

NJMA news

Volume 29 #6

November — December 1999

The official newsletter of the New Jersey Mycological Association.

NJMA Officers

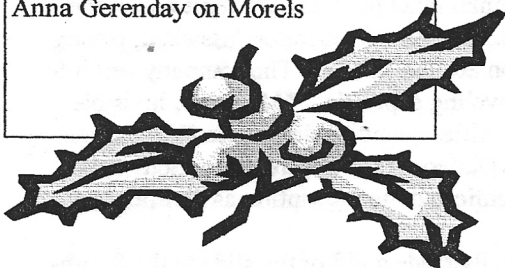
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Terry Horvath

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Memories of Richard Homola

Many of us were introduced to this very accessible man through a simple twist of geography. His mother lived in eastern Pennsylvania and he visited her on Winter holiday break, stopping also to meet his many friends in NJMA and do a program for us. Homola was a superb photographer and had a vast slide collection, so he never had to use the same material over the ten years or more he visited us. As many of us were gathered in his home state of Maine for the Sam Ristich (NEMF) foray over Labor Day weekend, Dick Homola died after a long illness.

Homola is remembered by several members as a very effective teacher, making sure he didn't lose his audience in arcane "myco-speak". He spent much time foraging with Ray Fatto, who credits Dick for much of what he knows. Ray also remembered meeting Homola while hunting morels with Gene Yetter, and boggling him with the sight of a thousand or more esculenta that day. Sue Hopkins recalled his willingness to help and his ease with questions at NEMF gatherings, no matter the level of expertise of the questioner. Bob Peabody forayed with Dick occasionally in the Spring, looking for morels. On one foray, they found only gyromitras. However, when they went back to Bob's house, Dick wandered the yard - finding a handful of morels, which Bob hadn't seen before or since.

Dick was a student of the renowned Alexander Smith, and in turn a teacher of Alan Bessette, who was called upon to break the news at NEMF. He was a professor at the University of Maine, advisor to the Maine Mycological Association and faithful mycologist for forays for many years. In 1997 he received NAMA's award for contributions to amateur mycology. Previously, he had hosted NEMF in Orono and had acted as its chief mycologist. Homola taught a summer course at Eagle Hill which was taken by several members of NJMA who lauded him as a fine teacher, passionate about his subject. He forayed the Gulf Coast, Colorado, and Arizona as well as Maine and the northeast in general.

Ed note: Next issues, we expect to print Alan Bessette's article from the 1997 Mycophile, which describes Rickard Homola's style and professional accomplishments.

Calendar — NJMA

Nov 7	Mycorrhizae - SCEEC(directions below) - Dr. Allison Brown
Nov 28	Holiday Party - Elections and Slide Photo Contest
Jan 02, 2k	Travels in the Taiga - Dorothy Smullen and Sue Hopkins**
Feb 06	Mycophagy**
	**preceded at 1 pm by beginners' class (see article page 2)

Other Events of Interest

Nov 11 Magical Mushrooms, Mischievous Molds - NY Botanical Garden

Directions to SCEEC (Somerset County Environmental Education Center (908) 766-2489 Route 287 to Exit 30A (North Maple Ave/Basking Ridge). Follow N. Maple Ave as it bends left and becomes S. Maple Ave in town. Follow S. Maple Ave past Lord Stirling Stables. Go left on Lord Stirling Rd (Great Swamp sign on the right). SCEEC is about a mile. Park in the lot, NOT in front. **Meetings start at 2 p.m.** Contributions to refreshments (snacks or \$) are appreciated.

Fungus Fest '99 & Mycology

by Frank Addotta

Mushrooms - Toadstools - Fungi. Many times I have been asked what makes them different? Here is the answer to that age-old question. Mycologically they are all the same, with the one small exception, some being difficult or unpleasant for the mythical sitting mushroom toad, to rest its tukus upon. Now that you know the answer to this, there is little reason to read on, except for those who still remain curious as to what else I may have to say.

