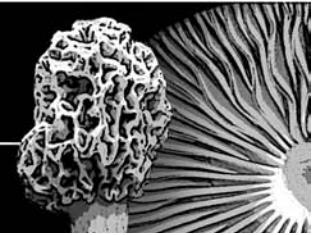




NJMA NEWS

THE OFFICIAL NEWSLETTER OF THE NEW JERSEY MYCOLOGICAL ASSOCIATION
Volume 38-4 July – August 2008



NJMA OFFICERS

President – Nina Burghardt
Vice-President – Igor Safonov
Secretary – Terri Layton
Treasurer – Bob Peabody

DUES

Payable on calendar year
Individual: \$15.00
Family: \$20.00
Mail checks (payable to NJMA) to:
Bob Peabody
50 Alfalfa Hill
Milford, NJ 08848-1727

NJMA WEBSITE

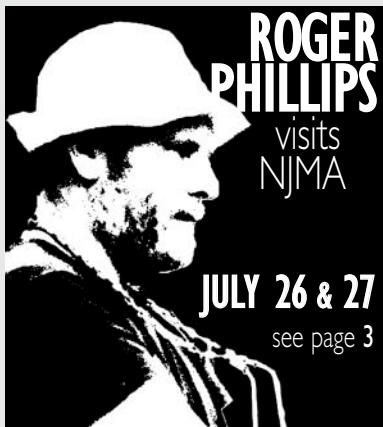
www.njmyco.org
Bob Hosh, Jim Barg, Rob Robinson

NJMA NEWS

Editor: Jim Richards
211 Washington Street
Hackettstown, NJ 07840-2145
email: jimrich35@verizon.net
Art director: Jim Barg
email: jimbarg@bssmedia.com
Circulation: Susan Hopkins
*Deadline for submissions:
10th of even-numbered months.*
Send ONLY newsletter submissions to
the editor. All other correspondence
should be sent to the secretary:
Terri Layton
1319 Reed Lane
Kintnersville, PA 18930-9433

NJMA EVENTS HOTLINE

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



CALENDAR OF UPCOMING EVENTS

Sunday, July 13
10:00 am

FORAY: Meadow Woods Park
Leader: Susan Hopkins

Saturday, July 19
3:00pm

CULINARY GROUP DINNER: Japanese BBQ
at the Horvath residence in Somerset.
Directions will be furnished to registrants. See the article
on page 10 for additional information.

Sunday, July 20
10:00 am

FORAY: Herrontown Woods
Leader: Nina Burghardt

Saturday, July 26
1:30pm

**SPECIAL MEETING AND LECTURE BY
ROGER PHILLIPS** at the Frelinghuysen Arboretum.
His talk is entitled "The Ecological Aspects of Protecting Fungi"

Sunday, July 27
10:00 am

FORAY: Schiff Nature Preserve
Leader: Susan Hopkins. Guest Mycologist: Roger Phillips

July 31 - August 3

NEMF Samuel Ristich Foray in New London, CT.
(Registration required. Visit www.nemf.org for info.)

Sunday, August 10
10:00 am

FORAY: Hoffman Park
Leader: Bob Hosh

August 15-17

NJMA Victor Gambino Foray at the King's Gap
Environmental Center in Carlisle, PA. *Leader: Terri Layton*

Sunday, August 17
10:00 am

FORAY: Stephens State Park
Leader: Jim Barg

August 21-24

COMA Clark Rogerson Foray
(Registration required. Visit www.comafungi.org for info.)

Sunday, August 31
10:00 am

**FORAY: Manasquan Reservoir
Environmental Center** *Leader: Rob Robinson*

September 2 – 28

**NJMA Art & Photography Exposition:
THE WORLD OF FUNGI**
at the Frelinghuysen Arboretum, Morristown

Sunday, September 7
10:00 am

FORAY: Rancocas Audubon Nature Center
Leader: Judy Mudrak

Sunday, September 28
10:00 am - 4:00pm

FUNGUS FEST 2008
at the Frelinghuysen Arboretum, Morristown

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.



PRESIDENT'S MESSAGE

On Sunday June 8, we had a very busy time with David Winston learning all about wild plants and their medicinal properties, with a little Cherokee wisdom thrown in. He stressed that everyone is different, so the use of plants in healing must be tailor-made for the individual. Thanks to you, David Winston, for giving up your time on a very hot day, and to Bob Peabody for arranging the visit.

This spring, our club had displays at several events. One of these was Science Weekend in Trenton. Susan Hopkins and I collected fungi and placed them on a table so children could examine them. We had a small table and chairs with hand lenses and a prism microscope. This child-friendly microscope is designed to be used in the field and is pretty well indestructible. Saturday was a pretty hot day and this caused the fungi springtails to hatch out. One little boy looked in the eye piece, leapt back, asking "How'd they get in there?"

