



# NJMA NEWS

THE OFFICIAL NEWSLETTER OF THE NEW JERSEY MYCOLOGICAL ASSOCIATION  
Volume 37-1 January - February 2007



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Vice-President - **Nina Burghardt**  
Secretary - **Ania Boyd**  
Treasurer - **Bob Peabody**

## DUES

Payable on calendar year  
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## NJMA NEWS

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*Deadline for publication:*  
**10<sup>th</sup> of even-numbered months.**

Send ONLY newsletter submissions to the editor. All other correspondence should be sent to the secretary:

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181 Highland Avenue  
Montclair, NJ 07042

## NJMA EVENTS HOTLINE

**908-362-7109** for information on NJMA events or cancellations due to bad weather.

**A TINY LITTLE REMINDER**

**DUES ARE DUE!**  
Mail your payment to Bob Peabody today.

## CALENDAR OF UPCOMING EVENTS

**Sunday, February 11**  
**2:00pm**

**Meeting (Mycophagy)** at the Unitarian Society, Tices Lane, East Brunswick, NJ.

*Special guest chefs:*

**Michael Peters** of Pierre's Restaurant and Wine Bar in Morristown, and **Dirck Noel** of Winner's Circle BBQ in Blairstown

**Sunday, March 4**  
**2:00pm**

**Meeting and Lecture** at the Frelinghuysen Arboretum, Morristown

Our speaker will be **Professor Doug Eveleigh** from Rutgers University, his topic will be (*yes, this is correct!*): "AN HISTORICAL MYCOLOGICAL FORAY - Being a Portmanteau of Discursive and Bewildering Conundrums, with Pleasant Chortles, Aphorisms and Powerful Poesies" (*Dictionaries optional! - Ed.*)

**Saturday, March 24**  
**6:00pm**

**NJMA Culinary Group North Italian Dinner** at the Long Hill Rescue Squad in Gillette

For information or to sign up, contact Jim Richards (908-852-1674) [jimrich35@verizon.net](mailto:jimrich35@verizon.net) or John Horvath (732-249-4257) [johnterryh@verizon.net](mailto:johnterryh@verizon.net)

**Sunday, April 1**  
**2:00pm**

**Meeting and Lecture** at the Frelinghuysen Arboretum, Morristown

Our speaker will be **David Fischer**, co-author of several mushroom books including *Edible Wild Mushrooms of North America: A Field to Kitchen Guide* and *Mushrooms of Northeastern North America*. His topic will be "Field Mycology 104."

### Directions to the Frelinghuysen Arboretum, Morristown

**Traveling from the South:** I-287 Northbound to Exit 36A (Morris Ave.). Proceed East approx. 1/2 mile in the center lane, past Washington Headquarters (on left). Take left fork onto Whippany Road. Turn left at 2nd traffic light onto East Hanover Avenue. Proceed for about 1/4 mile. Entrance is on left, opposite the Morris County Library.

**Traveling from the North:** I-287 Southbound to Exit 36, following signs for Ridgedale Avenue (bear right in exit ramp). Proceed to traffic light, then turn right onto Ridgedale Avenue. At 2nd traffic light, turn right onto East Hanover Avenue. Proceed for about 1/4 mile. The Arboretum entrance is on the right just past the traffic light at the Morris County Library.

**Traveling on New Route 24:** New 24 West to Exit 1A, (also labeled as Rt. 511 South, Morristown) onto Whippany Road. Stay in right lane. Turn right at 1st traffic light onto East Hanover Avenue. Proceed for about 1/4 mile. Entrance is on left, opposite the Morris County Library.

### Directions to the Unitarian Society, Tices Lane, East Brunswick

**From New Brunswick via Route 18:** Take U.S. Highway 1 south, exit at Ryders Lane to East Brunswick, continue to the second light, and turn left onto Tices Lane. The Unitarian Society is the 2nd drive on the right before you go under the NJ Turnpike.

**From the south via the Garden State Parkway:** Take Route 18 north toward New Brunswick to Tices Lane exit (take jughandle from right lane of 18 across to Tices Lane). Follow Tices Lane until you pass under the Turnpike. The entrance is in the woods on the left just after you leave the underpass.

**From the NJ Turnpike:** take Exit 9 to Route 18. Take Rt 18 South to East Brunswick. On 18, turn right onto Tices Lane at the third traffic light. Follow Tices Lane until you pass under the Turnpike. The entrance is in the woods on the left just after you leave the underpass.



