

NJMAnews

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March-April 2001

The official newsletter of the New Jersey Mycological Association

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How to Know the Russulas - by Ray Fatto

Our own Ray Fatto will bring us the latest on the genus *Russula* at the March 4 meeting at SCEEC. Ray has become an authority on Russulas over several years of being fascinated with the genus. He has written numerous articles and won the 1996 NAMA Award for Contributions to Amateur Mycology. At that time Ray commented, "It's really not right to get an award for doing something you love so much!" Ray's painstaking methodology is well known in the field of mycology and he is sought-after as an identifier at regional and national forays. Ray will show his beautiful slides and provide distinguishing characteristics to identify various species. Some species can be recognized in the field but many require the use of the excellent keys he and Geoff Kibby have created. Do you have a copy of their *Keys to the Species of Russula in Northeastern North America*? If not, you will be able to purchase one at the book table at the meeting. Let's see if we can reverse the tendency we all have at the summer forays—taking the easy way out and dumping all the Russulas on Ray for identification! (Ed. - Don't forget to ask Ray to explain the "throw-it-against-a-tree" test.)

Calendar of Events - NJMA

March 04	Program - How to Know the Russulas by Ray Fatto
March 04	Beginners' Workshop at 1 pm - Alex Adams
March 04	"Fungems" Demonstration - Rhoda Roper - 1 pm
April 01	Program - "Slow Food" by chef Jim Weaver of Tre Piani
April 01	Beginners' Workshop at 1 pm - Bob Hosh
April 16	Culinary Dinner (Thai theme)
May 6	First Foray of the Season - Princeton Waterworks

Events to Plan Your Summer Vacation Around

July 5-8	NAMA Foray - St. John's U., MN. Tom Volk, Mycologist
Aug 16-19	Sam Ristich (NEMF Foray) - U. Mass. Amherst, MA
Aug 23-26	Telluride, CO foray
Aug 31-Sept 3	COMA Clark Rogerson Foray Hebron, CT

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. Beverages provided. Please volunteer once in a while to provide snacks (home baked preferred).



NJMA PROGRAMS

March 4 - How to Know the Russulas with Ray Fatto (see page 1)

April 1- Slow Food with

Chef Jim Weaver

(This is not an April Fool)



There is currently an international movement that amounts to a fast food "backlash". From several websites, these quotations were gathered: "questioning the validity of the fast-food philosophy as an unconscious credo that evades the cultural heritage"; "devoted to quality in everyday cooking" and "preserving both individual and diverse cultural tastes". There are workshops and lectures presented all over the world which advocate taking one's time to cook and enjoy food in the time-honored fashion. Jim Weaver of Tre Piani Restaurant will share his philosophy of savoring the eating and preparation of food (particularly mushrooms), along with some of the tricks of his trade.

Fungems Demonstration

1 PM March 4 - SCEEC

Many of our members wear the beautiful and unusual "Fungems" crafted by member Rhoda Roper. In response to requests, Rhoda will give a demonstration showing how she makes her jewelry. It will take place at 1 PM before the March 4th meeting. Her demonstration will show all the steps involved in making a pin.

Beginner Workshops

Those new to the art of mushrooming have an opportunity to learn how to begin. Call Dorothy Smullen () to register for all or selected sessions. All workshops will be held at 1 p.m., before meetings at SCEEC. Space is limited so be sure to call Dorothy.

Mar 4 - *Field Procedures and Equipment* - Alex Adams

April 1 - *Preservation and Mushroom Cooking* - Bob Hosh

A Nose for Fungi

from Mycolog - Humboldt Bay Mycological Society Jan 2000

A two-year study by the Mayo Clinic of 210 sinusitis sufferers found that more than 90% of the cases were caused by the immune system response to a common fungus, *Aspergillus* (noninvasive fungal hyphae present.) The researchers attributed the discovery to improved techniques for testing for fungi in mucus samples. *Aspergillus* is a microscopic Ascomycete closely related to *Penicillium*.



Fungal Inventory of

Rutgers Creek Wildlife Conservancy

The Paul F-Brandwein Institute was founded to perpetuate the legacy of Paul F-Brandwein, master educator, scientist, environmentalist, author of many scientific texts, and a founding trustee of Pocono Environmental Education Center (PEEC). The Institute is dedicated to the education of future leaders in their recognition of human interdependence with the rest of nature and human responsibility for maintaining a culture that will sustain a healing and healthful environment.

