

NJMA NEWS

New Jersey Mycological Assn.

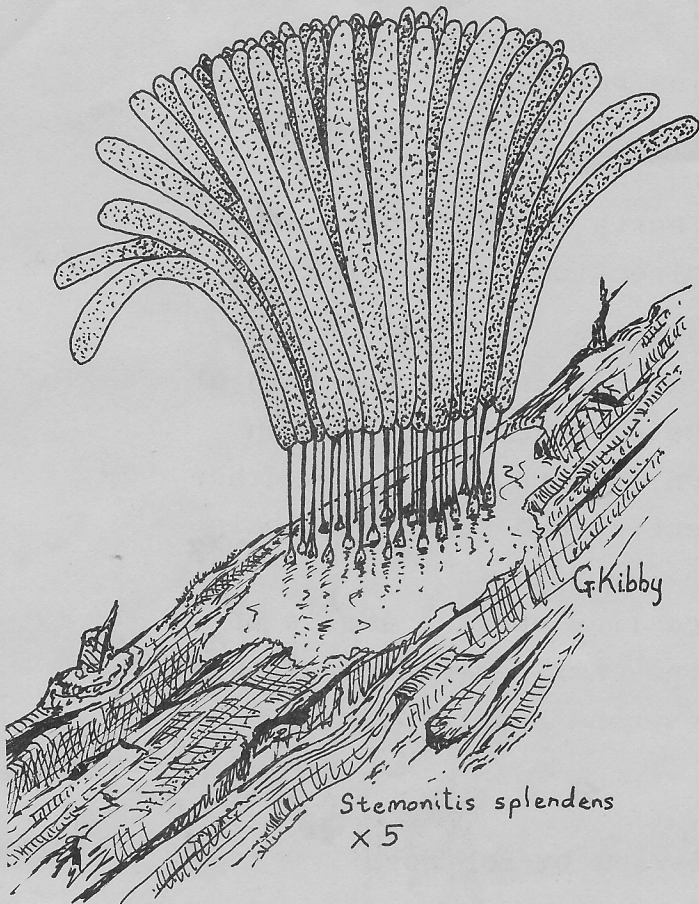
JUL-AUG 1989 Vol. 19 No. 4

OFFICERS: Michael Rubin, President
Gene Varney, Vice President
Ursula Pohl, Secretary

CIRCULATION: Sue Kibby
EDITORS: Geoff Kibby & Bernice Fatto

DUES: Family: \$15.00 per year,
individual \$10.00. Mail check,
payable to NJMA, to Grete
Turchick,

NEWSLETTER
DEADLINES: Feb. 10, April 10, June 10,
Aug. 10, Oct. 10, Dec 10



CALENDAR OF EVENTS

- July 16 Foray at Washington's Crossing State Park
July 17 Taxonomy Meeting, Martin Hall, Cook Campus,
Rutgers Univ. 7.30pm.
July 29 Culinary Banquet - International Barbeque,
see inside for details.
July 30 Foray at Meadow Woods Municipal Park, Mendham.
Aug. 13 Foray at Holmdel Park.
Aug. 17-20 N.E.Myc.Foray, Franklin Pierce College, Rindge,
New Hampshire.
Aug. 27 CHANGE OF VENUE - see inside for details!

All forays begin at 10.00am and full directions were given in the previous newsletter - remember, please be on time, observe Park rules, in particular no alcohol or undue disturbance.

BRING A BASKET, YOUR LUNCH AND BUG REPELLENT An identification session will follow each foray.

AUGUST 27th FORAY - CHANGE OF VENUE!

Due to some unforeseen difficulties put forward by the Princeton Education Center we have been forced to pick a new site for this date. Thanks to some hard work and research by Gene Yetter we are able to go to the North Bergen Boy Scouts Camp area called Camp No-Be-Bo-Sco. Directions are as follows:-

Follow Blairstown-Millbrook Road North. Take the right turn off Millbrook Rd. lying about 4 miles north of the town of Blairstown. This turn is just past the entrance to Princeton Education Center. In about $\frac{1}{2}$ mile turn left (north). In another $1\frac{1}{2}$ miles you will come to a T-intersection and turn left again (west).