## PRESIDENT'S MESSAGE

At the start of the New Year, I feel it's best to use this column to extend a warm welcome to all the new members of NJMA. All of our officers and members invite each and every one of you to *get involved* in the diverse activities of what many have recognized as one of the most active clubs in New Jersey. As I've said in this space before, mushrooming can become an "obsessive passion", and one thing that our membership is passionate about is helping new members to learn and enjoy everything that mycology has to offer.

Whether you're here to learn about edibles, learn about mushroom identification, photography, crafts, or whatever, there's room in the NJMA for you. As president, I recognize our diversity of interest and welcome *your* opinions. I recognize that the strength of our organization is not in me, but in our members. NJMA is, first and foremost, dedicated to education. By participating in our forays, attending meetings, and "networking" with our members, you'll learn more about mushrooms than you could ever imagine – largely because of our tremendously dedicated and knowledgeable members who are more than happy to share their "smarts" and ensure that new members are made to feel like they belong. As you've probably read in books and articles, the best way to learn about mushrooms is by teaming up with an expert...and you won't find more mushroom experts in one place than here in the NJMA.

In early February, the NJMA will hold its annual organizational meeting to discuss policy and direction for the club in 2007. Before that time, I'd like to invite all members to call me (908-362-7101) to discuss what you like and don't like about the NJMA. Provide me with your thoughts on what kinds of things you'd like to do during the coming year. As of this writing, some of the items on our agenda include revamping our annual Photo Contest, restarting activity with the Ray Fatto Scholarship Fund, setting up this year's foray schedule, possibly setting up a special summer or fall event with a renowned speaker, perhaps holding a comparative mushroom tasting event some time in the late summer, and updating our new members' packet (which has not been updated in many years.) I would like to include your ideas in this meeting, so don't be shy about calling me (and if you have a gripe, I want to hear that too!)

2006 was a great year for NJMA: We held one of our most successful Fungus Fests ever, we held a record number of forays in all areas of the state, and we made a successful transition to our new meeting homes in both the northern and central parts of the state. (Oh, and yes, *it was a great year for mushrooms, too!*) Let's hope that 2007 will bring joy and happiness to all who choose to be part of this great association!

– Jim Barg



Reprinted, with permission, from the *Metrowest Daily News* for June 25, 2006, via the *Boston Mycological Club Journal*, v. 61-3



## EDITOR'S NOTES

I was thinking that this would be a good time to include a survey in the newsletter to try to get a better idea of what the members of NJMA are looking for in *NJMA News*.

But then, I began to think a bit more about it, and came to the conclusion that the number of responses we were likely to get would mean that someone, namely me, would have wasted a lot of time putting the survey together for nothing.

I will assume, unless I hear otherwise from you, that we are doing the job to your satisfaction – that there is a good balance between technical material, cooking information, and general interest articles. I'll also assume that the club events (the forays, lectures, classes, and other club happenings) are getting enough advance notice and sufficient followup coverage. We are limited to two color pages per issue, so that will remain the same.

If you have suggestions for the newsletter, please contact me by phone (908-852-1674), email me at [jimrich35@verizon.net](mailto:jimrich35@verizon.net), or talk to me in person at meetings and at forays.

I have received a suggestion that we publish the newsletter on a quarterly basis rather than bi-monthly. How do you feel about that?

And, yes, we *always* need your contributions: articles, photographs, art, etc., etc., etc.

Have a great 2007!

– Jim Richards  
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## BOOK REVIEW

### **THE TRIUMPH OF FUNGI: A ROTTEN HISTORY** by Nicholas Money

reviewed by Nina Burghardt

Nicholas Money has just written *The Triumph of Fungi: A Rotten History*. His past books are *Mr. Bloomfield's Orchard* and *Carpet Monsters and Killer Spores*.

Nicholas Money is a mycologist and professor of botany at the University of Miami (named after the Miami Indian tribe) at Oxford, Ohio. His book presents us with technical information on a wide variety of fungal pathogens, delivered in a humorous, conversational style. His passion for, and promotion of, mycology is expressed throughout.

*The Triumph of Fungi: A Rotten History* describes some of the most devastating fungal plant infections. There are separate chapters on fungal blights in chestnuts, elms, coffee, cacao, rubber, potatoes, and cereal crops. The last chapter deals with emerging fungal problems such as Pine Blister Rust and Sudden Oak Death and human idiots who are trying to develop biological fungal weapons.

In each chapter, there is a short history of the fungus, where it originated, some of the scientists involved in studying it, how it is spread, a description of the organism, and the social impact of the fungal invasion. Indeed if there had been no potato blight we would not have had the mass Irish migration to the USA which has helped shape our culture. Without the coffee blight, Great Britain would be a nation of coffee drinkers. Elms might have still been gracing our streets if we had paid attention to the Dutch women scientists who were studying the infection at the time.