I am a mycologist - have been for 14 years. What is a mycologist? Well, it's simply one who studies mushrooms. I'm no expert! By trade I'm a paperhanger. Let me explain. On a sunny late October morning back around 1985, my wife and I were out for a country drive to view the early turning colors of nature's last hurrah. While in the Great Swamp area of NJ, I sought to procure my annual Federal Duck Stamp. I do this not for the purpose of a hunt, but to help support conservation. Upon doing so, I saw for the first time an exhibit put on by the New Jersey Mycological Association (NJMA). This intrigued me so that I joined the association.

Fourteen years later, on October 3, 1999, NJMA hosted its 20th Fungus Fest to the public (free) at the Somerset County Environmental Education Center, Basking Ridge, NJ. The first Fungus Fest was a concept of our still active member, Jim Richards of Hackettstown, NJ. The coordination of this year's event was headed by Mrs. Grace Barbagallo, also of Hackettstown, along with the following people: Alex Adams, Nancy and Frank Addotta, Lebo Barbagallo, Jack Barnett, Maya Bloom, Jane Bourquin, Mary Anne Carletta, Phyllis Carlson, Marie Colon, Judy Cracker, Barbara Ecker, Ray and Bernice Fatto, Mario and Marilyn Guiducci, Homer Hansen, Tamara and Edward Homer, Susan Hopkins, John and Terry Horvath, Bob Hosh, Joe and Eleanor Latorraca, Tom Martin, Sang and Debbie Park, Bob Peabody, Herb and Ursula Pohl, Carol Raine (and her cousin), Joe Rapp, Jim Richards, Rhoda Roper, Michael Rubin, Sylvia and Tom Sanders, Bill and Dorothy Smullen, Melanie and Viola Spock, Grete and Walter Turchick, Gene and Ruth Varney, Mori Wesner and anyone I missed. We have had as many as 600 visitors come to this event in some of the past years. Many bring in fungi to be identified. There are always many species to be viewed with most all properly identified. Visitors who have come here are introduced to nearly two dozen different aspects of mycology including fabrication of paper, dyes, art work and jewelry; cooking; cultivation; and poison control

Much remains to be learned about mushrooms, Some of NJMA's members have found and given names to some of these unknowns. Uses for mushrooms are forever growing as we learn more and more about them. Research scientists are always discovering uses for fungi, one example being the Cordyceps. This variety can be found growing out of it's host, a larvae. Thanks to this tiny single stalk fungi, research has led to the discovery of sprays for crops that are not poisonous. Anti-rejection serums for organ transplant receptors and immune system enhancers have been developed. Most of you

know of those who count birds in order to determine population variations in a given area. Mycologists have been working similarly to monitor patterns of fungi growth. For the part 27 years, the NJMA has taken count of species found in specific areas at specific times in NJ and PA -all volunteer work. The presence of fungi is relative to the order of growing things. Many break down dead matter via decay, as well as aiding the formation of healthy nitrogen-fixing bacteria to root systems. Learning how things decay can aid humans to learn how to protect our homes from the elements for longer periods of time with less toxic materials. There are always new discoveries to give us hope for the future. I believe the understudied world of fungi holds many links to stronger antibiotics, better yielding crops and a host of many new means for making survival on earth a better one. Let us mycologists do what we can to promote this study. Bring guests to meetings and forays. Tell others about mycology.

Penicillin Relic

by Carl Hartman

from Spore Prints #354 9909 Puget Sound Mycological Society

Washington (AP) - A mold that produced the first penicillin, grandfather of all antibiotics, has been acquired by the Smithsonian Institution. The mold is a round, gray, flat, fuzzy-looking substance about an inch and a half wide, encased in glass. Next to it is a facsimile of the reverse side, showing the handwritten inscription "The mould that make Penicillin, Alexander Fleming".

Fleming, a Scot, developed penicillin in 1928. He had been working on the possibility of an agent to kill bacteria, but succeeded by accident. A culture of bacteria left unprotected was contaminated by a mold - a fungi from the air.