I have recently become interested in the aquatic fungi which populate woodland streams and ponds. These microscopic fungi can be found attached to leaves and submerged logs. They are both ascomycetes and basidiomycetes, and they do what all fungi do: break up lignins, cellulose, pectins, and starches into substances that they and the rest of the aquatic life can use. The thing that is magical about them is their spores. Some have spores shaped like tripods so they can attach themselves to substrate in rapidly flowing water. Others coil around air bubbles. When the water level gets low, they stay in the mud until it rains. When the water level rises, the air bubbles cause the spores to float out of the mud. The spores can then attach to a leaf or log and the hyphae can start to grow.

I plan to incorporate pictures and information about these fungi into an exhibit I am doing with Carol Titus for the Clearwater Festival at Croton-on-Hudson, NY. This festival educates people about all aspects of the Hudson River. Dr. Carol Shearer and Huzefa Raja (her student) of the University of Illinois have been assisting me with lots of information.

Dr. Shearer will be giving a course about aquatic fungi at the Humboldt Institute's Eagle Hill field seminar program in Steuben, Maine. This is just one of the many interesting courses that are being offered at the Humboldt Institute this summer. Several of our members will be attending a course on polypores given by Tom Volk. If you are interested in what the Humboldt Institute has to offer, go to www.eaglehill.us on the web.

I hope to see you at the various forays this summer. I am looking forward to the Roger Phillips weekend on July 26 and 27. Also, don't forget to send in your regis-

tions for the King's Gap weekend so Terri Layton can let our hosts know how many people will be attending. We also need artwork for our September art exhibit at the Frelinghuysen Arboretum (see page 5 for details).

- Nina Burghardt

DON'T FORGET THE NEMF FORAY - JULY 31 - AUGUST 3

by Gene Yetter

A reminder to the Northeast Foray community about the upcoming event in New London, Connecticut. Dates, July 31 to August 3. If you are already registered, you are in for a treat because the environs there about are as woodsy and rural as it gets in most of the Northeast, maybe except for the far northern areas like Maine and the Adirondacks. So far, the region has had plenty of rain to date to energize fungal activity for the coming weeks. Hopefully the rain continues.

But if you aren't registered, what are you waiting for? Download a copy of the registration form from www.nemfdata.org, write your check, and send it in with the completed form.

Terry Stoleson and the members of the Connecticut Valley club have lined up a terrific educational program, as well as some theatrical diversions, and a display of Connie Borodenko's collection of mushroom art.

For starters, the 2008 faculty and staff of expert identifiers will include British author and photographer Roger Phillips (*Mushrooms of North America*), NEMF regulars Bill Roody and Walt Sturgeon, BMC member Bill Neal, and Renée LeBeuf, member of the Canadian "Cercle des Mycologues de Montreal."

Walt Sturgeon will talk on "Wood-munching Agarics of the Northeast." Bill Neal is going to do a polypore workshop and talk about his fascinating rediscovery a few years ago of a polypore species specific to Atlantic white cedar, *Echinodontium balouii*, thought to be extinct.

Renée will talk on *Hygrophorus*, a timely topic because the genus is among the groupings of familiar fungi that are incurring changes as a result of trends in mycology research. Can you say, "*Humidicutis marginata*" instead of "*Hygrophorus marginatus*"? The very common yellow-orange waxy-cap is now technically *Humidicutis*. Actually, Rolf Singer (1906-1994) is to thank for that renaming. Popular nomenclature generally ignored the change, but the name now appears institutionalized in the phylogenetic tree of the Agaricales. (See page 986 of the "Deep Hypha" issue of *Mycologia*.)

Other presenters of classroom and assembly talks include Gary Lincoff (always as witty as he is thought provoking), Roz Lowen on Ascomycetes and

Tricholoma, Dorothy Smullen on lichens, Susan Hopkins on "Dying with Mushrooms!", Greg Marley on medicinal mushrooms, and John Plischke on mushroom photography. Gary is going to pay tribute to recently deceased Sam Ristich, a task which Gary is pre-eminently qualified to do. He will also direct a stage drama, "The Faustian Mycologist"!

Finally, research scientist Ed Mena of LifePharms Labs in nearby Groton, will host a visit of forayers to his facility. Ed has been working for many years to discover therapeutic properties in wild mushrooms. He has been the beneficiary of the harvest of mushrooms left over at annual NEMF events, taking bags full of the throwaways back to his lab for study.

To inquire about the foray, e-mail Terry Stoleson (fungaloony@earthlink.net), registrar Dinah Wells (dinahwells@hotmail.com), or educational program chairman, Bill Yule (education@ctrivermuseum.org).



NEMF UPDATE

by Terry Stolleson, NEMF 2008 Chairman

FACULTY:

Gary Lincoff, author, *Audubon Field Guide of North American Mushrooms*

Bill Roody, author, *Mushrooms of West Virginia and the Central Appalachians*

Roger Phillips, author, *Mushrooms of North America*

Tom Volk, author of "Fungus of the Month" website

Roz Lowen, Ascomycetes

Walt Sturgeon, *Lactarius*, Friend of NEMF

Sandy Sheine, NAMA Educational Chairman

Bill Neil, rare polypores

Dorothy Smullen, Lichens

Susan Hopkins, Dye mushroom expert

Greg Marley, Medicinal mushrooms

John Plischke, Mushroom photography

Please visit www.nemf.org and www.nemfdata.org regularly for updates on program titles.