Mr. Money sums up his book with suggestions about how we could curb fungal infections (he believes we have the upper hand at present). He says that we need more trained mycologists to study the field. He criticizes agriculture for its practice of growing monocrops and urges more diversity. He also says that we should have more control over introduced species and even just the transportation of plants from one region to another. In the last chapter, he relates how pine trees were happily growing in North America. They were then brought over to Europe where they were grown for lumber. In Europe, the pine was invaded by a rust. Man, in his wisdom, then transported seedlings from Europe to North America, transporting the rust at same time!

This book emphasizes how fungi have shaped our history and will shape our future. Nicholas Money urges greater vigilance to fungal infections. *The Triumph of Fungi: A Rotten History* is a fascinating book whether you are a historian, environmentalist, or a mycologist. 

## MYCOPHAGY MEETING SET FOR FEBRUARY 11, 2007

by Jim Barg

Mother Nature didn't cooperate with us last year on Mycophagy Meeting day, but this year, we're hoping that she'll make up for lost time and treat us to a wonderful culinary event at the Unitarian Society on Tices Lane in East Brunswick at 2:00 PM. Our "grand experiment" to bring in two professional chefs to present their take on cooking with mushrooms should, hopefully, prove to be a wonderful cooking educational experience for all.

The two chefs we had scheduled for last year, Michael Peters and Dirck Noel (see their bios on page 11), have again agreed to take part in this year's event. Both have interesting and tasty recipes to prepare, and best of all, we are aiming to be sure that there will be enough prepared to allow each member in attendance to get a "real taste" of their dishes. In addition, as in the past, we expect to have a good-sized selection of cultivated mushrooms from Phillips Mushroom Farms for the chefs to use and for (see next paragraph!)

As is always the case, Bob Peabody will also conduct our annual auction to help defray the costs of this meeting and other club events. In past years, Bob has auctioned off mushroom books, t-shirts, salt shakers, fresh mushrooms from Phillips Mushroom Farms, dried mushrooms collected by members, and even special "secret-spot guided forays" with experienced club members which are held during morel season. We can only say that no matter what Bob has to auction, he'll keep you entertained. And, you could walk away with some great mushroom items which we know you've been yearning for. Also, if you own any items which you'd like to donate for the auction, please contact Bob Peabody ([pagprolog@aol.com](mailto:pagprolog@aol.com)) to let him know that you've got things for him to sell (or just bring them to the meeting and give them to him before the meeting starts.)

Two final notes: (1) This meeting is a members-only event due to insurance regulations. It is a *free* meeting (as most of our meetings are), and we'll provide dishes, utensils, and the usual selection of beverages and snacks. (2) If the weather looks threatening (snow or ice), be sure to check the NJMA Events Hotline (908-362-7109) *before* you set out on the road! 

### ~ Nomenclature ~

I looked up a mushroom the other day,  
A Lepiota (now Leucocoprinus).  
I put my mushroom book away;  
How totally (awfully) assininus.

— Author unknown (by way of the Puget Sound Mycological Society)

# NJMA PHOTO CONTEST WINNERS – 2006

Thank you to all entrants and congratulations to all winners.  
Thank you to Ray Lord for judging the entries.

## DIGITAL IMAGES

CATEGORY	WINNER	RUNNER-UP
JUDGE'S OPTION NOVICE	<b>Dogs and Puffball</b> <b>Terri Layton</b>	<i>Ganoderma tsugae</i> <b>Terri Layton</b>
JUDGE'S OPTION ADVANCED	<b>Wool and <i>P. schweinitzii</i></b> <b>Susan Hopkins</b>	<b>Lichen - <i>Graphis scripta</i></b> <b>Dorothy Smullen</b>
PICTORIAL NOVICE	<i>Clavicornona pyxidata</i> <b>Rob Robinson</b>	<i>Xerula furfuracea</i> <b>Cathy Chomley-Jones</b>
PICTORIAL ADVANCED	<i>Pholiota spumosa</i> <b>John Plischke III</b>	<i>M. haematopus</i> & mold <b>Susan Hopkins</b>
TECHNICAL NOVICE	<i>Scutellinia scutellaris</i> <b>Rhoda Roper</b>	<i>Suillus lactifluus</i> - pores <b>Rob Robinson</b>
TECHNICAL ADVANCED	<i>Cordyceps ophioglossoides</i> <b>Susan Hopkins</b>	<i>Morchella angusticeps</i> <b>John Plischke III</b>

## 35mm SLIDES

CATEGORY	WINNER	RUNNER-UP
JUDGE'S OPTION	<b>Gene Varney at Fungus Fest</b> <b>Susan Hopkins</b>	<b>Grifola stir-fry</b> <b>John Plischke III</b>
PICTORIAL	<i>Phaeolus schweinitzii</i> <b>Susan Hopkins</b>	<i>Trichaptum biforme</i> <b>Michael LoFurno</b>
TECHNICAL	<i>Phallus impudicus</i> <b>Michael LoFurno</b>	<i>Hydnellum suaveolens</i> <b>John Plischke III</b>

Winning photographs are published on the next page.