The entrance to Camp No-Be-Bo-Sco lies about a $\frac{1}{2}$ mile on the right (north). Our thanks go to the Camp ranger and his wife, Tom and Helen Oliver for their courtesy and helpfulness in arranging this foray.

June 4 Wild Foods Foray

Review by Bob Hosh

The weather was perfect and Jenny Jump State Forest was in full bloom when club members gathered (no pun intended!) for the annual Wild Foods Foray. Bob Peabody led the walk and provided information on things wild and edible. As usual, most people lingered at the wild strawberry patch. Back at the picnic tables the Hoshes, Bob and Genia manned the cook stoves with the able assistance of Len Frank.

Among the wild edibles served were Wild Leek and Chicken Mushroom stir fry, creamed Hen-of-the-woods, Jerusalem Artichoke sauté and marinated Groundnuts (*Apios americanna*). Soups were Nettle and Chicken mushroom, Cream of Morel and chilled Beach Plum. Homemade breads accompanied the meal. Those attending look forward to sampling wild foods again next year.



TAXONOMY GROUP MEETINGS

The initial taxonomy meeting at Martin Hall, Cook Campus, Rutgers University on May 8 was attended by about 15 members. The meeting was conducted by Dr Gene Varney who, with the use of handouts, described the classification of the Kingdom of Fungi down to Class level and the usage of keys to identify as to Genus.

Other handouts illustrated the terms used in the macroscopic description of the various parts of a fruit-body or carpophore. Since properties noted on the fresh fruiting-body are often essential for identification at the species level, a sample form for recording this information was also presented. The final handout was a description of chemical reagents used in the microscopic observation of fungi.

We then used the available microscopes to familiarize ourselves with their operation and practiced making various freehand sections of the fungi saved from the previous day's foray. Then microscopically we observed on the gill of Pluteus cervinus the basidioles, the basidium with sterigmata, the oddly shaped pleurocystidia, and the ellipsoid spores. The hymenium of Gyromitra fastigiata was observed to see the sterile paraphyses intermixed with the asci which contained the eight ascospores. Individuals also looked at other fungi they brought along, such as Tremella mesenterica and Favolus alveolarius. This was an auspicious beginning to hopefully many more enlightening sessions.

THE NEXT MEETING... will be at 7.30pm on Monday, July 17, the day following the Washington Crossing foray. This session will be devoted to Russula identification. We will attempt to tentatively identify to species through macroscopic features and then verify the name by microscopically observing the spores and pileus cuticle.

In preparation for this class, Russulas should be carefully collected at the prior day's foray. Several things should be noted at that time. 1. The trees in whose proximity the fruit-body is growing. 2. The distance that the cuticle is separable from the margin of the cap to the center (ie. whether just marginally, 1/3, 1/2, 3/4 or totally). 3. Taste the edge of the cap, including lamellae; less than pea-size; hold at the tip of

the tongue till peppery or up to 1 minute. Do not swallow the sample. Note if mild, bitter, or peppery. 4. Take a spore deposit usually overnight is best, on white paper or glass. A heavy deposit is most useful. 5. Lightly bruize a small area of the stem with a fingernail and note any color changes which may occur usually in less than half an hour. 6. Smell the gills for any characteristic odor.

Subsequent meetings and agendas will be discussed at this meeting. Tentatively we anticipate meeting on Sept. 11 and may study either boletes or Amanitas. For further information you may contact Dr Varney on [REDACTED].

MUSHROOM PHOTO POSTCARDS AVAILABLE

Dover Publications is selling packages of mushroom photo postcards featuring some of the stunning photographs of NAMA member and photo contest winner Emily Johnson. They advertise a package of 24 different mushroom postcards bound as a book for \$3.95 plus \$1.25 for postage and handling. The item number is 25870-X Pa. and the address is Dover Publications, Inc., 11 East 2nd Street, Mineola, NY 11501. Our club booksellers are ordering some of these for us and they should be available for sale at this years Fungus Fest in October.

