

# NJMAnews

Volume 32 #6

NOV. — DEC. 2002

The official newsletter of the New Jersey Mycological Association

## NJMA Officers

President - John Horvath  
Vice-President - Sang Park  
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Treasurer - Bob Peabody

Dues: Calendar Year \$10. each or  
\$15. family. Mail checks (payable to  
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Bob Peabody

## NJMAnews

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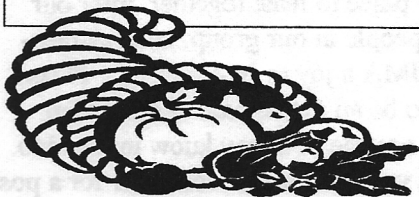
\* All other correspondence to NJMA  
should be sent to the secretary.

Ania Boyd

NJMA website: [www.njmyco.org](http://www.njmyco.org)  
- Bob Hosh & Steve Gleason

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## ERNST BOTH - The Boletes of the Northeast

Some are old, Some are new, A few are borrowed, Some turn blue.

### NJMA November Lecture

Ernst E. Both was born in Transylvania, and studied astronomy and mycology in Austria for four years prior to coming to the US in 1950. He received his MA from the University of Buffalo and studied toward a PhD at Washington University, St. Louis. He joined the staff of Buffalo Museum of Science in 1959; was curator of astronomy 1959-80; curator of mycology 1972-95; acting director of Museum 1980-82; deputy director 1982-84; director and president of the Buffalo Society of Natural Sciences (the Museum's parent organization) 1984-95; retired 1995, was curator-emeritus of science and mycology 1995-current; and interim president 2000; director of science collections 2001-2002, and retired again Sept. 5, 2002. Both designed and built a solar observatory and laboratory 1965; established a bolete herbarium and laboratory with about 4,000 collections of boletes primarily from NE United States but with significant collections from other parts of the US. He collaborated with Tim Baroni, Alan and Arleen Bessette, Roy Halling, Bill Roody, and Rolf Singer in publishing "new" species of boletes.

Publications include The Boletes of North America. A Compendium, 1993, Buffalo Museum of Science, 431 pg., for many years the authoritative guide to boletes. He was also a contributor of new species to the newer North American Boletes: A Color Guide to the Fleshy Pored Mushrooms, 2002 by the Bessettes and Roody as well as Mushrooms of Cape Cod and the National Seashore, 2001 by the Bessettes and W.J. Neill.

## NJMA Calendar of Events

Nov. 03	Meeting / Ernst Both Lecture, SCEEC, 2PM
Nov. 03	Shiitake Log Workshop, SCEEC, 12:30
Nov. 08	Photo Contest deadline for submissions
Nov. 24	Elections, Photo Contest, Holiday Party
Jan. 05	Meeting, Ethnomycology/hallucinogens, 2PM
Jan. 05	Beginner Class, 1PM
Feb. 02	Meeting, Mycophagy, 2PM
Feb. 02	Beginner Class, 1PM
Mar. 02	Meeting, Joan Bennett, 2PM
Mar. 02	Beginner Class, 1PM

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 in on the left.

## Holiday Party! Photo Contest! Election! 24 November

The slate of Officers proposed by the Nominating Committee:  
President: Susan Hopkins      Treasurer: Bob Peabody  
Vice Pres: MaryAnne Carletta      Secretary: Ania Boyd

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

**Photo Contest:** November 8 is the deadline to enter your slides in the contest. Deliver them at the meeting Nov. 03 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.

## Fungal Dyeing Workshop Proposed

Tentative dates are being considered for a free mushroom dyeing workshop. If interested please call Viola or Melanie Spock ( ) or Ursula Pohl ( ) or Sue Hopkins ( ) or sign up at the November meeting.

## PONY UP!

Evil spirits left over from Samhain will be lurking in the shadows to strike when you least expect it. Avoid seven years in the underworld. Fend off their spells by coughing up your 2003 dues in the amount of (see extortion schedule, page one.) Get your check to Treasurer Bob Peabody. Two chances to stiff the post office in November!

## Mushroom the Journal Lives On

Last issue we reported that M the J was in danger of expiration. We learned at NEMF that it will be taken over and continue, in a form to be decided. Watch for the details in the near future!

## Culinary Group News

Due to Jim Richards' heavy work schedule, the session featuring All American Game was postponed from October 19. You still have an opportunity to participate in this inexpensive gourmet adventure. Send email to Bob Hosh ( ) and ask him to add you to the notice list. Dinners are usually held on Saturday evenings in Gillette.