## THIS TRUFFLE'S NO TRIFLE

reprinted from Spore Prints, Puget Sound Mycological Society, December '06

14 November 2006 (AP) - A Hong Kong property tycoon and his wife have reportedly paid US \$160,406 for a huge Italian white truffle, which may be the world's most expensive ever.

Gordon Wu and his wife outbid connoisseurs from France and Italy to win the 1.5-kilogram Alba white truffle from an international auction on Sunday, said a spokeswoman for the Ritz Carlton hotel, which hosted the Hong Kong part of the auction.

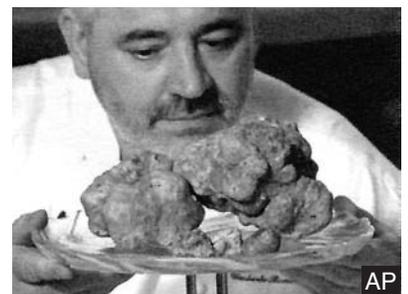
"They're very unique. They're found all together and

they've got a beautiful shape," said hotel cook Umberto Bombana of this year's prize truffle, made up of three palm-sized portions.

Chef Bombana will prepare the giant truffle for a five-course banquet hosted by Wu on Thursday.



Italian chef Umberto Bombana with 1.5-kg Tuber magnatum, the Italian white truffle



# WISHFUL MUSHROOMING

by Michaeline Mulvey, reprinted from Mainely Mushrooms

If poisonous mushrooms tasted bad, how many people would eat them?

It was early August. The chanterelle season had begun on time in early July and was not ending. *Omphalotus illudens* had been fruiting for ten days. There was a message on my machine: "I've found the mother lode of chanterelles! They're 5 to 6 inches across! Call me!"

The message was at 6:00 pm and again at 7:00 pm. I didn't hear it until 9:00 pm. If they were concerned enough to call twice, I couldn't imagine that they would have eaten the mushrooms. The very largest chanterelles I had ever picked were in my refrigerator and didn't quite make five inches on the diagonal. Calling back, the answers were evasive – the consumers trying to convince themselves that they really were chanterelles. They were orange, may have grown in small clumps, may have been very near a stump.

"Did you eat them?" "Yes." "How many?" "One cap." "How many people?" "Three adults." "But they tasted so good! Better than chanterelles! It was just the basil that made it turn green in the fry pan."

Of the three, the only one to have any distress is the one who sat down with a box of baking soda and a bottle of seltzer to make himself vomit. The other two may not believe that the Jack O'Lantern is toxic. Lucky them. 🍄

## "IS THIS MUSHROOM EDIBLE?"

by Dick Sieger, Olympic Peninsula Mycological Society

### To be edible, mushrooms must be

- **identified with certainty.** There aren't any shortcuts. There aren't any general rules. The name of the mushroom must be known.
- **tolerated by most people.** A good field guide passes on the experience of people who have eaten particular species.
- **found in a wholesome environment.** Mushrooms can absorb herbicides and heavy metals.
- **fresh.** Rotten food is never edible.
- **cooked.** Heat softens indigestible mushrooms. It may vaporize some poisons and reduce the potency of others.
- **eaten in reasonable quantities.** Some mushrooms are OK in small portions but troublesome when overeaten. And there's always the risk of a good old-fashioned bellyache.
- **eaten by healthy adults.** Children, old people, and ill people may be sickened by mushrooms that are enjoyed by others.

**Some people get sick anyway.** Alcohol combined with certain species causes illness. A few people are sickened by allergies or unusual sensitivity. Be kind to your doctor – don't confuse him by eating several species at one sitting. Experts can help, but eating mushrooms (or any food) can never be entirely safe.