The Institute owns Rutgers Creek Wildlife Conservancy (RCWC) which is being used as an outdoor learning laboratory for gifted educators to develop and improve field science programs in natural systems and environmental studies. RCWC is a 77 acre tract which has a history of human interaction with the natural world and therefore comprises diverse habitats - some relatively mature deciduous forest areas, successional deciduous woods, brushy areas, and hay fields, all bisected by Rutgers Creek. It is located about two miles north of High Point State Park on Minisink Turnpike, Greenville, Orange County, New York. The location has been surveyed for breeding birds and its native plants inventoried. A stream monitoring program has been initiated. John Padalino, president of both PEEC and the Paul F-Brandwein Institute, had asked our organization to conduct a fungal inventory of RCWC and offered PEEC's assistance in the project. The inventory was initiated last year (2000), and will continue this season. Dates scheduled for the inventories are June 28-29, July 26-27, August 23-24, September 13-14, and October 4-5. Anyone willing to be involved in this club project should be comfortable using monographic type dichotomous keys, familiar with microscopic techniques, and have most of the dates available. If interested, contact Ray Fatto at _____ for particulars.

Culinary Dinner April 16

The Culinary Group was founded to provide a way for members of the New Jersey Mycological Association to meet, socialize and discuss mushrooms in a non-foray or club meeting setting. From the onset the Group has not organized a potluck dinner, but a planned one. A menu theme is selected and recipes assigned to those attending. The dinner is served buffet style and attendees are required to bring their own china, glassware and utensils. Attendees may also bring their own wine. The dinner is a group effort and everyone is expected to help set up and clean up. Costs are determined by the cost of the ingredients. Attendees are asked to save and bring their receipts to the dinner to determine the per person cost and payment is calculated at the end of the meal.

The dinner location is at the First Aid Squad Building on Rte. 512 (Valley Rd.), Gillette, NJ. This is near the PathMark grocery market, Route 512 (Valley Rd.) can be reached from Interstate 78 exit 36 north on Stone House Rd. to Rte. 512. Go east (right turn) on Rte. 512 to the First Aid Squad Building. Set up time is 6:00 p.m. and dinner starts at 7:00 promptly. If you have any questions, please contact either Jim Richards _____ or me (Bob Hosh) at _____. Hoping to see you there for a great dinner and social evening. Bob

PEEC 2001

by Frank Addotta

A small handful of NJMA members have been giving of their time to help PEEC document natural aspects found on the Rutgers Creek Wildlife Conservancy. (Ed. - See article on page 2) This Summer NJMA will hold it's PEEC weekend June 29th, 30th & July 1st, 2001. As part of that weekend, a trip is planned from PEEC to the Conservancy for the purpose of foraging the site. In return for the help, PEEC will provide us a bus to travel the long distance up north from PEEC. What a great way to learn and study while helping the Conservancy. You can feel good about your contribution for years to come.

Contact Frank Addotta at

_____ for
reservations.

Pending the response, space may be limited. I can make additional provisions if all cooperate by just letting me know early enough who will be attending. Some club members will be giving talks and the traditional socials and wine & cheese party will be held as well, all included in the above price. RSVP ASAP. The cost for the full PEEC weekend (accommodations & meals) is still only \$125.00.

Telluride Mushroom Conference

The 21st annual Telluride Mushroom Conference will be held August 23-26, 2001 in Telluride, CO. This conference is designed for persons interested in mushroom identification, edible, poisonous and psychoactive mushrooms, and mushroom cultivation. Dr. Rick Doblin, President of the Multidisciplinary Association for Psychedelic Studies, will address the conference. Gary Lincoff will conduct a course on Mushroom Identification; Paul Stamets on Mushroom Cultivation; Andrew Weil on Mushrooms and Health; John Corbin on growing Mushrooms on Straw; Linnea Gillman and Emanuel Salzman on Poisonous Mushrooms. For further information, contact Fungophile: PO Box 480503 Denver, CO, 80248. or phone 303-296-9359 e-mail lodomyco@uswest.net

Fungi of the Adirondacks

A Learning Opportunity

Fungi of the Adirondacks is a two-week course offered at the State University College at Cortland Outdoor Education Center at Raquette Lake, New York, in the Adirondack Forest Preserve. Emphasis is on field work and laboratory techniques used in identifying macrofungi. Skills involving microscopic preparation, microchemical reactions and twice sectioning will be developed. Lecture and laboratory topics will cover the morphology, ecology, taxonomy and economic importance of the macrofungi. As Prerequisites: one year of an introductory course in Biology of Botany and Zoology, or consent of the instructor. Total cost of the 3 semester course is \$790. including tuition, fee, lodging and meals. For details contact Dr. Timothy J. Baroni Dept of Biological Sciences