He noticed that bacteria were killed in an area around the fungus. He managed to grown the fungus in a broth, but had trouble extracting the substance that killed the bacteria.

Other researchers made progress in the 1930's, but they could only produce tiny quantities.

The first patient to be treated with penicillin, a British policeman suffering from blood poisoning in 1941, died because the dose was too small. Not all the bacteria were killed. Under the pressures of World War II, an American pharmaceutical firm found a way to mass produce it in 1944. Penicillin and its successors have saved millions of lives, but scientists worry that bacteria are developing ways to resist antibiotics faster than new one can be found.

Pfizer, Inc., the original mass producers, bought one of the two slides that Fleming gave his laboratory assistant, paying \$35,160 at a London auction in 1996. The company lent it to the Smithsonian traveling exposition. "Microbes, Invisible Invaders, Amazing Allies", now on display in Washington at the International Gallery of the Smithsonian. Sotheby's auction house authenticated the inscription as Fleming's handwriting.

Pfizer's board formally made a gift of the slide to the Smithsonian in June 1999. After the exhibit closes in D.C., Sept. 6, it will travel to the Chicago Academy of Sciences and at least nine other American cities through Jan. 5, 2003, before going into the National Museum of American History.

NJMA "Indoors"

Starting in November, NJMA activities move indoors, except for those members who still "comb" the woods. We'll see you at SCEEC (directions on front page) for these fine programs:

Nov 7 - 2 p.m. - Dr. Allison Brown

Dr. Brown will take us into the fascinating world of mycorrhizae where we will be introduced to different aspects of the symbiosis, to the mushrooms, and to their plant acquaintances. Allison is currently a member of the Science and Technology Research Institute at Rider University where she teaches biology and continues her research on Mycorrhizae.

Nov 28 - NJMA Holiday Party, Slide Photo Contest and Annual Election of Officers

Bring something to share that will delight the palate and celebrate the season. "Finger food" is best. Beverages will be available.

November 7 is the deadline to enter your slides in the contest. Deliver them at the meeting or send them to Gene Varney

See the last newsletter for rules and regs. Call if you have questions.

Come to munch and chat, buy a mushroom book for a gift, see beautiful slides, and vote for the your faithful officers.

**January 2, 2000 - Travels in the Taiga
(Beginner Workshop at 1 p.m.)**

View the coniferous forest and nearby areas of Norway and Maine during the Summer of 1999 at the 9th Fungi Fiber Symposium in Norway and NEMF in Sugarloaf, Maine. Presented by Dorothy Smullen and Susan Hopkins, this promises to be an interesting program of "compare and contrast".



Mushroom in the Rain

The picture book "Mushroom in the Rain" has made the "100 Picture Books Everyone Should Know" list published by the New York Public Library in Oct 1998. It was adapted from the Russian of V. Suteyev by Mirra Ginsburg and illustrated by Jose Aruego and Ariane Dewey. This delightful book is available on the book table at meetings. Great gift!

*The garlic eater
and his brother
though inoffensive to each other
Are by their diet alienated
from those who
have not participated
by Ogden Nash*

(dedicated to all those who love garlic with their mushrooms)

News About Dues



Annual NJMA dues are due. Please use the information on page 1 of this newsletter to pay up by the new year or (better yet) see Bob Peabody in person at one of the meetings. Paying in a timely fashion will keep you on the membership list and mailing list. The North American Mycological Society (NAMA) is the national organization for amateur mycologists. It publishes *The Mycophile* four times a year and the yearly journal *McIlvainia* in addition to supporting scholarships, a mushroom herbarium and speak programs. After looking at expenses, the trustees have decided to increase dues to \$32 per year. **HOWEVER, if you pay year 2000 dues before Jan 1, you may pay at existing rate (\$17)** So write a check to NAMA & one for NJMA.