*You must not know too much or be too precise or scientific about birds and trees and flowers and watercraft; a certain free-margin, and even vagueness - ignorance, credulity - helps your enjoyment of these things.*

– Walt Whitman (1819 - 1892)

## ROY HALLING'S VISIT

by Dorothy Smullen

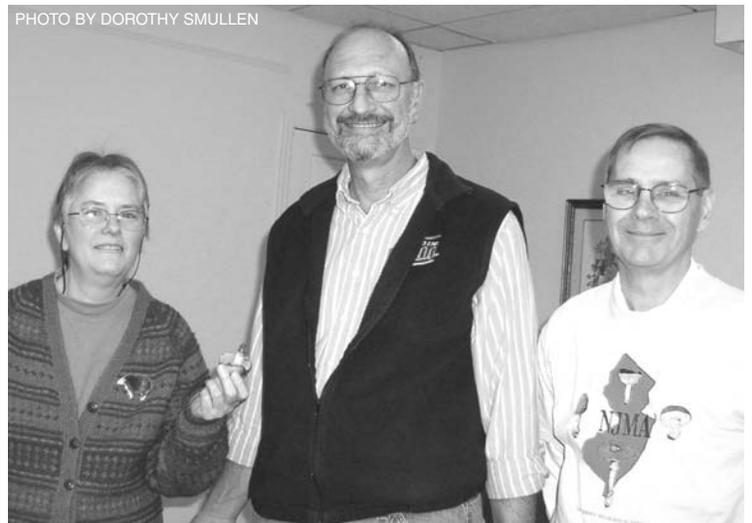
NJMA was pleased to welcome Dr. Roy E. Halling, Curator of Fungi at the NY Botanical Garden, for our November 5, 2006 program. Roy spoke on aspects of Costa Rican mushrooms.

Several mycologists and some graduate students worked with him on a project studying the biotic interchange of fungi between North and South America, which once were separated millions of years ago. Costa Rica is now at the crossroads of the land connection of North and South. There are several ecosystems to study: dry forest, cloud forest, lower volcano, and montane cloud forest.

Data from the tropical oak forest suggest that the ectomycorrhizal fungi that were collected migrated with their oak tree hosts into Costa Rica from the north.

According to Dr. Halling, the macrofungal diversity of the region is ten times that of the vascular plants. It is essential that there be conservation of fungi, because they are responsible for the health of an ecosystem. If you Google "macrofungi of Costa Rica" you will find more information online about the project. 🍄

PHOTO BY DOROTHY SMULLEN



Susan Hopkins, Dr. Roy Halling, and Bob Peabody

## NEW METHOD SHOWS MUSHROOMS A TOP SOURCE FOR ONE ANTIOXIDANT

reprinted from *The Sporeprint, newsletter of the Los Angeles Mycological Society, October 2005*

University Park, PA - Using a new, more sensitive testing approach they developed for fungi, Penn State food scientists have found that mushrooms are a better natural source of the antioxidant ergothioneine than either of the two dietary sources previously believed to be best.

The researchers found that white button mushrooms, the most commonly consumed kind in the US, have about twelve times more of the antioxidant than wheat germ and four times more than chicken liver, the previous top-rated ergothioneine sources based on available data.

Until the Penn State researchers developed their testing approach, known as an assay, there was no method employing the most sensitive modern instrumentation and analytical techniques to quantify the amount of ergothioneine in fungi. The researchers say that their assay can be used for other plants, too, not just mushrooms.

Joy Dubost, doctoral candidate in food science who conducted the study, says, "Numerous studies have shown that consuming fruits and vegetables which are high in antioxidants may reduce the risk of developing chronic diseases. Ergothioneine, a unique metabolite produced by fungi, has been shown to have strong antioxidant properties and to provide cellular protection within the human body."

Dubost detailed the new assay and the amounts of ergothioneine in the most common and exotic in mushrooms typically available in U.S. food stores in a paper presented at the 230<sup>th</sup> meeting of the American Chemical Society in Washington, D. C. Her paper was titled "Identification and Quantification of Ergothioneine in Cultivated Mushrooms by Liquid Chromatography-Mass Spectroscopy."

The Penn State researchers found that among the most commonly consumed mushrooms, portabellas and criminis have the most ergothioneine, followed closely by the white button mushrooms. A standard 3 oz. USDA serving of these mushrooms [all *Agaricus brunnescens*], about the amount you'd put on a cheese steak or mushroom-topped burger, supplies up to 5 mg.

The exotic mushrooms have even more ergothioneine. The same standard serving size of shiitake (*Lentinula edodes*), oyster mushrooms (*Pleurotus ostreatus*), king oyster mushrooms (*Pleurotus eryngii*), or maitake (*Grifola frondosa*) can contain up to 13 mg in a 3 oz. serving, or about 40 times as much as wheat germ.

Dubost notes that the levels of ergothioneine do not decrease when the mushrooms are cooked.

In developing their new assay, the researchers adapted an assay used to quantify the amount of ergothioneine in bovine ocular tissue. They used high performance liquid chromatography (UPLC), a UV-VIS detector, and mass spectroscopy, instruments normally used in analytical chemistry.



