostreatus per day, marketing it in the Bay area. Dr. Andy Anderson, consultant to the firm, explained the procedures. The dampened oak sawdust is packed into containers, sterilized, inoculated under sterile conditions, with spawn grown on milo grain. The containers were placed in a room with carefully controlled humidity and temperature for the spawn to grow. When ready, the spawn was taken from the containers and stacked in another carefully controlled area for fruiting. Special nutrients had been added and the time from inoculation to fruiting reduced considerably from what other growers had been getting. Dr. Anderson says that fruiting mushrooms is a piece of cake

compared to the type of bacteria he worked with at the University of Oregon for many years. He developed a special medium for optimum growth and precise temperature and humidity for shortening the length of time to fruiting. They were also doing research on various strains of other mushrooms used medicinally in some cultures and also for enzyme production. With three acres of warehouse space to grow mushrooms, the company was had plans to completely mechanize their operations. They were not planning to market their mushrooms further east than Chicago; however, Anna Gerenday picked up fresh *Pleurotus ostreatus* in her supermarket in Madison, labeled CW Mushrooms.

At the S.F. Club's monthly meeting at S.F. State University, Dr. Harry Thiers talked about mushrooms found

on his trip to New Zealand. It was a good talk with interesting mushrooms and habitat information (including leaches that drop from the trees to attack mushroom hunters). His students prepared display tables of local mushrooms collected and identified. There was an exhibit on lichens, an agar plate to take home and grow your own, the first morel raised in captivity (enclosed in glass so no one would touch it), plus a room with microscopes where members could try their hand at identification. It was almost a miniature version of our own Fair, minus the mycophagy.

I did find fungi in one place I didn't expect to: a winery tour. In one cave the tour guide pointed out a fungus on the ceiling, but assured us that it did not harm the wine.

Correction

The Rod Tulloss article on Collecting Amanitas in last month's newsletter was cut and pasted up incorrectly. The first four paragraphs of the article belong after the end of the section Amidella following "...cylindrically spored species of section Lepidella." The article begins with "Collecting was concentrated..." Rod notes that "a review of the field notes is not underway" should read now underway and that A. spissa should now be added to the list of Validae on page 7.

Membership Package

A membership package will soon be available to current members. The package contains information on the history of the club, notes on identification, and other information.

Northeast - NAMA Foray

The 1982 North American Mycological Association Foray honoring Dr. Samuel E. Ristich will be held on August 19-22, 1982 at East Stroudsburg State College. Dr. Orson Miller from the Virginia Polytechnic Institute will be the principal mycologist assisted by a number of other professionals whose specialties represent a broad variety of interests. The college is located adjacent to the Delaware Water Gap and the Pocono Mountain area with a rich flora and variety of habitats. Lectures, workshops and other activities are planned for the beginner and the expert.

The foray is being hosted by the Northeastern Mycological Foray, Inc. (NEMF). Participation in the 1982 foray is restricted to NAMA members or to members of one of the eight societies comprising NEMF. Because space is limited, early registration is advised to guarantee your participation.

There are two registration plans available. Plan A at \$90 per person provides lodging, all meals from Thursday supper through Sunday brunch, and all activities. Lodging is in modern dormitories with two people to a room. Single rooms are not available. Bed linen and pillows will be provided but blankets and towels will not. Plan B at \$30 per person provides for activities only with no meals or lodging. Meals can be purchased in the cafeteria as needed. There are numerous motels nearby in this popular vacation spot. Information about the area is available from Pocono Mountain Vacation Bureau, Box K, 1004 Main Street, Stroudsburg, PA 18360.

1982 NORTH AMERICAN MYCOLOGICAL FORAY

REGISTRATION FORM

East Stroudsburg, Pennsylvania

August 19-22, 1982

Hosted by the Northeastern Mycological Foray, Inc.

Name _____ Club Affiliation _____

Address _____ NAMA Member Yes ___ No ___

Telephone () _____

Names of other people for whom you are registering

<u>Plan Selected</u>	<u>No. of People</u>	<u>Total</u>
_____ Plan A at \$90 (Room, board, registration)	_____	\$ _____
_____ Plan B at \$30 (Registration only)	_____	\$ _____

Late registration fee after August 1, 1982 \$10 per person additional.

Mail checks payable to "Northeastern Mycological Foray, Inc."

Mail to: Pat and Jim Kronick
NAMA Foray

All applicants must be members of NAMA or of a society sponsoring NEMF or their immediate families. The hosting organization and individuals do not assume liability for persons becoming lost or injured or for loss or damage to personal property.

FIRST CLASS MAIL

1982 NORTH AMERICAN MYCOLOGICAL FORUM

REGISTRATION FORM

East 22nd Street, Pennsylvania

August 19-21, 1982

Hosted by the Northeastern Mycological Society, Inc.

Name

Name

Address

Address

Telephone

People for whom you are registering

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

Spore Art Show by Sam Ristich

One of my inspired students has a three week exhibit on Spore Art at Columbia University Philosophy Hall (116th Street near Amsterdam Avenue north of Campus Walk), Graduate Student Lounge, February 22 to March 12, 1982, Monday through Friday, 9:00 a.m. to 5 p.m. She is Peggy Sonder and she can be reached for more information and consultation at 333 East 57th NYC, NY 10022. As you know I have been promoting spore art - as an exciting art form for 15 years. I hope more inspired and artistic people begin to promote the art form as a project for each society and as an individual expression. I am willing to offer guidance and am preparing an article for McIlvainea on spore art.