Beginner Classes

Details about the "Mushrooming 101" classes will appear in the next newsletter. If you are new to the activity or want to pick up some pointers from some experienced folks, mark your 2000 calendar now. Classes will be at 1 pm (an hour before meetings) in Jan/Feb/Mar/April. Different topic each time.

Mycophagy Anyone?

We thank Bob Saunders and Rhoda Sidney, retiring coordinators, for facilitating many delightful culinary dinners and introducing us to interesting cuisines. In the past, the NJMA organization has proven that eating mushrooms is one of its prized activities. We always have a large turn-out for the Mycophagy "cook it before your nose" meeting in February. The Bob Peabody wild foods foray picnic and the Grete Turchick foray/picnic at Stokes are popular. Some mushroom clubs have an annual dinner, either prepared by the membership or by a special chef. Some have regular "potluck" suppers with an accent on mushroom dishes but not formally planned. If you like any of these ideas well enough to be a planner/facilitator of same, please speak to the president Glen Freeman at a meeting.

Mother Nature Doesn't Forget to Flush!

The summer of 1999 saw New Jersey at the center of a horrendous drought. Water use restrictions. Burning lawns. Gardens stultified by day after day of 95-100 degree heat. No significant rain from mid-May until late August. Forest understory trees dying wholesale. Deer, groundhogs, geese preying on yards and gardens for lack of browse in the woods. No mushrooms. So rain came a couple of times in August, depending on location, and more reliably in September. Hurricane Floyd dropped many trees as well as +/- 10" of rain. The fungi still able responded with a vengeance. Amanita muscaria, Lactaria sp., Russulas, giant puffballs, shiitake, and Gri-fola frondosa all fruited in abundance in the weeks around Fungus Fest. Selection for "planting" the trail was never easier. Do you have a story on this topic? Send it in...we'll edit it

Dr. Morel Visits MMS

It was an ordinary Monday evening when members gather to learn, but one with an exception. Dr. Tom Volk, assistant professor at U of WI in LaCrosse came to talk to us about morels. Tom studied the life and fruiting of morels for his Ph.D. dissertation, and he knows everything about morels that there is to know, but he is still learning, currently from his graduate student, because not everything is yet known about them. His graduate student, Marsha, set out to prove and succeeded in proving without a shadow of a doubt that morels form mycorrhizae with elm trees. While this might not surprise you, it may come as a shock to you that while morels being so abundant under the elm provided circumstantial evidence, the relationship has never been shown scientifically. But why are morels fruiting only when the elm is dead? There are speculations, but so far no proof. One possibility, according to Tom, is that when the elm tree dies, the morel detecting the decrease in nutrients fruits to produce spores and disperse to grow, presumably, under the healthy trees.

During the lecture Tom, with the assistance of his handy computer, showed us slides of morels and of morel relatives, and of himself surrounded by hundreds of morels that he found the very first time he went morel hunting, and he told us stories, mixed with facts. I took notes, some, and as disjointed and incomplete they are, I want to share them with you. So here it goes:

There are many different species of morels. In the Twin Cities area we collect mostly the yellow morel, *Morchella esculenta*, that appears mostly under dead elms and is mycorrhizal with the elm. The black morel, another delicious edible, grows with aspen, and Douglas fir, and has been shown to be mycorrhizal with Douglas fir and possibly black cherry.

The names of morels are very confusing. The black morel, for example, is frequently called *Morchella angusticeps*, a morel that Charles Peck described many years ago. His description includes colored illustrations, and it is clear that he was describing a light colored morel. Therefore, our black morel cannot be *Morchella angusticeps*. Tom thinks that instead our black morel is the same as the European one, which goes by the name of *M. elata*.

There are other confusions as well. There is a large morel that some people call *M. crassipes*, but this species is just an overgrown *M. esculenta*, and the gray morel that is sometimes confused with the black morel, is a young form of *M. esculenta*.