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## NJMA CULINARY GROUP HAPPENINGS

by Jim Richards

On November 11, about 30 members of the NJMA Culinary Group presented a dinner of Andean foods, primarily those of Peru. About 20 dishes were served. Highlights of the evening were the *ceviches* (typically, seafood dishes that are "cooked" with citrus juices.) We had one with flounder, another with bay scallops, and an atypical one made with three types of mushrooms.

We decided that the Mushroom Ceviche would be a great way to use wild mushrooms which we'll collect during the upcoming season. It keeps well and would make a nice change from the usual pickled mushrooms. (We're reprinting the recipe on the next page if you'd like to use it.) If you do make the recipe, I would suggest reducing the salt to ¼ cup (or even less) and increasing the garlic to at least four cloves, minced. The mirasol chile called for in the recipe is rather mild, so if you want some zing, feel free to substitute other hotter peppers.

Other unusual dishes (for me, at least) were the two versions of *Papas a la Huancahina* (potatoes in a cheese sauce served as an appetizer), the *Aji de Gallina* (chicken in a spicy sauce), a very interesting treatment of Quinoa, *Rocoto rellano* (stuffed peppers), and *Mazamorra Morado* (a dessert made with purple corn and fruit).

Photos of all the dishes, along with the recipes, are available at <http://web.mac.com/jimrich17/iWeb>. You will also find photos from the Holiday Party and our Pan-Asian BBQ at the same web address.

The next dinner will be on March 24, and we will be "traveling" to Northwestern Italy to sample the risottos, polentas and other dishes from the region that many feel has the best food in all of Italy.

For information, or to register, please contact John Horvath at (732) 249-4257 (email address: [johnterryh@verizon.net](mailto:johnterryh@verizon.net)) or Jim Richards at (908) 852-1674 (you can also reach him by email at [jimrich35@verizon.net](mailto:jimrich35@verizon.net)). Remember, Culinary Group events are based upon a themed menu; they are not potlucks. Before the day of the dinner, we will send out "recipe assignments" based on our theme. To maintain authenticity, we ask that you stick to those recipes.





### *Trio of Mushrooms Ceviche*

from *iCeviche!* by Guillermo Pernot with Alize Green (Running Press, 2001)

Strictly speaking, this is actually an escabeche of mushrooms, because they are first cooked and then pickled in a spiced liquid. I make the mushrooms in a large quantity because they keep quite well and only taste better as they age. Be sure to use a stainless steel spoon to remove them from the jar. Using your hands would introduce bacteria, making the mushrooms prone to spoilage.

**2 pounds small white button mushrooms**

(serves 24)

**1 pound cremini mushrooms**

**1/2 pound fresh shiitake mushrooms**

**1 red onion, peeled and cut into thin strips**

**1/2 cup fresh orange juice**

**2 tablespoons fresh lime juice**

**1/4 cup red wine vinegar**

**1/4 cup balsamic vinegar**

**1/2 cup extra virgin olive oil**

**1/2 cup kosher salt**

**2 tablespoons sugar**

**2 tablespoons mirasol chile flakes**

**1 tablespoon chopped garlic**

**1/2 cup chiffonade of Italian parsley**

**6 cups Fried Yuca Spears**



Clean the button and cremini mushrooms by washing in a large bowl of water, swishing around to remove any sand. Scoop from the water and drain well, then dry on paper towels. (Normally the shiitakes are already clean and don't need washing.) Using a sharp paring knife, trim off the stems of the mushrooms flush with the bottoms of the caps. Reserve the stems for another use (for example, freeze to add to a soup stock). Leave the button mushrooms whole. Slice the cremini into thin rounds. Cut the shiitake caps into 1/4-inch thick matchsticks.

Preheat a grill to moderate and place a wire rack, such as a cake cooling rack, on top. Arrange the mushrooms in a single layer on the rack, working in batches if necessary. Grill over moderate heat, turning the mushrooms with tongs, until evenly browned on both sides.

In a medium non-reactive (stainless steel or enameled) bowl, combine the onion, orange juice, lime juice, red wine vinegar, balsamic vinegar, olive oil, salt, sugar, chile flakes, and garlic. Whisk to combine, making sure the sugar and salt are completely dissolved. Have ready several large glass or clear plastic sterilized jars. Without touching the insides of the jars with your fingers, fill them completely with the mushroom mixture. Screw on the lids and refrigerate, leaving the mushrooms to marinate at least two days before using. The mushrooms will keep well for one month, as long as you use a stainless steel spoon to remove them.

When ready to serve, drain the mushrooms, stir in the parsley, and serve with Fried Yuca Spears.