We look forward to seeing you here in CT next month.

If you have any questions, please feel free to email me at fungaloony@earthlink.net, to registrar [Dinahwells@hotmail.com](mailto:dinahwells@hotmail.com) or to Program Chairman Bill Yule at education@ctrivermuseum.org



ROGER PHILLIPS VISIT: JULY 26/27

by Susan Hopkins

Roger Phillips of England, author of many botanical books, is coming to visit NJMA on the weekend of July 26 and 27. He will also be a guest of the NEMF in New London, CT on the weekend after, July 31 - August 3. Between 1983 and 1991, Roger and his wife Nicky Foy (and small daughters Phoebe and Amy) came to this county to work on his wild food book published in 1986, and, at the same time, his *Mushrooms of North America*. The whole family attended many of our club forays and Roger was a lively and favorite speaker at both the NEMF and NAMA forays. *Mushrooms of North America* is still a first resource for all of us and is a familiar sight on all of our current forays. It has been reprinted, so if you don't have it, you should get it (see Herb Pohl, our club bookseller).

Roger will give us a PowerPoint presentation "The Ecological Aspects of Protecting Fungi" on Saturday July 26 at 1:30 pm at the Frelinghuysen Arboretum in Morristown. This is open to all club members and guests. Afterwards, at 5:00 pm, there will be a (by registration only) potluck picnic at the home of Dorothy Smullen in Millington, NJ. Only the first thirty people who contact me (by phone, US Mail, e-mail, or in person) will be able to attend due to the space constraints at Dorothy's home.

On Sunday, Roger will be our guest foray leader at Schiff Nature Preserve at 10:00 am. This will be a usual foray in all other ways: open to the public, rain or shine, bring your lunch, bug spray, basket, etc.

These will be very special events, so don't miss them!

If you want to attend the picnic you must contact me now (there are already 8 people on the list):

Susan Hopkins, P O Box 291, Oldwick, NJ 08858
Home phone: 908-439-3639
Work phone: 908-439-2920

My e-mail address is available from Jim Barg (jimbarg@bssmedia.com).



WILD EDIBLES: WHAT A LOVELY DAY!

by Judy Mudrak

Yes, it was a little warm on the day of the Wild Edible walk but well worth the effort...and always very enriching to hear David Winston, the world renowned herbalist speak. I've tried and used most of these valuable plants for years now in various ways, and the strengths and effects of them are always astonishing. And, just like David mentioned, they will not work, or only will work temporarily, if we don't make the proper lifestyle changes. But what part of our lifestyle do we need to change? Where do we go and who do we believe? There is a huge disagreement between industry-dependent and independent research and the influence each has on our medical and nutritional establishments regarding the most important daily activity we must do just to stay alive: EAT.

I've found that the more basic foods we eat, the more legible the ingredients, the better. Considering how food has changed in the last 100 to 200 years, it is easily recognizable how illness can evolve to modern degenerative disease. Unfortunately, the Industry is allowed to add toxic ingredients to food without labeling, or they may be formed during processing. This is where it becomes difficult to understand. Some toxins are more easily excreted than others, but most serious are accumulative toxins acting synergistically, which can be devastating to a person, possibly causing serious illness. Yes, they are in our foods which we eat daily.

Just like herbs make good sense, common sense can be a good guide in searching for good nutrition. For example, low-fat foods only came into the American diet about 100 years ago, and were reinforced in 1956 when the three national TV networks promoted it through the AHA doctors on the panel, except for one. If people knew about the various toxins in the unbalanced low-fat milk alone, formed during processing of the powder, many would not drink it again.

Deficiencies are harder to occur, when all nutrients are supplied in proper balance. Digestion and absorption can function at higher efficiency rates if proper enzymes are established in the gut. We can get some of them with uncooked wild plants like chickweed, dandelion leaves, and other live foods.

Unfortunately, the USDA does not require labeling of many of these toxic substances in our daily food. Fluoride is also a huge problem, being more toxic than lead. The silicofluorides are used in water, toothpaste, etc. They are even in teas and much, much more!

Besides all that, as David said, exercise is needed for movement of the fluids in the body to help excrete.

It is absolutely fascinating to learn and use these wild

plants along with their possible benefits and their limitations. Of course fungi belong in this topic too, but I do lack much knowledge in that region.

Some of you shared some concern when I told about my personal use of poke. (*Editor's note: For those who were not at the foray, David said that, before consuming poke, it needed to be boiled several times and the water discarded to eliminate toxins. Judy said that she fed her family the waters that were used to boil the poke. David said they were lucky to still be alive and well.*) But we all have a certain tolerance level. We all have different rates of dealing with toxins, according to our gut flora. A weak – or even worse – a dead gut flora will have difficulty dealing with toxins. For some people, peanuts can be deadly, others can't stop eating them. There is a reason for that.

I always begin using wild plants slowly. Many of them are quite cleansing and, as David mentioned, can cause diarrhea. But this does not necessarily have to be a bad thing. Herbs usually are cleansing.

Mortality due to medical mistakes of all kinds has become the third highest in the US. That is not good. Learning what foods toxins are in, how to avoid them, and using wild plants by ancient wisdom is much safer.