Of course, there are other species of morels as well. There is a "dark" morel that appears after fires so hot that it burns the roots of trees. In places like these morels appear in shaded nooks like the north sides of logs. Following the eruption of Mt. St. Helen, morels were growing in abundance on the volcanic ash. These, of course, are so full of ash that cleaning them is practically impossible.

A more familiar morel which can be found in our area is the *M. semilibera*, a small morel, on which the lower half of the "cap" hangs loose, and only the upper half is attached to the stipe. This morel, which has a hollow stipe like *M. esculenta*, is also edible, but lacks the delicious flavor that we savor so much. Tom suggests using this as a "morel extender". Good idea when you are serving morels to a large gathering.

Tom also talked about the false morels, *Gyromitra* sp., and why to avoid them, and when to look for the true morels. Look for signs like blooming of mayapple, a not very common plant in our area. Blooming of lilacs, apple trees, or the size of the leaves on the oaks may be other signs to take out your basket and your morel stick and hit the trails.

Nearly 30 people attended the meeting and all went home happy and content with the newly gained knowledge. We thank Tom for having made the trip up to Minnesota and delighted us with this wonderful informative talk.

Submitted by Anna Gerenday

from Toadstool Review 25:3, 9908
Minn Mycological Assn.

CHANTERELLE DUXELLES

from *Joe's Book of Mushroom
Cookery* by Jack Czarnecki: A personal selection for fall by Jack.

Larousse *Gastronomique* tells us that the word *duxelles* derives from the name of the town of Uxel in France and that some believe the dish was so called because it was created by the seventeenth-century chef La Varenne and named for his patron, the Marquis d'Uxelles. It then goes on to describe a recipe for mushroom *duxelles*. *Larousse* begs off when it comes down to defining what a *duxelles* actually is, and I have yet to find a proper definition. But somehow everybody knows that it is a cooked mixture of mushrooms and onions, but is this a *duxelles* or a *mushroom duxelles*? Can there be an asparagus *duxelles* wallowing in disrepute somewhere?

What can be said is that it is what the French call an *appareil*, or a simple mixed preparation that is to be used later as part of another recipe, and that *duxelles* is one of the most wonderful and versatile methods for using mushrooms. It is also one of the most flavorful mushroom preparations you can make. For our purposes I shall define *duxelles* as a mixture consisting of mushrooms, onions, butter, and salt components, (with a little sugar added). This may raise some hackles, since many chefs believe that tomato paste is as essential to *duxelles* as it is to Sauce Espagnole, the classic brown sauce. But I prefer the simplicity of this basic approach and will consider the addition of tomatoes as but one of the numerous variations on *duxelles* presented here.

There are three reasons for converting mushrooms into *duxelles*: First, the flavor is altered and improved by the addition of onions and butter, two of the best natural complementary ingredients for mushrooms.

Second, the form of the mushrooms changes into a paste, which can then be used directly on toast or meat, or combined with sauces or filling to enhance their character. Third, duxelles can be stored and kept for a long time. Duxelles will keep in a normal refrigerator for a week and for several months in a freezer. It can be kept frozen even longer, for that matter, but there is a possibility that the mixture will dry out on the top if it is not properly covered. Avoid this by pouring a little melted butter on the top of the duxelles before storing it. The butter forms an oil layer and keeps the air from the duxelles.

Keep in mind that duxelles is good without embellishments, but it can also be a great starting point for some interesting variations, depending on its use in a particular dish. I think of duxelles as falling into two distinct types, basic domestic duxelles and

wild mushroom duxelles. [The following is a variation on the wild mushroom variety]

Chanterelle Duxelles

Chanterelles have an almost fruity nutlike quality, which lends itself to some experimentation. I am including just one here to give you the idea. This recipe uses dried apricots, since they support the flavor of the butter and onions and match the flavor and texture of the chanterelles. When combining the apricots and chanterelles, use 1 part apricot to 4 parts chanterelles (you can use fresh or canned). Sauté 4 tablespoons chopped onions in 4 tablespoons melted butter until almost transparent. Add 1 cup chopped chanterelles, ¼ cup chopped dried apricots, and a pinch of salt, and cook together for 2 minutes. The mushrooms will not draw much water, so this duxelles will be ready to use very soon and will not reduce to a paste. This duxelles is perfect for wild duck breasts or any fowl or game bird dish.