## Grow Your Own Shiitake Mushrooms

Sunday, 03 NOV 12:30 pm at SCEEC

This is a repeat of a workshop primarily for experienced members and is limited to nine. You will learn what is involved in making your own inoculated logs from which to grow shiitake. All materials will be provided: spawn, logs, tools, and plugs. Cost for materials will be \$10. Mushrooms usually appear about 9-12 months after inoculation. This activity takes up at the spawn inoculation stage. Getting to that point has been the gist of fine seminars done by Gene Varney at the Rutgers plant Pathology labs. Notes: If weather and logistics don't co-operate, this might be postponed to Nov. 24 or relocated to Oak Shade (shiitake) Farm in Denville. Half-price if you supply your own logs. To register, e-mail Alex at [ ] .com by October 30. Dress for rough outdoor work.

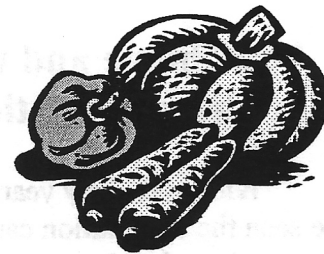
## Fungus Fest A Big Success -by Frank Addotta

The Somerset County Environmental Education Center in Basking Ridge has had some heavy traffic thanks to the efforts of our group's Annual Fungus Fest. Fifty nine known Fungus Fest participants in ascending order of last names are:

Alex Adams, Frank Addotta, Nancy Addotta, Richard Balsley, Grace Barbagallo, Lebo Barbagallo, Jim Barg, Jack Barnett, Maya Bloom, Jane Bourquin, Ania Boyd, Glenn Boyd, John Burghardt, Nina Burghardt, Benjamin Burghardt, Mary Anne Carletta, Phyllis Carlson, Maria Colon, Judy Cracker, Barbara Ecker, Ray Fatto, Bernice Fatto, Glenn Freeman, Mario Guiducci, Marilyn Guiducci, Artie Grimes, Homer Hanson, Audrey VanBuskirk Hoge, Edward Homer, Tamara Homer, Sue Hopkins, John Horvath, Terry Horvath, Bob Hosh, Jim Legge, Tom Martin, Paul Meyer, Susan Mitchell, Judy Mudrak, Michael Mudrak, Aaron Norarevian, Debby Park, Sang Park, Bob Peabody, Herb Pohl, Ursula Pohl, Joe Rapp, Rhoda Roper, Michael Rubin, Bob Saunders, Rhoda Sidney, Dorothy Smullen, Melanie Spock, Viola Spock, Carol Titus, Gene Varney, Ruth Varney, Gene Yetter.

According to our treasurer, Robert Peabody, we have 37 new members. Our chair person Glenn Boyd and his large group of helpers are to be congratulated for doing a fine job. We hope that next year's event will be even better and hope to see many new members involved. Our thanks to Dorothy and Bill Smullen, for their continued hospitality year after year. Because of the sizable crew this year, their home would have been much overburdened. Yet, they went ahead and found us a more than suitable nearby place to feast together, after our long day's endeavor. It is people in our group, such as mentioned here, that makes NJMA a joy to be a part of. Please make any effort you can to be an active part of our group. Contact your president or anyone you may know in the club. Let us know how you feel you can help or volunteer for a position. Regardless of what club or organization you may be a part of, true members do not join as spectators only. It's a team effort and the source of NJMA's vitality.

# Mushroom Recipe Scrapbook



## Christmas Eve Sauerkraut & Mushrooms

Used as part of a 12-course meal known in Polish as Wigilia, or on its own. Wigilia is eaten after sundown on Christmas Eve. This tastes better if you make your own sauerkraut. (but that's another recipe).

Recipe by Edward Chrzanowski, MFCF, Ontario Canada.

From SCMS Mushroomer Jan-Feb 2001

30 grams dried mushrooms (or use 100 grams fresh)

120 ml. warm water

1 large onion 50 grams butter

700 grams sauerkraut, rinsed and drained

80 ml. water 30 ml. flour salt and pepper

Soak the dried mushrooms in 1½ cups of warm water for 1 hour. Sauté mushrooms and onion in butter in a skillet for 3 minutes. Add sauerkraut; cook and stir for 10 minutes. Blend 1/3 cup water into flour. Mix with sauerkraut and simmer for 15 min. Season to taste with salt and pepper.