_____ e-mail



Martha Stewart is a Fungophile!

from *CVMS Spore Print Winter 2001 page 8-9*

Martha Stewart enters the ranks of celebrity fungophiles with a big splash in the Nov. 2000 issue of her magazine. The magazine has two beautifully illustrated articles relating to mushrooms. The first is in the crafts section and is titled "Mushroom Prints". The piece explains how to make spore prints on different colors of paper and shows some nice examples including framed ones. The second article is "Foraging for Wild Mushrooms" and has several full pages of nice photographs of mushrooms and mushroom dishes. The relatively short text by Jonathan Hayes is snappy and readable although not enlightening to those already engaged in mushrooming. Here is a sample: "As you make your way through the forest, you'll frequently come across fellow pickers, sometimes solo, sometimes in pairs, and occasionally foraging as part of a larger, slowly scattering group. The camaraderie among mushroom hunters is an extraordinary thing. They'll share their food with you, help you push your car out of back-road mud, and let you have the last of their insect repellent. But should the talk turn to the subject of good places to pick mushrooms, they'll suddenly turn as cagey as a roomful of military attaches during the height of the cold war..." The magazine Martha Stewart Living is available at most news stands and if you don't want to buy the whole 376 page issue, just give it a look at the store. (Ed- or at your local library). It's not very often you will see spore prints in the mainstream media!

Mycophagy 2001

by Frank Addotta

This year's wild mushroom feast was held February 11th at SCEEC. The day offered sunshine over the mostly melted snow, giving our footing somewhat of a gushy sink into the wet graveled parking lot. I noticed the expected, full parking lot, overflowing into the road. I was the last of the group to enter the building. I missed our president, John Horvath open the meeting as well as the 1st two dishes that were served. <Darn it> By this time, the culinary majesty of our great Master Chefs, Jim Richards & Bob Hosh, had well permeated the entire building. I could not be seated fast enough to make ready to pig out along with 55 other members with anxious expressions, all waiting to do the same. Bob Peabody, our MC/Auctioneer, was diligently calling off the ingredients for the next patiently awaited dish. Sue Hopkins, John Horvath and Bernice Fatto were hard at work helping in the kitchen. Out front stood the ready servers, Mario Guiducci & Michael Mudrak. Our ever faithful hospitality, Paul Meyers, had the coffee going. What better indoor setting could one ask for on an otherwise, plain old winter Sunday? Mary Anne Carletta & Jack Barnett shared the notes that were very helpful to my getting this article to press in short time.

The resulting mushroom dishes served were as follows:

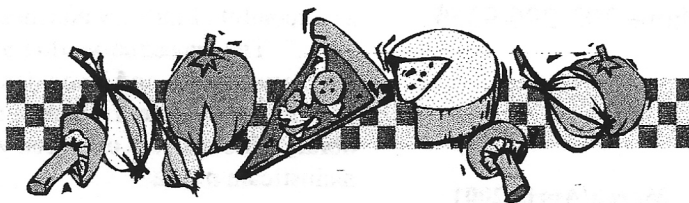
- 1) Porchini Pasta w/porcini, herbs, & wine (Bob)
Stuffed Shiitaki (Jim)
- 2) Beech Mushrooms w/Grapes (Bob)
Creamed Beech Mushrooms (Jim)
- 3) Polenta w/Shiitaki (Nina Burghardt)
- 4) Crimini Paprikash (Bob)
Six Pepper Criminis (Jim)
- 5) Portabella Pizza (Bob & Jim)
- 6) Creamed Oysters (Bob)
Curried Oysters (Jim)
- 7) Pompoms in Garlic Sour Cream Cheese sauce (Bob)
Stir fried Pompoms w/Snow Peas (Jim)
- 8) Frondosa w/Eggplant (Jim)
Paradise Hash (Bob)

Extra funds were raised for the club's treasury, thanks to our best of the best, auctioneer and those who donated goodies. Also to those who baked and or brought the much needed breads, which helped make this Mycophagy extra special.

A big, "Thank you to all", goes out from the hearts of those who enjoyed Sunday's enjoyable Mycophagy.