THE NOT-SO-EDIBLE FLAMMULINA?

All Field guides rate Flammulina velutipes as edible. This species is cultivated and sold commercially as Japanese Enotake. It has not been noted in NAMA's Mushroom Poisoning Case Registry as published in McIlvainea as causing any problems. The writer has previously picked and eaten it during Decembers when collecting Pleurotus ostreatus on dead Tulip-trees. This May, while collecting morels, large quantities of F. velutipes were found on dead Elms. Several large clusters were picked and some was eaten at the evening meal. Eight hours later, at three AM, I experienced severe intestinal cramps, diarrhoea, sweating and weakness. My wife also experienced the same symptoms, however, fourteen hours after eating the mushrooms.

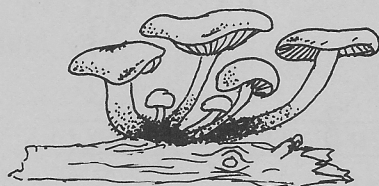
Needless to say, the remaining velutipes were discarded rather than risk any repeat performance. Has anyone else ever experienced any problems with this mushroom? Incidentally, the morels caused no such reaction.

Ray Fatto

Editor's comment:

That Flammulina should cause such problems is indeed unusual, it is always regarded as the most innocuous of mushrooms and is, as Ray comments, widely eaten. The symptomology does not suggest any of the usual toxins present in mushrooms which either react much more quickly or if they show the long time-delay present in this case are usually much more serious as in the case of Amanitin poisonings. It must be remembered however that all mushrooms are subject to secondary bacterial infections, and particularly when a mushroom is as long lasting in the field as Flammulina is then the opportunity for infection due to age is increased. A mushroom may appear fresh but may actually be several days old. Flammulina is capable of drying out and reviving several times in the course of its fruiting rather like a marasmius.

Certainly Ray's symptoms suggest bacterial food poisoning and other normally innocent mushrooms are on record as causing such reactions with age. In the end we shall probably never know for certain what caused this poisoning and we should just accept this as another caution to always be careful and moderate in ones meals of fungi. One man's meat is another's poison is as true today as it has always been.



Geoffrey Kibby

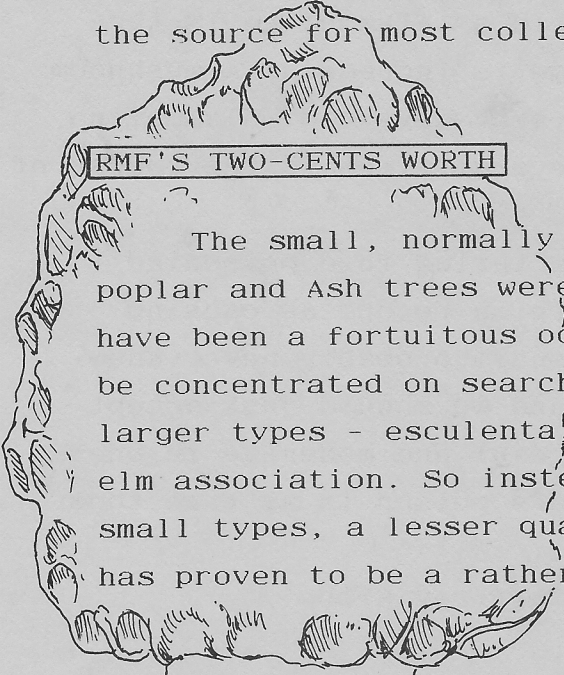
FUNGUS FEST 1989

This annual event will be upon us before we know it (Oct.1) and now is the time to make yourself known if you wish to help or contribute in any way. We always need extra hands and ideas, please speak to our President Michael Rubin at upcoming meetings and become an active part of this wonderful day.



Well the season of Morels has come and gone once again, and what a contrary season it was. Places which should have been good just weren't while others fruited with abandon. As far as my own and my wife Susan's collecting is concerned it was definately down when compared with last years superabundance. We collected about 450 large, esculenta-types plus about 200 semiliberas; certainly enough to stock our freezer and dried mushroom supply plus providing the base for some wonderful soups, but there were not the thousands of last year. We were pleased to discover several new sites in the general area of our new home which shows that you do not have to be anywhere special in New Jersey; with diligence and plain hard work any area can be productive. As usual old apple trees, dead elms and mature Tulip-trees were the source for most collections. Further reports follow.