References can be made available. If anyone is interested, a Keynote (PowerPoint) presentation of "What's Happened to Our Food Supply and What Does It All Have To Do With Disease" can be made available.

WILD PLANTS JUST MAKE GOOD SENSE! Thank you David!!

For more information on Judy Mudrak visit her website: www.reversemydisease.i8.com



FUNGUS FEST 2008 NEEDS YOU

submitted by Dorothy Smullen

2008 will be our 30th year for Fungus Fest – WOW! This year's 'Fest will be held on Sunday, September 28. It's never too early to start thinking about this, our biggest annual public mushroom education event.

Every year, Fungus Fest grows with new exhibits and ideas. Thanks to all the members who volunteer each and every year, and we always need more people to help. YOU are ALL very important – whether you just help with setup on Saturday or greet the public on Sunday. Every job is essential. Please let me know by e-mail dsbs@bellatlantic.net or phone (908) 647-5740 to let me know that you will continue your usual job or if you want to help for the first time.

We need you, and thank you as always!





A WORLD OF MUSHROOMS

AN EXHIBIT OF FUNGAL ART AND PHOTOGRAPHY
BY MEMBERS OF THE NEW JERSEY MYCOLOGICAL ASSOCIATION

SEPTEMBER 2 – 28, 2008

FRELINGHUYSEN ARBORETUM GALLERY
HAGGERTY EDUCATION CENTER
MORRISTOWN, NJ

GUIDELINES AND INFORMATION FOR ENTRANTS

For the month of September, NJMA will be presenting an exhibit of members' work in the gallery of the Frelinghuysen Arboretum in Morristown.

1. All work exhibited must be original work by New Jersey Mycological Association members.
2. The subject matter of the work must be mushroom-related.
3. All work must be framed and ready to hang.
4. Each entrant may exhibit five (5) works.
5. A commission of 20% will be paid to Frelinghuysen Arboretum on any work that is sold.
6. ENTERING: A list of all entries (entry form below) must be sent to Jim Richards (jimrich35@mac.com) 211 Washington Street, Hackettstown, NJ 07840-2145 **by August 10th**.
7. DELIVERY: All work to be exhibited must be delivered to Jim or another Committee member **by August 24th**.
8. The exhibit will be installed on Sunday, August 31 and will be de-installed on September 28.
9. Unsold works will be returned to exhibitors by October 12th.

ENTRY FORM – “A WORLD OF MUSHROOMS” ART & PHOTO EXHIBIT

EXHIBITOR: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

	TITLE	ARTIST	MEDIUM	VALUE	
1.	_____	_____	_____	_____	<input type="checkbox"/> FOR SALE
2.	_____	_____	_____	_____	<input type="checkbox"/> FOR SALE
3.	_____	_____	_____	_____	<input type="checkbox"/> FOR SALE
4.	_____	_____	_____	_____	<input type="checkbox"/> FOR SALE
5.	_____	_____	_____	_____	<input type="checkbox"/> FOR SALE

WHO'S IN A NAME?

Boletus smithii and *Calvatia booneana*

by John Dawson (part 8 of a series)

Boletus smithii Thiers (illustrated on p. 311 of Bessette, Roody and Bessette's *North American Boletes*) is one of large number of fungi whose specific epithet honors Alexander H. Smith and/or his wife Helen V. Smith (whose maiden name was also Smith). Born in Crandon, Wisconsin, in 1904, Alex Smith became one of the foremost American authorities on the higher fungi, especially the Agaricales. The son of a lumberman and potato farmer, Smith "wanted to study forestry at the University of Montana, but was unable to do so because of limited financial resources."¹ Instead, with the aid of assistantships and financial support from a sister, he received a B.A. in 1928 from Lawrence University in Appleton, Wisconsin, and went on to earn a Ph.D. in 1933 from the University of Michigan, where he was a student of the renowned agaricologist C.H. Kaufmann. Smith was appointed Assistant Curator of the Herbarium there the following year, and remained at Michigan throughout his professional career. (He died at his home in Ann Arbor on December 12, 1986, one day before his 82nd birthday.)

It was during his graduate years that Smith met his future wife Helen, who received her Ph.D. in paleobotany from Michigan in 1940. Helen was born in Iowa in 1909, where her father had intended to take over management of her family's orchard. But severe asthma forced him to move elsewhere, so she grew up in Caldwell, Idaho, where her father served as an instructor in chemistry (and later in zoology and geology as well) at the College of Idaho, an institution founded in 1887 by Presbyterian minister William Judson Boone.

Boone served as president of the College of Idaho for 44 years, and initially taught all the sciences there. In time,



however, he hired others (including Helen's father) to teach all but botany, which (especially mycology) thereafter became the primary focus of his own endeavors. A passionate early photographer, Boone strove to carry out "a botanical survey of the region [around Caldwell]...before grazing and other new conditions transformed plant life in Idaho." For many years, he monitored the "botanical changes [resulting from the] ... expansion of reclamation and stock-raising" in Idaho, and "developed the College of Idaho into a liberal arts college with special strength in the biological sciences."² Long before audio-visual aids came into widespread use, he also "put together a set of 65-70 lantern slides to use in teaching mycology."³

Boone was a close friend of Helen's family, so it was natural that she did her undergraduate studies at the College of Idaho and that, when she married Alex in 1936, it was Boone who performed the wedding. (He reportedly recorded the marriage the following morning, just hours before his death.⁴) Boone is commemorated by the puffball *Calvatia booneana* Smith, which Boone had collected and tentatively identified as *Calvatia gigantea*, but which Alex, seeing it on Boone's desk, recognized as a distinct species then new to science.