WE HAVE NEIGHBORS!

The Eastern Penna Mushroomers still have forays. There are outings listed for Nov. 6 & 20 and Dec 5, mostly in the York - Lancaster - Harrisburg area. To attend these or do impromptu outings, call Jim Knoll, or Helen Miknis,

The Fungus, the Beetle and the Morel under the Elm

Morels were once abundant in Minnesota. Members tell stories that when you went out to the woods you could pick bushels of morels while going only a short distance. Those days are gone, and so are most of the big elms under which those morels were found. Today we still find morels, fewer in numbers, but most reliably under dead elms.

It was in the years following World War I when elm trees started to die in Holland (hence the name Dutch elm disease), and within a few years most of the elms in Western Europe and in Southern England were dead. In this country the Dutch elm disease was first identified in Cincinnati, Ohio, in 1930, probably introduced on imported elm logs in eastern ports. The disease rapidly spread through the East Coast, and through the Midwest, killing the elms on its way. Today the disease is present in every state where American elms grow.

The Dutch elm disease is caused by a fungus which has more than one stage of development, and each of which was once described as a different fungus. Using molecular technique scientists were able to show that they all belong to a single species, *Ophiostoma ulmi*. When *Ophiostoma ulmi* infects a tree, it grows in the water conducting channels or xylem cells. The fungus and the material that the tree secretes to fight the infection rapidly plug up the channels, and the tree dies. But how does the fungus get from one tree to the other? Enter another player, the elm bark beetle. This small beetle likes to mate and lay its eggs just under the bark of recently dead elm trees. When the eggs hatch, the larvae feed on the inner bark or the outer wood, excavating channels on the way. If the fungus is present in the tree, it moves into the insect channels, where the excrement from the larvae provide nutritious substrate and moist environment. The fungus does not harm nor help the beetle. It grows in the channels behind the developing larvae. When the larvae reach a certain size, they stop feeding, and form pupae. Soon the adults emerge. The timing of the emergence coincides with the time when the fungus is producing its spores, and as the beetles leave the tree their bodies are coated with the spores. The preferred food of the young beetles is the fresh shoots of elm trees. Their chewing wounds the young branches, and the fungal spores are introduced into the wounds. Soon the leaves wilt and turn brown on these branches, and eventually the disease spreads through the tree. The beetle has no interest in the fungus. It uses any recently dead elm whether the fungus is present or not. However, the beetle is vitally important to the fungus; it is its means of hitching a ride to other trees once its food source, which it killed, runs out.

There are many insects that interact with fungi passively, like the elm bark beetle, or actively, like the ambrosia beetle, which reaps its reward from the fungus by using it as food. But these are stories for another time, because only the tiny elm bark beetle help us to see all those morels, the other fungus, the one that kept growing under ground, under the elm, while the tree was still alive, and which provided the elm with sustenance.

from Toadstool Review 25:3, 9908
Minn Mycological Assn.

Submitted by Anna Gerenday

MUSHROOMERS 37:5 9809
OREGON M.S.

Mushroom Recipe Scrapbook



Brothy Udon Noodles with Mushrooms

This recipe comes from the Natural Health magazine Mar 99. There are several types of Japanese noodles available in the U.S. Soba noodles are made from buckwheat, long and thin. Use with strongly flavored ingredients. Udon and somen are made from wheat and have a mild flavor. Udon are slightly thicker than linguine. Somen are quite fine, like angel hair pasta. Try this recipe with your choice of noodle.