Geoffrey Kibby

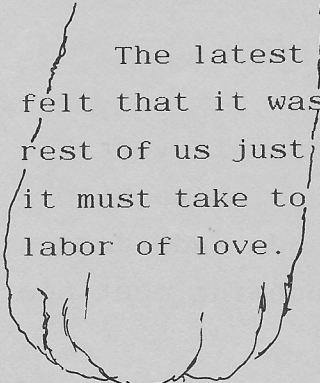


RMF'S TWO-CENTS WORTH

The small, normally ubiquitous morels associated with tulip-poplar and Ash trees were unusually scarce this year. This may have been a fortuitous occurrence since it allowed more time to be concentrated on searching for the usually scarcer, but much larger types - esculenta, deliciosa, and crassipes - of apple and elm association. So instead of harvesting 3 or 4 thousand of the small types, a lesser quantity was picked; but poundage wise this has proven to be a rather satisfying year.

Ray Fatto

GRETE TURCHICK - MOREL HUNTER EXTRAORDINARY!



The latest report from Grete is that she found 2540 morels! She felt that it was as good if not better than last year, so maybe the rest of us just weren't trying hard enough. Can you imagine how long it must take to clean, prepare and dry that many morels? It is a true labor of love.

AMANITA RECIPE FROM THE BAT-EATERS OF NEPAL

Rod Tulloss

I suppose I have your attention. This is a little note derived in large part from an interesting letter I received from Nepal in late April. Two years ago my oldest son, Mark, went to Nepal where he rode elephants, climbed part of the way up some mountains, went swimming where people are afraid that monsters will eat them if they swim, and got a terrible intestinal parasite. He also went to the Natural History Museum, Tribhuvan University in Kathmandu and made the acquaintance of an assistant lecturer there---Hemanta Ram Bhandary.

Since Mark's return, Hemanta Ram Bhandary and I have carried on a peculiar and all too one-sided correspondence. Very few of my letters get to Nepal. All his letters get to me within about two weeks of their being mailed. Earlier this year, I finally managed to get two years worth of letters into his hands. The major point of these letters was that one of the two fungi that he had previously sent me was a new Amanita with the appearance of A. ovoidea, the subhymenium of A. peckiana, and subglobose spores. His note had said that it was edible; my reply asked for its local name, how it was prepared, etc.

It may take a long time (given our experience with the postal services) to get this species published; however, I thought several parts of Hemanta Ram Bhandary's letter very worthy of transmission to members of the NJMA. Here are some excerpts from his most recent letter. First he mentions the Chepang tribes (a Tibeto-Burman language speaking ethnic group); then he continues:

This fungus was collected from a locality called Jugedi which is located in Chitwan district but does not come under the Chitwan National Park. The Chepang tribes collect the fungus as edible. The Chepangs are popularly called 'Praja' in Nepali and are known as 'Stone People' of Nepal by the Nepalese anthropologists. They are also renowned as the 'bat eating people' as they trap fruit-bats (frugivorous bats) with the help of self woven net hung and erected between two bamboo poles near a fruit tree, mainly Bassia butyracea Roxb. (Chyuri tree). ...

A common means of preparing the fungus for the table is by: collection of mature as well as young (also the unopened balls) specimens, made into small pieces by pinching with hands or knife, volval sac but not the stipe discarded, rinsed with water to remove soils, sands and debris, added in strongly heated edible oil (with very little quantity of

oil; hence low oil frying), mixture of crushed spices e.g. cumin seeds, coriander seeds, turmeric powder, Zanthoxylum [a U.S. species is the Common Prickly-ash or Toothache Tree, Z. americanum Mill.] fruits (a few), garlic, and red chili (Capsicum frutescens L.) added, cooked or sauted or fried for 5-10 minutes, then a little water is added, simmered for 10 minutes, then served.