Altogether, Alexander Smith (often with Helen's collaboration as illustrator) published nearly two hundred books and articles, including several monographs on different genera of fungi, as well as *The Mushroom Hunter's Field Guide* (the first modern guide written for amateurs), *How to Know the Gilled Mushrooms* and *How to Know the Non-Gilled Fleshy Fungi* (the latter co-authored not only with his wife, but with his daughter, Nancy Smith Weber, who herself earned a Ph.D. from Michigan in mycology). One of the best of his books, in both Thiers' opinion and my own, is *Mushrooms in Their Natural Habitats*, which was issued together with a set of 33 Viewmaster stereo slide reels. I was fortunate some years ago to obtain a copy of both that book and the slides, and I concur with Thiers' judgment that they "will prevail for decades to come as one of the most lucid introductions to the basic structure and anatomy of the fleshy fungi."⁵

In her 1996 memoir of her mother⁶, Nancy Smith Weber notes that her parents were "poorly matched physically," her father being "vigorous and competitive"

¹This quotation and much of the information about A.H. Smith herein is taken from the obituary memoir of him by Harry Thiers that appeared in *Mycologia* 79(6), Nov.-Dec. 1987, pp. 811-818.

² Quotes taken from Idaho State Historical Society Reference Series publication 537, available online at <http://www.idahohistory.net/Reference%20Series/0537.pdf>

³Quoted from the article "A tribute to Dr. William Judson Boone", by Palmela L. Packard, pp. 2-3 in *McIlvainea* 3(1), 1977.

⁴ *Ibid.*

⁵ Thiers, *op.cit.*

⁶ "Helen V. Smith, a Woman of Many Interests", *McIlvainea* 12(2), pp. 64-74.

(indeed, he was for many years the faculty handball champion at Michigan) and "an avid fisherman"; whereas her mother was more retiring and preferred to botanize while Alex fished. Yet despite Alex's athletic physique and hiking prowess, he "did not enjoy toting and packing rocks very much," which was among the reasons that Helen "reluctantly moved away from active work in paleobotany" (in which she nevertheless retained a lifelong interest). Instead, mushrooms "became the central focus of life for the Smith family", and Helen became Alex's devoted companion on field trips, whose complex logistics she largely oversaw.



William Judson Boone in the field

Thiers recalled that "collecting and studying with Alex Smith was fun, due in large part to his...enthusiasm and his ability to make us feel that finding even the most common mushroom was a major discovery." That accords with my own single encounter with Smith, just before I left Ann Arbor after completing my own dissertation in mathematics: I was taking an introductory course in mushrooms at the University of Michigan Botanical Gardens, whose instructor (Tina Gilliam) was one of Smith's students. My wife and I had gone out mushroom hunting and found what we thought was a specimen of *Amanita muscaria*, until we looked beneath the cap and discovered that it had pores. Thinking it was a look-alike we just didn't know, we failed to collect it, but when I asked Tina about it, she introduced me to Alex Smith to seek his opinion. And despite my status as a rank amateur, he did not question my account, but supposed it was probably a mutant form of *A. muscaria*, commenting that boletes with gills were also sometimes found. His only regret (and mine!) was that I did not have the specimen to contribute to Michigan's mycological herbarium.



CORRECTION – NAMA FORAY DATES

In our May-June issue, the dates for the NAMA Foray in McCall, Idaho were printed incorrectly on the foray schedule.

The correct dates are **September 4-7, 2008**.

A VERY SPECIAL COOKING CLASS

by Dorothy Smullen

It was a beautiful sunny May afternoon when four NJMA members and a guest met at Bob Hosh's house for a mushroom cooking class.

We started by picking fresh sorrel, thyme, and chives from Bob's garden. We then soaked some dried morels and got busy cleaning and chopping three packages of store-bought mushrooms and shallots to use in a basic *duxelle* recipe. The thyme and morels were added to the *duxelle*.

We used some of this *duxelle* to create delicious mushroom croustades on oval slices of French baguette baked for twelve minutes at 400°. They were quickly devoured.

Some more of the *duxelle* was added to the ingredients of the turkey-mushroom meatloaf recipe (on NJMA website, www.njmyco.org) along with ground, dried black trumpet mushrooms donated by Jim Barg. It looked fabulous with little diced pieces of red bell pepper and black trumpet bits showing through even before it was baked.

We then moved on to create scrumptious shiitake pot-stickers with fresh shiitake, garlic, ginger, soy and scallops (and wrappers). They disappeared faster than the croustades as we dipped them in homemade sauce. (Recipe also on NJMA website.)