1 ounce dried shiitake
12 ounces dried udon, somen or soba noodles
2 Tbsp peanut or canola oil 1 medium onion, minced
12 ounces assorted fresh mushrooms (wild and/or tame) or use some fresh and some rehydrated
2 Tbsp sake or sherry 2 Tbsp soy sauce (less if you like)
3 med scallions, slice thin 2 tbspc minced fresh cilantro leaves
-Place dried shiitake in small bowl. Cover with 2 c hot water and soak 30 min. Strain and save liquid. Chop mushrooms.
-Bring 4 quarts of water to boil in large pot. Add noodles and cook al dente, 6 min for udon and soba, 3 min for somen. Drain and rinse under running water to remove excess starch. Set aside.
-Heat oil in wok or nonstick skillet. Add onion and stir-fry until lightly browned, about 1 min. Add fresh mushrooms and stir-fry until golden brown, about 4 min. Add rehydrated shiitake and stir-fry 30 seconds to bring out flavor.
-Add shiitake soaking liquid, sake, soy sauce and scallions, and bring liquid to simmer.
-Add noodles and toss in broth to reheat, about 1 min.
-Stir in cilantro and serve immediately, transferring noodles and broth to wide, shallow soup bowls. Serves 4.

Wild Mushroom Soup with Chiles, Tomatoes and Cilantro

This recipe comes from the Natural Health magazine Nov/Dec 99. This soup is heady with the flavors of two kinds of chiles. Anaheim chiles are long and light green in color. They're fruity with a modest amount of heat. The jalapeno or serrano provides a stronger burst of heat. The mushrooms provide a chewy texture and some heft to this light, spicy broth. Make sure to prepare this soup in a wide pot, such as a Dutch oven, so the mushrooms will brown quickly. (This is a one-pot preparation.)

2 Tbsp olive oil 1 medium onion, chopped
1 med Anaheim chili, stemmed, seeded & minced
1 med jalapeno or serrano chili, stemmed, seeded & minced

(be sure to keep your fingers away from your eyes after handling the chiles)

1 1/2 lbs assorted mushrooms such as shiitake, chanterelles, cremini, oysters, sliced thin (fresh or equivalent rehydrated)
Salt and pepper

3 cups vegetable broth (or chicken broth)
1 14.5 ounce can diced tomatoes (or use fresh)

2 Tbsp minced fresh cilantro leaves

-Heat oil in large Dutch oven. Add onion and chiles and saute over med heat until softened, about 3 min.

-Raise heat to med-high. Add mushrooms and saute until golden brown, about 6 min.

-Season mushrooms with salt and pepper to taste.

-Add broth and tomatoes and bring to a boil. Reduce heat and simmer until flavors have blended, about 8 min. Stir in cilantro and adjust seasonings. Serve immediately with crusty bread and a salad featuring nice ripe avocado.

Barley Pilaf with Mushrooms

From Natural Health Oct 99. Uses quick-cooking barley.

1 1/2 ounces dried mushrooms

2 Tbsp olive oil

1 med onion, chopped

2 tsp minced fresh rosemary

6 oz button mushrooms, sliced thin (or others, your choice)

2 med garlic cloves, minced

1 and 1/2 cups quick-cooking barley

Salt and pepper

2 Tbsp minced fresh parsley leaves

-Soak dried mushrooms in 3c hot water to soften. Strain liquid, add enough water to make 3c and save. Chop mushrooms.

-Heat oil. Add onion and rosemary and saute over med heat until softened, about 3 min.

-Stir in button mushrooms and raise heat to med-high. Cook until golden brown, about 5 min.

-Add barley, mushroom-soaking liquid and salt/pepper to taste. Bring liquid to a boil, reduce heat to med-low, cover and simmer until barley is tender and has absorbed all the liquid, 10 to 12 min. Stir in parsley and adjust seasonings. Serve immediately. Serves 4.

THE NEW YORK BOTANICAL GARDEN

Magical Mushrooms, Mischievous Molds with George Hudler, Ph.D.