## Mushroom Herb Batter Bread

from *Murhroomers - OR Myco. Soc. March-April 2001*

*Maggie Rogers Cook Book*

¼ cup water 2 Tbsp. butter

¼ cup dried mushrooms (boletes, morels, *Sparassis*)

1 pkg. dried yeast 2 Tbsp. sugar

2 cups white flour 1 cup whole wheat flour

½ tsp. nutmeg 1 tsp. dried sage

2 tsp. caraway seed 2 tsp. salt

Heat the water with the butter to 120° F. Rehydrate mushrooms separately. Mix thoroughly the dry yeast, salt, sugar, and 1 cup white flour. Add liquids to dry ingredients and beat at medium for 2 min. Add ½ cup white flour and beat 2 min. more. Stir in 1 cup whole wheat flour, ½ cup white flour, the nutmeg, sage, caraway seeds and reconstituted, drained, chopped mushrooms. (be sure to get most of the water out of the mushrooms). Scrape batter from sides of bowl. Cover bowl with damp cloth. Place bowl above dish of warm water in 85° oven until batter has doubled. Beat about 25 strokes. Spread sticky batter evenly in two well-greased medium loaf pans. Pat tops in shape. Let rise until batter reaches ¼ inch from tops of pans (about 40 min.). Heat oven to 375°. Bake 35-45 min. Tap for hollow sound. Remove at once. Cool before slicing.

## Meatless Shepherd's Pie

*Rob Upson's Kitchen - Mushroomers - OR Myco Soc. Mar-Apr 2001*

Ingredients: (there were no amounts given, so be your own judge) potatoes, butter, milk, salt, pepper, paprika, corn kernels, mushrooms, onion, garlic, corn oil.

Preparation: Boil quartered potatoes. Mash with a little butter, some milk and salt and pepper. Cook onion and garlic in oil. Add chopped mushrooms. Layer mushrooms and corn in a baking dish. Spread mashed potatoes on top. Sprinkle with paprika. Bake at 400° for 20 minutes.

## Pumpkin Mushroom Seafood Stew

by NJMA member Jack Barnett

Serves 4 as main course, or 8 as a soup course.

1½ pound pumpkin, fresh, peeled and cut into 1" cubes

1 red onion, cut into wedges

1+ pound sliced mushrooms (*Agaricus*, or any will do)

3 cloves garlic, crushed

1½ tsp. cumin 1 bay leaf 1 tsp. sea salt

4 Tbsp. fresh sage, chopped (or 2 Tbsp. dried)

2 cups chicken broth or water

1 cup farmer's cheese or sour cream (or yogurt)

2 cups milk

½ pound small shrimp, shelled (or fish)

½ pound small scallops (or crabmeat)

2 Tbsp. fresh chopped dillweed (or 2 tsp. dried)

fresh ground pepper to taste

Steam cubes of pumpkin until soft but still holding shape.

Meanwhile in dutch oven saute onion in olive oil until soft. Add mushrooms. Once mushrooms release their liquid, add garlic, cumin, salt, sage, bay leaf, broth, and the pumpkin. Bring to a boil and simmer until flavors merge and pumpkin begins to integrate (10-16 min.) Add additional water if needed. Stir in milk and cheese. Return to simmer, then add seafood. Simmer until seafood becomes fully opaque. Don't overcook. Remove bayleaf. Add dillweed, salt and pepper to taste. Serve with additional fresh dillweed or parsley as garnish.

## Pumpkin Custard Baked in a Pumpkin

by member Jack Barnett and served at several NJMA events. Modified from Jeff Smith's "The Frugal Gourmet Cooks American"

Serves 8 to 12 as a dessert

1 small pumpkin (5 to 7 pounds)

6 eggs 2 cups heavy cream

½ cup brown sugar 1 Tbsp. molasses

2 tsp. cinnamon 1 tsp. ginger

½ tsp. dried spice berry (or allspice)

freshly ground nutmeg

Cut the stem (lid) out of the pumpkin and de-seed. (Rinse, dry and toast the seeds for snacking.) Preheat oven to 350°. Measure the volume of the pumpkin using water, leaving ½ to ¾" from the top of the lid. The amounts listed above will yield about 3½ cups (i.e. 1 egg = ¼ cup). Adjust the number of eggs and cream to match your pumpkin's measured volume. Mix all the remaining ingredients and pour into the pumpkin. Replace the lid, and put pumpkin in the oven on baking pan to catch overflow or leaks. Bake for 1 to 1½ hours until flesh is soft and the custard sets. Serve either warm or cold. Be sure to scoop out some flesh of the pumpkin with each serving of custard. Optional: top with a light maple syrup for an extra sweet dessert.