Bob created a special sorrel and potato dish with Beech mushroom sauce. There was great fun as everyone sipped wine, chopped and peeled, and learned first-hand how to create delectable dishes. We sat down to a delicious meal of the meatloaf, the potato dish with sorrel and Beech mushroom sauce, and steamed green beans.

It was a delightful afternoon. If Bob does this again, you'd better sign up fast, otherwise the lucky five of us that attended will beat you to it!



Natalie Atzeri, Bruce Riddle, and June Wenzel in the kitchen, learning mushroom cooking techniques from Bob Hosh

PRINCETON MOREL FORAY

by Terri Layton

I sure hope you didn't miss this year's morel pickings. They were GOOD. I had debated about attending the foray since my past years' average finds have been less than a dozen morels which could work out to be about \$100 a pound with the gas prices the way they are.

What pushed me over the edge to forge ahead was stumbling on two small *Morchella elata* (Black Morel) and one decent-sized *Morchella* (a.k.a. *Mitrophora semilibera*) while tidying up my yard the day before the foray, and then I was lured into the morel hunt.

As usual, there were many "I've-never-seen-before" attendees at the foray, and I whispered to my companion to come away with me before the end of the foray leader's various club announcements and the usual warnings about ticks. I wanted to get to *my spot* before others could beat me to it. Of course, my deliberately slow and quiet movement caused a few people to glare in my direction and uncannily figured out that I was up to no good, that is, sneaking out early. The restless forayers then picked up their baskets and made a mad dash toward the woods, leaving behind the few, the good, and the playing-by-the-rules members.



PHOTO BY SUSAN HOPKINS

Eliza and Terri at Princeton

Along the path, a recently fallen big tree provided a perfect opportunity for us to put a respectable distance between my yogi companion, Eliza, and the rest of the gang. As she and I hopped over the log, I couldn't help but notice that some others struggled to get over the hump. I would have stopped to help under other circumstances (like looking at birds or wildflowers), but this is a morel *hunt!*

And yes, they were there, and I got so excited and started yelling...LOOK. LOOK. OH MY! And too late – next thing I knew there was a swarm of opportunists who

leaped over logs and ran out of the woodwork and descended on us like locusts and shamelessly confiscated our treasures. As the saying goes: All's fair in love, war, and the hunt for the morels. It's really a curious thing about these little ascomycetes: morel hunts seem to bring out the not-so-morally-best-behaviors in some of us.

It's been said that the best way to detect these delectable fungi is to stand in one spot and slowly turn clockwise, but there is a better way as one member demonstrated. The *proof* was definitely in his basket.

Here is what you do: First, kneel or squat down really, really low to the ground. Next, pick up a twig and bite down hard. Now slowly rotate counter-clockwise, making a circle without taking your eyes off the ground. The reason for getting down low is to increase the probability of detecting these elusive creatures (this is why you see little kids with fuller baskets), and the twig part is to prevent you from screaming when you find them. No rhyme or reason for the turning direction, however.

Eliza, who's never mushroomed before, termed this technique to detect morels as *Bhujangasana* (bu-jang-ga-su-na), meaning "a cobra posture" in yoga world. The benefits of practicing this posture are numerous, but for morel forays, this technique eliminates any bobbing up and down, thereby reducing the odds of being detected by those "I-have-no-scruples" opportunists who will rush to your side and partake of your treasures and suck up every morsel in sight. By the way, the technical term for this phenomenon of sucking up everything in site is referred to as the Hoover Effect (Get it? Hoover vac?).

As a side note, to optimize this technique, it is highly recommended that loud-colored clothing should be avoided at all costs. I would suggest jungle fatigues for maximum inconspicuousness.

Try practicing *Bhujangasana* daily and you will be glad you did when the next season gets here.



OOPS, WE FORGOT ONE!

BE SURE TO ADD THIS FORAY TO YOUR CALENDAR,
IT WASN'T LISTED IN OUR LAST ISSUE!

NOVEMBER 9
WELLS MILLS COUNTY PARK
LEADER: NINA BURGHARDT

DIRECTIONS ARE ON OUR WEBSITE,
WWW.NJMYCO.ORG

GUESS WHO'S COMING TO OUR KING'S GAP VICTOR GAMBINO FORAY THIS YEAR!

by Terri Layton

For 2008, our annual Victor Gambino foray will be held at a new location in Carlisle, PA on the weekend of August 15-17. We are excited to announce that Dr. Tim Baroni, who has visited NJMA in the past, will be our special guest. Dr. Baroni is a SUNY Cortland professor of biological sciences who is an international expert in the field of mycology. He has traveled extensively and discovered many new species in his career.

Last year, Dr. Baroni received the honor of Distinguished Professor, the highest academic rank from SUNY. The SUNY Cortland President Erik J. Bitterbaum commented: "Dr. Baroni's reputation in the field of mycology has been confirmed by prominent national and international scholars. Dr. Baroni's passion for his work, the precision with which he executes his research, and his painstaking mentorship of future mycologists provide a truly unique combination of excellence in scholarship and teaching."