Bread: Marilyn & Mario Guiducci, Michael & Judy Mudrak, Bob Hosh, and Jack Barnett & Mary Anne Carletta

Auction items donated by: Jim Richards, Sue Hopkins, Phyllis Carlson, Al Leyenberger, Klaus & Ina Duch, Tom Martin, Carol Titus, Bob Hosh, Mario & Marilyn Guiducci, and Bob Peabody



Mushroom Recipe Scrapbook



Portobello Sandwich

from CVMS Spore Print Winter 2001

4 large 4.5" Horse, Portobello or Wine Cap mushrooms
1/3 cup olive oil
salt and pepper to taste
4 (1 ounce) slices mozzarella
1 cup low-fat plain yogurt
1/4 cup roasted garlic, mashed
1/2 cup fresh basil
8 (1/2") slices Italian bread
14 ounces roasted red peppers
Clean mushrooms and remove stems, brush caps on both sides liberally with olive oil, sprinkle gill side with salt and pepper. Grill, placing 1 slice of cheese on each cap for the last minute of grilling.
Puree in blender the yogurt, roasted garlic and basil.
Grill bread slices and peppers. Spread yogurt mixture evenly on bread slices and top with peppers. Place grilled mushrooms on 4 of the bread slices and top with the remaining 4. Serve.

Vegportburgers

by Connie Borodenko from CVMS Spore Print Winter 2001

The chef comments: "When I find a good bunch of portobellos on the closeout rack, this is a good way to use them. It is very low fat, but if this is not a concern, whole eggs can be used, or grated cheese may be added."

Portobellos - 6 large, stems and caps chopped
Tofu - one block, frozen, defrosted, squeezed and shredded with a fork.
Onion - 2 cups, chopped fine
Shallots - 2 chopped fine
Celery - 2 stalks, chopped fine
Garlic - 3 cloves, sliced
Carrots - 4 shredded
Olive Oil - 1 tablespoon for sauté
Nuts - 1/2 cup almonds and walnuts, ground
Egg Whites - 3 beaten
Breadcrumbs or finely ground oatmeal - 1 cup
salt, pepper, herbs (thyme or your favorite)
Sauté onions, celery, and shallots until translucent. Add portobellos, tofu, garlic and carrots. Cook until mushrooms are just done. Let cool. Mix crumbs, herbs, nuts, and egg whites together and mix in the sautéed stuff. Put it in the food processor and blend only briefly to maintain texture. Form into patties, place on a cookie sheet, and freeze for 1/2 hour, then place in freezer bags with wax paper between them. Makes from 10-18 patties.
Serve with no-fat yogurt and salad.

Chester County Mushroom Soup

Thanks to member Roger Haight for sharing these recipes from The Terrace Restaurant at Longwood Gardens.

2 lbs button mushrooms
1/2 lb shiitake and 1/2 lb oyster mushrooms
1 med carrot, 2 stalks celery, 1/2 med onion
2 Tbsp flour, 1 Tbsp butter or oil
1 Tbsp fresh chopped tarragon
3 pints chicken or vegetable stock
1 tsp white pepper and 1 tsp salt
2 Tbsp. melted butter or oil and 1 pint heavy cream
Mince carrots, onions and celery in food processor and sauté in heavy pot with oil. Mince mushrooms in food processor and add to pot along with tarragon, salt and pepper
Cook for about 15 min. Do not burn. Add stock and cream and bring to boil. Mix melted butter and flour until smooth and whip into soup. Bring to a boil, stirring constantly until all of the flour and butter mixture is incorporated and the soup is thickened. Simmer for 30 min, adjust seasonings and serve.

Grilled Portabello with Goat Cheese

1 portabello mushroom per guest
Montracher cheese (goat cheese), enough to fill hollow sides of mushroom, approx 2 oz each
1 clove roasted garlic per mushroom
3 fresh basil leaves per mushroom
2 sprigs thyme per mushroom
2 sprig parsley per mushroom
Enough olive oil to coat mushrooms (about 2 Tbsp)
Trim stems from mushrooms, brush with olive oil and season with salt and pepper. In a food processor, blend garlic and herbs until finely chopped. Add Montracher and blend together. (Be careful not to over process or mixture will become too runny.)
Fill hollow side of mushrooms with cheese mixture. Broil mushrooms until cheese mixture turns a very light brown and mushroom is tender.