The fungus is sometimes brought for sale to the local hotel keepers of Jugedi, which is along the highway, where drivers and passengers sometimes get off from the vehicles to have their morning meal or supper; during July, August and 2nd week of September. It is considered a highly favored edible by the Chepangs of that area. It is considered common by those who collect it for food.

A common name for the fungus is phul chyaau (egg mushroom) in Nepali while the Chepangs call it waaum moo or baaum moo (moo following a nasal sound).

So there is a little preview of a distant future article about this amanita. But what about the recipe? I think you will find it delicious with mushrooms that are more easily available than waaum moo. I tried the following with shiitake:

Soak 5 or 6 shiitake caps and bits of dried fruit (2 or 3 dried apricots or 4 or 5 prunes) in 2 c. of hot water. When the mushrooms are softened remove all the mushrooms and fruit and set aside. Top up the liquid to 2 c. with additional water. In a mortar grind the dried spices listed in the Nepali recipe above (coriander seeds, cumin seeds, turmeric powder, red chili powder). Cut one large clove of garlic into small bits. Use the 2 c. of mushroom liquor and two cubes of vegetable or chicken bouillon to replace water in making white or brown rice. This will use slightly under 1 c. of brown rice and take 45 minutes. During the making of the rice, add the spices, garlic pieces, mushroom pieces, and fruit to the rice. Top up the liquid in the rice with a little water if necessary. Salt to taste.

Not bad, I thought. I tried it with cashews, but did not consider that a success---althought it might have been the particular cashews that I had on hand. I'll try the official way with hot oil on a future occasion.

In closing, Hemanta Ram Bhandary is seeking the opportunity to do an M.S. and/or Ph.D. in mycology in the United States or Europe. He is particularly interested in mycorrhizal studies that would help in reforesting his homeland. He has extensive experience collecting fungi and vascular plants throughout Nepal. Mycologists interested

in corresponding with Hemanta Ram Bhandary concerning his educational goals may contact him through the author of this note or may try to contact him directly: Hemanta Ram Bhandary, Assistant Lecturer, Natural History Museum, Tribnuvan University, Anandakuti, Swayambhu, Manjushree Bazar, Kathmandu, NEPAL.

CULINARY GROUP PICNIC

Indonesian Saté padang or Hungarian Rabló hús are two possibilities members may find at the NJMA Culinary Group Picnic. The theme is "International Foods Cookout".

As last year the picnic will be held at the Smullen's house in Millington. Date: July 29, 1989. Time: 3:30 p.m.

For more information, reservations and directions call Bob Hosh at [redacted] or Jim Richards [redacted]

DEER, A FORMIDABLE COMPETITOR FOR MORELS?

by Joe Latorraca, Jr.

Besides slugs and insects, we know that some mammals feed on a variety of fungi. The herbivorous white-tailed deer may be our biggest competitor for the available supply of Morels.

Following a Winter of a lean diet, deer have been observed in late afternoon stakeouts, bypassing their normal browse and "feasting" on the irresistible edibles of early Spring. Sam Curtis, an outdoor writer for Field & Stream magazine, tells of sighting deer polishing off a patch of Morels "razor clean." Joe Latorraca, the Hunterdon Fungus, who submitted this information added:

"I didn't know that deer were such gourmet diners!".

LAST CALL FOR THE NORTHEAST FORAY

If you haven't already done so then you should book your place at the Northeast Foray in a hurry. There are limited spaces available and any bookings received after July 15 are subject to a \$20 per person late fee. Full details were given in previous newsletters or contact Barbara Peabody [redacted]

C/Sue Kibby
NJMA

COLOR ME

CALOSTOMA cinnabarina

Begins as a transparent, gelatinous "egg", this soon splits to reveal an inner, bright red, thin skin which separates into seed-like pieces each in a case of jelly.

At the center is a bright scarlet ball which fades to yellow and has a cinnabar-red cross at the center. This gradually rises up out of the egg on a spongy, pale red stem leaving the "jelly-seeds" at the base.

Found in clusters on damp river banks and pathsides, July-October.