## Your home and mildew can be a time bomb ticking away!

by Frank Addotta

With over forty years in building restoration, I've seen the devastation caused by mildew/mold. I hope to give a brief summary of the ill felt effects of this menace. We are living in a world of many things that our bodies might take exception to. The air we breathe is constantly being bombarded around us. One consideration, for example, are the protective finishes (Paints) we incorporate in our home and workplace. The formulations of these coatings are under change for many reasons, one being toxicity. Many coatings over the years have contained harmful colorants, solvents and deterrents to rot such as Benzene, carbon tetrachloride, lead, mercury, arsenic, etc. Today we search for substitutes to these harmful chemicals. Sometimes we settle for less by doing so, but it is the lesser of two evils. Living near by the Bound Brook flood area of NJ. Hurricane Floyd has open my eyes to many mold problems. Bacteria laden river water can cause building material and or structural breakdown. It can also become an unseen menace to the health of the occupants. One home I know of was breeding spore releasing mold in the basement. This was causing all to feel sick and the mother showed spotty lung x-rays. Because of the extensive abatement process to rid the home of this menace, many are frightened into moving. We can kill most mold with a Clorox and water solution. Then paint to encapsulate any remaining growth. However, what lurks within inner wall space or in wet insulation is more of issue.

**Mildew** • Any moldy coating or discoloration appearing on warm, moist, interior or exterior surfaces.

**Mold** • A usually black but can be other colors, woolly or furry textured, fungus growth, which feeds on and breaks down the surface. If green it might be algae with chlorophyll.

Being a mycologist, I was fascinated by an article I'd like to share from the July/August 2001 issue of "Painting & Wallcovering Contractor" Vol. 63 No.4. Titled, "Incoming! Little cover from artillery fungus." The author, George Domedion, claims

mulch can play host to a fungus called Sphaerobolus. This very small body of fungus grows in the organic matter. It collects liquid from the moist mulch and burst open with such a velocity, it will project spores two stories. Hence, they are called shotgun or artillery fungus. Being the spores are sticky, they easily adhere to any part of the house, even glass. They become harder to remove over time. Records show them to have remained viable for over 11 years. Scraping re-infest the beds. They will succumb to a 200° F temperature or bleach wash. The fungi's optimum growth is between 50-68°. Limiting the depth of mulch to 1½" helps reduce the chances of growth. Further reading, if you so dare, on remediation can be found at: <http://www.ci.nyc.ny.us/html/epi/doh/html/epi/moldrpt1.html>

### Mushrooms older than we thought

by the late Lynn Payer, editor of NYMS newsletter

Signs of fossilized fungi 460 million years old have now been found in Ordovician shales of Wisconsin. This puts fungi's fossil record some 60 million years earlier than had been previously thought, and means that fungi may have been present before complex land plants.

The researchers, writing in Science\* (thanks to Jean Held, who passed on the article) note that it is difficult to find fossil evidence of fungi, since hyphae bear few distinctive characteristics and can be easily confused with the structures of other organisms. The researchers found spores and hyphae that closely resemble modern fungi in the genus Glomus.

What's interesting is that these fungi existed at a time when probably the only land plants were bryophytes. The researchers note that lower plants, even those without roots, sometimes can form symbiotic associations with fungi, and that the fungi may have played a crucial role in facilitating the colonization of land by plants.

Not only did the find place the fossil evidence back 60 million years, but RNA analysis showed that, based on the relationship of Glomales to other fungi, the major groups-ascomycetes, basidiomycetes and glomales-must have diverged around 600 million years ago.

\*Redecker D. et al. Glomalean fungi from the Ordovician. Science 2000;289:1920-1921.

-via CVMS Spore Print, Summer 2001

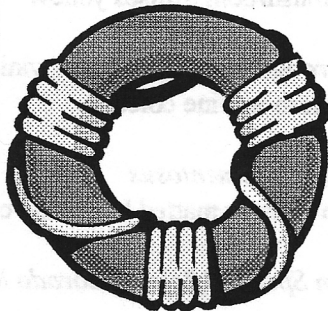
# WILD MUSHROOMS ALL YEAR: WAYS TO PRESERVE THEM

by CVMS Member **CONNIE BORODENKO**

It is the height of the season, and good rainfall, perfect temperatures, and great luck have combined to fill your basket and your refrigerator with a bounty of mushrooms. Little wax bags and brown paper bags have crowded out the milk and eggs, so it is time to stay home and preserve these mushrooms so you can enjoy them the rest of the year.