Here is an excerpt from SUNY about Dr. Baroni's accomplishments and his interests:

Baroni specializes in tropical mycology and is one of the world's leading experts on the diversity and systematics of macrofungi. In the past 30 years, he has described five new genera, 63 new species and varieties, and since 1980 has proposed 27 new combinations of fungi.

His book, *How to Identify Mushrooms to Genus VI: the Modern Genera* (Mad River Press, 1988), written with David L. Largent (Baroni's mentor while at Humboldt State University) is considered one of the most significant references in the field.

"It is truly exceptional that he has described more than 60 new species and made 25 or so new combinations," wrote Donald H. Pfister, Asa Gray Professor of Systematic Mycology and Curator of the Farlow Library and Herbarium at Harvard University, in support of Baroni, who worked as a cryptogamic botanist at Harvard from 1979-80. "To describe the previously unknown, one must know the group of organisms well through extensive museum studies and field work, have an excellent knowledge of the descriptive literature, and construct the descriptions, including Latin text, to assure valid publication. This is precise, detailed, and scholarly work and Baroni excels at it."

He is an eloquent speaker who likes to share his Indiana Jones-like travel adventure stories, his scientific knowledge and his passion for mycology and to do it with humor.

We also have plans for a special lecture by Susan Hopkins on the brief history of NJMA. We are also planning on a bird walk and perhaps a night owl walk (bring your flashlight or a miner's hat).

If anyone has some reservations about attending the Victor Gambino foray this year, we are not going to rough it! No bunk bed! Just regular beds with nice clean sheets and pillows. To top it off, the food and coffee are great.

There is still time to register, but not many rooms left. A registration form is in the previous issue of *NJMA News* and is also available online.

Special thanks goes to Dr. Glenn Boyd who secured Dr. Baroni as a special guest for this event.



Dr. Tim Baroni on his recent visit to NJMA

MUSHROOM CRAFT WORKSHOP

submitted by Dorothy Smullen

As part of the series of workshops and lectures presented by NJMA this spring a "Felted Bowl and Bead Workshop" was held on June 22nd at the Great Swamp NWR auditorium. Five NJMA members were instructed by Dorothy Smullen and Susan Hopkins in the art of creating felted bowls. They also learned about the various styles of beads used in jewelry making. The teachers had learned these techniques at the International Fungi Fiber Symposium in Mendicino, CA this past January. Susan prepared mushroom-dyed fleece and bought the other materials needed for the bowls. All participants were thrilled with the results (see the Color Page in this newsletter for their accomplishments) Beads for jewelry were made from mushroom paper and dyed fleece.





EDITOR'S RAMBLINGS

It seems that some of us need to go back and re-read the Foray Guidelines on our website, www.njmyco.org. In particular:

3. *Do not hunt at selected foray sites within one week prior to the foray.*

It has come to my attention that, at the Princeton Foray in May, some members had arrived an hour early and had been collecting before the foray. The forays are intended to serve as educational experiences where members can learn how to identify mushrooms. Part of the learning process is seeing how and where the various species grow. The forays are not intended as a way for members to fill their bags with edibles (although that certainly is a secondary goal for most of us).

Also (again from the Foray Guidelines), another reason for not pre-collecting at a foray site:

6. *Specimens belong solely to the finder. However, when mushrooms of particular interest are located, please allow others to examine and photograph them *in situ*. Disposition of the specimen is the prerogative of the owner, but cooperation with the Taxonomy Group in building the club herbarium is urged for the benefit of the entire membership.*

If you find it, it is yours to do with as you will. Just give everyone an equal chance to see them where they grow. And, secondly, everyone should begin foraying at the same time. No sneaking off ahead of the group.

Forays should be cooperative, non-competitive events.

Certainly, there is no reason to stop people from returning to a site *after* a foray to do collecting on their own. If a particularly desirable mushroom has been found, by all means, go back and get some more.

And, it would be a good idea to re-read *all* the Foray Guidelines.

On a totally different note: I was intrigued at the Wild Foods Foray with David Winston's "Cherokee Wisdom" about plants being rational beings and should be respected as such, especially powerful leaders like Poison Ivy. If there were doubts about this line of thought, an article by Carol Kaesuk Yoon in the June 10th issue of *The New York Times* erased many of them. It seems that some plants, like Great Lakes Sea Rocket and others, can recognize their relatives – and react accordingly. This is an ability that most animals do not have. There is not space enough here to go into the details of the article but interested readers can check it out at www.nytimes.com/science.

As usual, I would like to thank all of the NJMA members that have contributed to making this newsletter what it is: Nina, Susan, Dorothy, Terri, John, Gene Y, Judy, and especially JIM.

As I have said (more times than I am sure you wanted to hear) it is *your* newsletter and *your* contributions are what makes it what it is. Keep them coming. Even if we don't agree with everything you write (and we don't) we still want this to be the place where your thoughts and opinions can be shared.

– Jim Richards

ASK A QUESTION OR SHARE YOUR KNOWLEDGE

NJMA YAHOO GROUP tech.groups.yahoo.com/group/NJMYCO

A free forum on the Internet for NJMA members to share mushrooming experiences and to freely exchange any kind of mycological information.

For full details on joining this group, see the July/August 2007 issue of this newsletter.