Alex's Garlic-Broiled Portabello

Thanks to co-editor Alex Adams for this recipe from his co-diner
Clean and remove stems from 4-6 mature Portobellos or *Agaricus arvensis*. Press or process 6-12 cloves garlic into about 1/2 cup olive oil, & let it suffuse several hours. Spoon mixture onto gill side of mushrooms. Cover and marinate a few hours or overnight in fridge. Place in broiling pan and broil/roast in hot oven until tender, about an hour. Serve with steamed potatoes, brown rice, or egg noodles & butter. Nice with asparagus or other green veggie or green salad.

Jack-O'-Lanterns May Help Fight Tough Cancers

Exotic Mushroom Shows Good Response for Pancreatic Cancer

By Joyce Frieden, WebMD Medical News

Reviewed by Dr. Gary D. Vogin

Aug. 1, 2000 -- There are a group of mushrooms that grow in the southeastern U.S. from July into November. They're bright orange and at night glow an eerie green. Because of that they've been dubbed jack-o'-lantern mushrooms. But if you pluck one to eat, you're not in for a treat, because they're poisonous. But what's bad for the body, in this case, also is apparently bad for certain cancers. A variation of a compound found in the mushroom, called irifulven, is so far showing promise in fighting a variety of difficult-to-treat cancers, including pancreatic, ovarian, and prostate cancers.

Early results from a human trial, recently published by the American Society of Clinical Oncology, show encouraging results for patients with pancreatic cancer who failed to respond to the standard treatment with a drug called gemcitabine, which can often mean the patient has just a few months left to live. "Any responses in this disease are impressive, so we're pleased with the results," says Keith Stuart, MD, one of the researchers. "What we don't know is how frequently that's going to happen."

Forty-four patients with advanced pancreatic cancer have been involved in the ongoing trial. So far, seven of the patients have reached the six-month survival goal of the trial. One patient has met with complete success, and another patient's tumor shrunk significantly, by 84%. Although it's not exactly understood how the compound works, this much is known: The drug works differently than other cancer drugs, says Brown, because it affects both DNA and protein in the cancer cell, ultimately damaging the DNA, which leads to the death of the cell. As with other chemotherapy drugs, there are some side effects. Patients have experienced nausea, vomiting, fatigue, and suppresses of the body's immune system. According to data published by MGI Pharma, the pharmaceutical company developing the drug, these symptoms have been severe enough in 14 patients to cause them to drop out of the study.

"Part of the plan for this [drug] is to continue to optimize the dosing and find out the right balance within each separate cancer," Brown says. "Ovarian cancer patients will tolerate those side effects differently than prostate or pancreatic cancer patients, in part because ovarian patients' bone marrow has already been beat up by prior therapies, so the side effects are even more pronounced for them." The drug also is being used in a trial for a type of liver cancer, but early trials in patients with a common form of lung cancer were unsuccessful and discontinued.

Trevor McMorris, MD, professor of chemistry and biochemistry at the University of California at San Diego, was one of the drug's original developers. He is pleased with the promise that irifulven is showing. "It's gone over many hurdles," McMorris says. "All signs point to it being used commercially." Brown says his company plans to talk to the FDA about beginning final-phase studies of the drug.

The development of irifulven grew out of work that was being done at the New York Botanical Garden in the 1940s, McMorris explains. "The garden's director, William Robins, became interested in the possibility of finding new antibiotics from different organisms. He decided to examine a certain class of wood-rotting fungus, so he collected them and grew them in the laboratory to see which antibiotics were growing in them." Robins looked at more than 1,000 different fungi and discovered that the jack-o'-lantern mushroom produced antibiotics. "Later, when I worked on the structure of these compounds, we submitted them to the National Cancer Institute, and they were the ones who first showed that the compounds had antitumor activity," McMorris says. The trouble was, the raw antibiotics produced by the mushroom were too toxic to animals, McMorris tells WebMD. "They'd kill the tumor, but they would kill the host as well. This is common with antitumor compounds. So we made variations in the structure of the parent compound, and came up with these compounds, which we call fulvenes. They are still toxic, but they have much better accuracy and will not destroy their host."

article reprinted from CVMS Spore Prints 26:4, winter 2001, p.7; orig. in webmd.com

WHAT'S COOKING?

By Clare Witt and Timothy Papandreou

Mid-Winter Picnic – Enjoy this picnic when you're on a gourmet foray, or simply on a lazy holiday afternoon. We suggest bringing your favorite champagne or non-alcoholic sparkling beverage. For starters, slice Jack, Cheddar, and Gouda cheeses and serve with Stoned Wheat crackers.