When you are in the woods or the fields always try to "pick clean", which will make for much less work later. Cut off dirty stem ends and brush debris from the caps. Examine them for worms, and toss infested specimens. Never put them into plastic bags as this hastens deterioration. The keeping qualities of mushrooms vary greatly, with trumpets, hen-of-the-woods, Matsutake, lobsters, Lactarius, and some Boletes being among the longest, Coprinus ssp. Having almost zero shelf life, and honeys, oysters, agaricus, and chicken somewhere in between. Knowing this will help you decide who gets first attention.

**DRYING:** The most ancient method, drying will toughen mushrooms some, but it will also intensify their flavors. Among the best for drying are Morels, Boletes, and black trumpets, but many others may be dried if you intend to powder them. Morels should be cut in half to be sure they are clean, Boletes sliced no thicker than a quarter inch, and with any but solid fresh tubes removed. Trumpets may be dried whole. A food dehydrator works well and quickly, and I prefer the ones without fans, just to control the amount of spores in the air. A gas oven with a pilot light works well. Leave the door slightly ajar, and have the mushrooms spread out on a screen for good air circulation. Simplest of all, use a sturdy needle and thread to string them and hang them to dry in a sunny airy spot. Beware of humidity as secondary fungus can be a problem.



**BRINING:** This very old method of preservation is best used with Lactarius, but you'll need a fairly large find to make it worthwhile. Using only the caps, parboil them and save the water. Rinse with cold water, then layer them in a crock, with alternate layers of caps and Kosher salt (and herbs if you like,) finishing off with salt. Cover with a dish and weight it down. Top off the liquid to just cover the mushrooms, cover the crock with a cloth, and place it in a cool place. In about two weeks they'll be ready, but will keep much longer. Rinse them before using. They are used as hors d'oeuvres.

**PICKLING:** This is a time-honored method of preserving, with widely varied recipes so I will only generalize on this topic for now. Most mushroom can be pickled, but those with the subtler flavors will be overwhelmed. Some recipes will preserve only if refrigerated, while others are meant to give a long shelf life, so be sure to know which you are going for. Mushroom relish is a good way to use abundant species alone or in combination with others.

**FREEZING:** Mushrooms can be frozen fresh, partially cooked, fully cooked, and in completed recipes, in large amounts or very small amounts, which makes freezing the most popular choice among many mushroomers. The keeping time increases the more cooked they are. Freezing mushrooms raw requires them to be very clean and ready to use, since they should not be defrosted before using, as they will become slimy and disgusting. I have kept Matsutake by wrapping them individually in foil and then bagging them. To use them, I slice them frozen and add them directly to my recipe. Thin Chanterelles such as *C. tubaeformis*, can simply be spread out on a cookie sheet in the freezer for a few hours and then bagged. They reconstitute beautifully with excellent flavor. Some too-abundant species, such as honeys, can be parboiled and then frozen to await a time when the cook has more time. This also works well for hens, but only the fronds. The hard core should be chopped up, simmered for an hour or two, and strained to provide a rich soup stock. Most cookbooks will give a recipe for **duxelles**, a great way to use up lots of mushrooms, all the odds and ends, and end up with a delicious base for many dishes.

Summer 2002      Spore Print Newsletter  
Connecticut Valley Mycological Society

# Scientific names can be friendly, too

By Ed Lubow

I know that when I first started identifying mushrooms, the names of the mushrooms in the books I used (my first book was Dr. O.K. Miller's *Mushrooms of North America*) seemed to be difficult. Instead of memorable and descriptive names like "Blue Spruce" or "Subalpine fit" I was confronted with names like *Boletus edulis* and *Lactarius deliciosus*. While *Boletus edulis* is an improvement over the plethora of common names (King Bolete, Steinpilz, Cepe, Porcini, to name a very few), how could I ever hope to remember more than a few of these names? Hopefully this article will help somebody along the path I chose, which was learning enough Latin and Greek roots to make the descriptive names descriptive. An excellent reference is in the back of David Arora's *Mushrooms Demystified*. It is also worth noting that Vera Evenson's *Mushrooms of Colorado* includes English "translations" of all the species names in the book. Honestly, I don't think that most genus names are all that descriptive. *Boletus* basically means "group of superior mushrooms", and *Agaricus* just means "group of mushrooms", while *Lactarius* at least includes the root lact-which refers to milk. Fortunately, the majority of mushrooms most of us are interested in fall into a handful of genera, so remembering those isn't too awful.