Thursday, November 11, noon - 1pm

- In the 1950s, a fungus touched off Dutch Elm Disease, which raced through Europe and North America leaving millions of elms dead in its wake.
- In 1943 Albert Hoffman, a chemist studying derivations of the fungus *Claviceps purpurea*, went home feeling dizzy and lightheaded. He had reached derivative number 25— otherwise known as LSD.

These are just two of the countless ways mushrooms and molds have affected mankind. Fungi are some of the most important yet overlooked organisms on Earth. In his informative and entertaining lecture, Dr. George Hudler, a plant pathologist at Cornell University and the author of *Magical Mushrooms, Mischievous Molds*, will present fungi as nature's ultimate recyclers and discuss their role in causing plant and animal diseases and how they shape the course of history.

Although 95% of the 1.5 million fungi species have yet to be named and studied, fungi are responsible for the devastation wrought by the Irish potato famine and for such life-saving drugs as the antibiotic penicillin and cyclosporin, which is used in organ transplants. With a new appreciation of the fungi kingdom, you will leave this discussion wondering not *if* they will affect your future, but rather when and to what extent.

**\$16 non-members,
\$14 members
FA HRT 100**

**To register, or for
more information,
call**



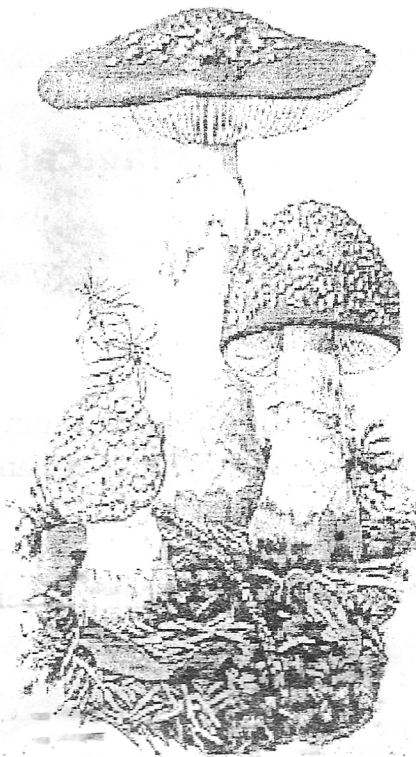
A Funny Thing Happened on the Way to the Foray

Sung by "The Bonins" at the 1999 Ristich Foray, to the Tune of **Comedy Tonight**
from **A Funny Thing Happened on the Way to the Forum.**

SOMETHING FAMILIAR SOMETIMES PECULIAR
THEY'RE NOT FOR EVERYONE MYCOLOGY TONIGHT
SOME ARE FORBIDDEN MANY ARE HIDDEN
WHATEVER SIZE OR SHAPE MYCOLOGY TONIGHT
SOME GROW ON STUMPS SOME GROW ON TREES
SOME IN THE DIRT YOU FIND ON YOUR KNEES
NOTHING SO TASTY YOU CAN'T BE HASTY
SAUTÉED OR BAKED THEY'RE A DELIGHT
NO MATTER NOW YOU SLICE EM MUSHROOMS TONIGHT

DARK ONES AND PALE ONES THIN ONES OR FRAIL ONES
BIG CAPS OR LITTLE CAPS YOU'LL SAVOR EVERY BITE
THAT ALL SOUNDS DUCKY BUT I THINK THEY'RE YUCKY
I TAKE EM OFF MY FOOD I WOULDN'T TOUCH A BITE
GET EM FROM THE SOIL BROIL EM ON THE GRILL
CHOP EM UP FOR SALADS IT'LL BE A THRILL
DON'T HAVE TO EAT EM JUST FUN TO SEE EM
ALWAYS BE SAFE BEFORE YOU BITE
PARASOL OR OYSTER
PORTABELLAS CHOICER
CHANTERELLE FOR DINNER

FAIRY RING A WINNER MYCOLOGY TONIGHT
Many thanks to Lynn Payer for sending us this fun-gem



*"I won't touch a bite" variety - repro
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c/o Sue Hopkins

KILMER P&DC



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