(The recipe for Fried Yuca Spears can be found at <http://web.mac.com/jimrich17/iWeb>. Click on "Andean Dinner")

# ONE DOSE OF THIS DRUG HAS LIFE-CHANGING POWERS, DUDE

by Malcolm Ritter, Seattle P.I., July 11, 2006  
(reprinted from Spore Prints, newsletter of the Puget Sound Mycological Society, December 2006)

NEW YORK - People who took an illegal drug made from mushrooms reported profound mystical experiences that led to behavior changes lasting for weeks – all part of an experiment that recalls the psychedelic '60s. Many of the 36 volunteers rated their reaction to a single dose of the drug, called psilocybin, as one of the most meaningful or spiritually significant experiences of their lives. Some compared it to the birth of a child or the death of a parent. Such comments “Just seemed unbelievable,” said Roland Griffiths of the Johns Hopkins University School of Medicine in Baltimore, the study’s lead author.

But don’t try this at home, he warned. “Absolutely don’t.” Almost a third of the research participants found the drug experience frightening, even in the very controlled setting. That suggests people experimenting with the illicit drug on their own could be harmed, Griffiths said.

The study is one of the few rigorous looks in the past 40 years at a hallucinogen’s effects. The researchers suggest the drug someday may help drug addicts kick their habit or aid terminally ill patients struggling with anxiety and depression. It also may provide a way to study what happens in the brain during intense spiritual experiences, the scientists said.

Funded in part by the federal government, the research was published online today by the journal *Psychopharmacology*.

Psilocybin, like LSD or mescaline, is one of a class of drugs called hallucinogens or psychedelics. Psilocybin has been used for centuries in religious practices, and its ability to produce a mystical experience is no surprise. But the new work demonstrates it more clearly than before, Griffiths said.

Even two months after taking the drug, most of the volunteers said the experience had changed them in beneficial ways, such as making them more compassionate, loving, optimistic, and patient. Family members and friends said they noticed a difference, too.



# SOMEWHERE OUT IN THE FOREST

by Juliet Pendray (from an e-mail by Andy MacKinnon)  
Reprinted from *Spore Prints*, newsletter of the  
Puget Sound Mycological Society

To the tune of  
“Somewhere Over The Rainbow”  
(meant to be sung in an overly dramatic manner,  
preferably with a lot of hand waving)

*Somewhere under the humus  
Fungus springs  
Out on a foray I find them  
Finds that make my heart sing*

*Someday I'll sit upon a rock  
And notice that the bryophytes  
Surround – me*

*Where liverworts let their spores drop  
From parasols on thallus top  
Mycophility confi-i-i-nes me*

*Somewhere out in the forest  
Boletes grow  
Out on a hunt do I find them  
Into the pan they go*

*I scarcely noticed bryophytes  
Their sporophytes so small and dwarfed by  
Fun-gal carps*

*It seems that there may be some worth  
In learning these 'pon which I'm sure  
The e-co-lo-gist harps*

*So... somewhere under my hand lens  
Life forms lurk  
Fungal and bryophytic subjects  
Teased from the forest murk*

*If tenured academics spy  
Beyond their subjects  
Why-o-why can't I?!*

## OUR CHEFS FOR MYCOPHAGY 2007

February 11, 2007, 2:00 pm

at the Unitarian Society, Tices Lane, East Brunswick, NJ

### MICHAEL PETERS

No need to explain what makes Michael Peters' cuisine extraordinarily good – If you are interested, he'll tell you himself. It's a genuine passion, research, discipline, and a desire to share.

Michael, a Morris County native, completed pre-med studies and earned a degree in psychology from New York University in 1974 and then took a "year off" to study cooking at Le Cordon Bleu in Paris. Instead of going on to medical school, he continued his culinary studies at *l'Ecole Hoteliere de Paris* and apprenticed at the famous fish restaurant *Prunier-Traktir*. He went on to spend an additional year at Arbutus Lodge Hotel, Cork, Ireland, a Michelin-starred restaurant. For Michael that initial "year off" would lead to a lifetime profession.

Upon returning home in 1977, he found that learning classic French technique provided the building blocks needed to gain rapid entry into La Caravelle, a New York Times four-star restaurant, where he worked as *Chef de Partie*.

In Hoboken three years later, he became the chef/owner of The Brass Rail, an acclaimed French restaurant and bar. The successful Brass Rail received recognition in the New Jersey Monthly Reader's Choice Awards and also gained a Zagat's Survey Award of Distinction.