When we get to descriptive specific names, the mycologists have mostly done a good job. While *Boletus edulis* (edible) and *Lactarius deliciosus* (delicious) don't help me identify the mushroom, at least *edulis* resembles "edible" and *deliciosus* resembles "delicious".

Remember that much of English is derived from the same roots as these Latin and Greek derived names are. Think of English words which are similar and you are likely to find words from the same roots which will give you the correct meaning. Many of the words, unfortunately, are technical or not in everyday use, but you can also think of this as an opportunity to improve your English vocabulary. When there aren't English words, you can just try to remember the root.

Rather than drone on endlessly, here are some examples. Once you start learning these, there gets to be a cascade effect where you hear a new name and can give a partial description of the mushroom, even though you've never seen one.

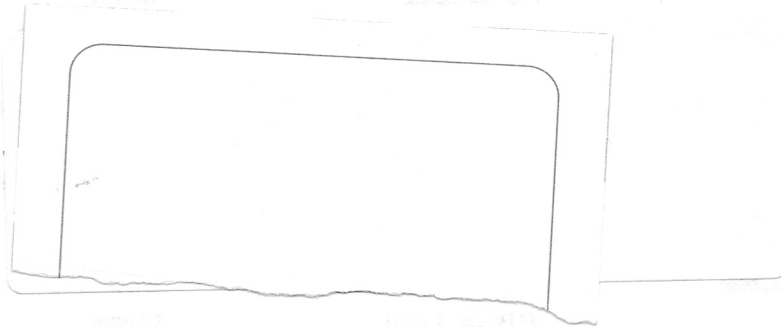
- (Hygrophorus) conicus* conic (cone shaped)
- (Russula) decolorans* color (de-coloring, fading or changing colors)
- (Russula) emetica* emetic (medicine which induces vomiting -obviously, don't eat these)
- (Russula) xerampelina* xer-(prefix meaning dry), ampel (grapevine) (dry wine colored cap)
- (Russula) brevipes* brief (short), pedestrian (-ped, foot) (short foot/stem)
- (Collybia) butyracea* butyraceous (resembling butter) (the cap is slimy, like butter)
- (Flammulina) velutipes* velour (a velvety fabric), pedestrian (-ped, foot) the stem is velvety
- (Marasmius) oreades* oread (a mountain nymph) they grow in fairy rings
- (Tricholoma) saponaceum* saponaceous (resembling soap) these usually smell like soap
- (Cortinarius) violaceus* violet these mushrooms are intensely violet colored all over
- (Panaeolus) semiovatus* semi-(half), ova (egg) the cap is shaped like half an egg
- (Psilocybe) coprophila* coprophilia (marked interest in dung) these grow in dung
- (Agaricus) xanthodermis* xanthoderma (yellow skin color) the mushroom bruises yellow
- (Chroogomphus) vinicolor* vinic (relating to wine), color the flesh is wine colored
- (Suillus) tomentosus* tomentose (covered with densely matted hairs) the cap is hairy

from *Spores Afield, Colorado MS, Aug 2002.*

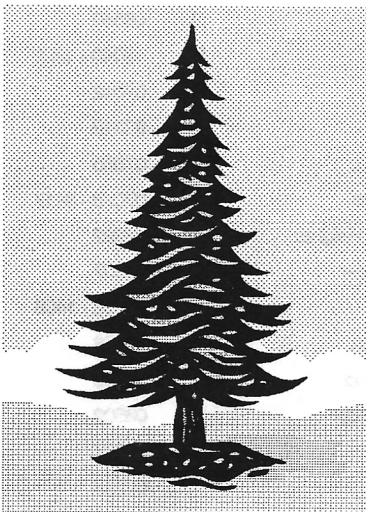
NJMA news  
c/o Sue Hopkins



First Class Mail



# Happy Holidays



## Little Mushroom

“Now I lay me down to sleep,”  
The little mushroom said.  
“That soft spot there upon the duff  
Is where I’ll lay my head.”

“The Year is done, soon fallen leaves  
Will hide my resting spot.  
And underneath in fertile ground  
My roots will grow a lot.”

“Then if a mushroom hunter finds  
No mushrooms, there’s a reason.  
I’ll put a sign up telling them,  
Sorry! End of season!”

by Donald Goetz  
from Spore Prints  
Bulletin of the Puget Sound Myco. Soc. Dec 2001