Potato Salad with Shiitake Vinaigrette

Ingredients:

- 5 1/2 cups cubed unpeeled Yukon Gold potatoes (about 2 lbs)
- vegetable cooking spray
- 1 cup thinly sliced fresh shiitake mushroom caps (about 2 1/1 oz)
- 2 cloves garlic, minced
- 1/2 cup rice wine vinegar
- 1/4 cup water
- 1 tsp. Dijon mustard
- 1/2 tsp. salt
- 1/4 tsp. dried whole rosemary
- 1/4 tsp. pepper
- 2 tbsp. olive oil
- 1/2 cup sliced green onions

Directions:

- 1) Place potatoes in large saucepan; cover w/water, bring to a boil. Cover, reduce heat, simmer 8 min or until tender. Drain, set aside.
- 2) Coat a small nonstick skillet with cooking spray; place over medium-high heat until hot. Add mushrooms, sauté 3 minutes. Add garlic, sauté 1 minute. Stir in vinegar and next 5 ingredients, cook 3 minutes or until liquid is reduced by half. Remove from heat, stir in oil.
- 3) Combine potato and green onions in large bowl, stir well. Pour vinegar mixture over potato mixture, toss gently to coat. Serve warm, or cover and chill. Makes 5 servings.

Grilled Shiitake Sandwiches

Ingredients:

- At least 1 lb of fresh shiitake mushrooms (to taste)
- Medium sized zucchini
- Large sweet yellow onion
- Large ripe tomato, sliced

- 1 bunch of Spring Onions
- 1 loaf of Kalamata Olive bread (available at most Gourmet Grocery Stores)
- 1 Romaine Lettuce heart
- 1 package Chevre goat cheese
- 4 tbsp. Mayonnaise
- Sweet mustard if preferred
- 1-2 tbs. Virgin Olive oil (not Extra Virgin)

Directions:

- 1) Heat large saucepan with olive oil
- 2) Slice mushrooms, zucchinis, and onion to the same width, and grill in heated saucepan (you can also cook on outdoor grill or in your oven's broiler). Cook until golden with darker edges. Place on a plate out of the way.
- 3) Chop up 2 Spring Onion stalks, and place in food processor w/4 tbs. of mayonnaise. Blend until completely mixed.
- 4) Slice Kalamata Olive bread and toast to taste.
- 5) Spread Spring Onion Mayonnaise on bread, then layer the mushrooms, zucchini, and yellow onions on top. Cover with goat cheese, and top with lettuce and tomato slices, then on other slice of bread, spread sweet mustard to taste.
- 6) Put both halves of sandwich together, then wrap in foil to keep warm.

Remember – be creative! The sandwiches can be changed for individual preference. You also might consider adding bell peppers or cucumbers.

Dessert

Your favorite in-season fresh fruits with whipped cream.



NJMA news
c/o Sue Hopkins

First Class Mail

I'll Be the Fungus and You Be the Tree

by Eric Swisher from Mushroomers NWMA 11:4 Sept 2000

"Sometime last year, when I was wondering about carbotropism and other things related to mycorrhizae, I began to consider the plight of the fungal organism in its endeavor to secure a partner for life. Naturally, I pursued these thoughts beyond the bounds of reason or good taste, and the result has been sitting in a drawer, waiting to come out. This seems like as good a time as any."

I'll be the Fungus and you be the Tree
Come on and get mycorrhizal with me!
We'll team up and share our energy
Come on and get mycorrhizal with me!
In the forest we'll unite,
and be together day and night
under the humus, just out of sight
we'll grow a garden of earthly delight.
You give me everything I need
You're the sweet sugar fountain from which I feed
Take me now - Don't make me plead
Come on and get mycorrhizal with me!
I'll protect your finest parts,
and you will penetrate my heart.
Joined too tightly to be torn apart-
Where do you end? Where do I start?

I'll be the fungus and you be the Tree
Come on and get mycorrhizal with me!
The Root of you is the Core of me
It's a fairly simple thing to see
There's no other way that it can be
Come on and get mycorrhizal with me!
I'll support you while you grow to be great
I'd be glad to accept that fate.
While the seasons pass I'll stay here and wait
I'm happy to occasionally sporulate.
Oh, I'll be the Fungus and you be the Tree
Please, please be mycorrhizal with me.

And maybe one night out of three
You can be the fungus, and I'll be the tree.