In 1988, Michael continued his culinary growth by moving to the coastal town of Kinsale, Ireland. There, with his wife Marybeth, he opened Skipper's, another acclaimed French restaurant. His belief in focusing on flavor and fresh ingredients led him to Ireland, where he knew that the food grown in a comparatively uncontaminated environment is a priceless part of the heritage. Until this day, Michael is a tireless champion of the quality of Irish food.

In 1992, Michael and Marybeth opened Pierre's bistro restaurant in Morristown, NJ, and in 1993 moved to a charming 18th century farmhouse in Harding, NJ.

Pierre's daily menu brings together fresh local ingredients that reflect the most vibrant foods of the season. Its award-winning buffet lunch has been called "the biggest screaming bargain this side of Paris." Recipient of numerous awards and recognitions from *New Jersey Monthly*, *The Wine Spectator*, and *Zagat's Survey*, Pierre's continuous success can be attributed to the unique partnership between Michael and Marybeth Peters, who manages the front of the house, always guiding the delivery of attentive service.

Michael takes pride in choosing every bottle on the wine list. His mission is to provide diners with wines of

distinction at moderate prices and to introduce them to new ways to enjoy wine. He achieves this by hosting Pierre's monthly Chef's Table Dinners and Wine Tasting Workshops. Pierre's also has a wine bar with many wines by the glass plus servings of lighter fare.

Over the years, Michael has garnered a reputation for establishing an excellent rapport with his chefs, and he is viewed as a mentor by many who have worked in his kitchen. A natural teacher, he has shared his interest in food by teaching at King's Cooking Studio and is also involved with several local charities including Homeless Solutions, Inc., The ARC of Hunterdon County, Taste of Morristown, and Taste of the Nation.

#### **Pierre's Restaurant and Wine Bar**

995 Mount Kemble Avenue (Route 206)

Morristown, NJ 973-425-1212

Lunch: Tuesday-Sunday 11:30am-2:00pm

Dinner: Tuesday-Thursday 5:30-9:00pm, Friday-

Saturday 5:30-10:00pm, Sunday 5:00-8:00pm.

Closed Mondays.

### DIRCK NOEL

Dirck Noel is currently the chef/owner of the Winner's Circle BBQ in Blairstown, NJ. He's a 1981 graduate of Johnson & Wales University, College of Culinary Arts, in Providence, Rhode Island.

Dirck has served as chef at a broad spectrum of restaurants in the Garden State. Most notably, in the early 80's, he was at Dennis Foy's Tarragon Tree in Chatham, and then at The Inn at Bedminster later in that decade. Dirck's creative talents were realized throughout the 90's at the renowned Inn at Millrace Pond in Hope, New Jersey. Dirck was Chef, then General Manager, for the seventeen-room bed and breakfast from 1991 until 1996. Dirck's last project, before creating his current BBQ, was a six-year stint at the Long Valley Pub and Brewery, where he penned menus and oversaw two separate food operations for Long Valley Inn, Inc.

Dirck departed the Brew Pub in 2002 to form Phoenix Hospitality of North Jersey – the owner of Winner's Circle BBQ and consultants on other restaurant projects.

Last year, at the urging of NJMA President Jim Barg, Dirck began experimenting with the cold-smoking of indigenous mushrooms from northern New Jersey. He has cold-smoked chanterelles, various *Lactarius* species, and a few boletes. Perhaps he'll have a few examples at this year's Mycophagy meeting!

Dirck resides in Blairstown with his wife Laura and their daughter Selena. He enjoys good food, beautiful automobiles, trout fishing, and the great outdoors.

#### **Winner's Circle BBQ**

124A Route 94 (Route 94 Commercial Center)

Blairstown, NJ 07825

908-362-1227 or 908-362-1267

Open Weekdays 11:00am-9:00pm, Saturdays and Sundays 11:00am-9:00pm. Closed Tuesdays.

**NJMA NEWS**

c/o Susan Hopkins

P.O. Box 291

Oldwick, New Jersey 08858

FIRST CLASS MAIL

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- **MUSHROOM CEVICHE**
- **"...A ROTTEN HISTORY"**

*...plus much more!*

**The Oyster Mushroom**  
*Pleurotus ostreatus*



*One of our most common edible wild mushrooms, Pleurotus ostreatus is found during every season of the year under proper conditions. It is always found growing on wood. The wild version is almost always white in the spring and summer; in the fall and winter it is often tan or grey. Most all specimens flaunt a "nice anise smell" when they are fresh, and those found in colder months tend not to be plagued with bugs. For more info, visit [http://botit.botany.wisc.edu/toms\\_fungi/oct98.html](http://botit.botany.wisc.edu/toms_fungi/oct98.html)*

PHOTO BY JIM BARG