Join now, and start communicating!

NJMA CULINARY GROUP JAPANESE BBQ ON JULY 19

submitted by Jim Richards

On Saturday, July 19 at 3:00 pm, the NJMA Culinary Group will have a Japanese BBQ. The menu will feature *washoku* – the traditional foods of Japan.

Dishes that are being considered for the menu include Miso Soup with Enoki Mushrooms, Rolled Sushi Two Ways, Chilled Noodle Salad, Eggplant stuffed with Ground Chicken, Miso-Marinated Grilled Fish, Gingery Seared Pork, Soy-Glazed Beef Burgers, and Poached Peaches in Lemon Ginger Miso Sauce. Bob Hosh and Jim Richards will be planning the menu (as usual) and will be sending the recipes to the participants. Attendees will submit invoices for the food they cooked and the cost will be divided among the participants.

The BBQ will be held at the home of John Horvath in Somerset. Directions will be furnished upon registering for the dinner.

For further information and/or to register for the BBQ, please contact Jim Richards (908-852-1674) jimrich17@mac.com or Bob Hosh (908-892-6962) rhosh@patmedia.net.



"Everything that seems to be is not."

– Samuel Ristich



RECIPE FILE

(This recipe is a favorite that Terri Layton occasionally brings to our club events and picnics.)

Mushroom/Tofu Shu-Mai

by Terri Layton



16-18 ounces Tofu (firm kind)

2 lbs. of two or three kinds of mushrooms (a little shiitake is nice)

1 bunch scallions

Salt and pepper to taste

1 tbsp. sugar (optional)

1 tsp. toasted sesame oil (optional...but don't be fooled by the non-toasted kind)

1 package wonton skins (round thin ones are best...look in the frozen food section)

3 egg whites, slightly fork-whisked (Two to bind mixture and one to brush on skin)

Vegetable oil to sauté mushrooms and to pan fry

Prepare mixture:

1. Drain tofu overnight in a colander.
2. Chop mushrooms into small chunks (*not too small, to be able to taste & feel texture of mushrooms*)
3. Sauté mushrooms in vegetable oil in small batches over medium to high heat to avoid excessive moisture buildup. Cool to room temperature.
4. Chop scallions in small pieces, 1/8" length.
5. In a large bowl, combine tofu, mushrooms, scallions, sugar, sesame seed oil, salt & pepper, egg whites and mix well.

Note: It's critical for the mixture to be somewhat dry. Excessive moisture will cause mixture to fall apart and you will have pancakes. Try adding salt at the last minute.

Stuff it:

1. Place a skin in the palm of your left hand. Brush egg whites around the outer 1/2" of the skin.
2. Put a tablespoon of the mixture in the middle of the skin.
3. Cup your hand and squeeze gently and evenly from all sides (like you have a small bird in your hand) until the mixture oozes up just below the edge of the skin. Make sure skin is evenly distributed around the sides. Thin skins make the cupping process easier & don't taste doughy.
4. Squeeze the waist (middle) a bit harder... it should look a little bit like an hourglass.
5. Give it a light spank on the bottom so that it will sit up straight when you steam/pan fry.

Steam/Pan fry:

1. Lay out bamboo steamer and spray with oil (oil will prevent pockets from sticking to the steamer).
2. Steam for 5 minutes.
3. Transfer to cooling rack. I use a cake cooler.
4. Let it cool and pan fry to brown or freeze for later use.

To serve:

Serve with this dipping sauce: Combine soy sauce, white vinegar, sugar, and red pepper flakes (for heat). Float a few chopped scallions for presentation.

Suggestions and substitutes:

Ground pork can be used instead of tofu or half of each. Fresh shrimp deveined and shelled cut into 1/2" pieces can be buried in each shu-mai. Invite friends over and have a competition on who can make it the fastest, since this can be a tedious task after the tenth one.

Makes 50 dumplings (allow 5-6 per person)

THE GREAT NEBRASKA MUSHROOM FESTIVAL 2008

by Johanna Seward (reprinted from Spores Afield, the newsletter of the Colorado Mycological Society, June 2008)

In southeastern Nebraska, April 25th is known as Mushroom Eve. The date heralds the beginning of the morel season in the area and is well known to everyone. People even come from out-of-state to hunt for the delicacies. And we came too, taking two-lane roads across Nebraska whose beef, grain, and railroads make our urban life possible. One RV park advised us where to run should the tornado siren sound. Unfortunately the weather this year was unseasonably cold and windy - and remained that way - with the result that abundant morels were expected to be about a week behind schedule. We ate the morels we did find and had none left over to bring home. This fact, however, was no deterrent to the very good time we enjoyed in Peru, Nebraska, a small town on the banks of the Missouri River. First, there was a pancake breakfast at the City Hall on the morning of the 26th to benefit an ill child. Then a formal welcome to the Great Nebraska Mushroom Hunt at which we were given mesh collecting bags (the Nebraska Department of Natural Resources, Conservation Reserve Enhancement Program is into spore dispersal) and maps of the areas where mushroom collecting is permitted. We were very clearly warned not to trespass on private land as a rumor was going about that there'd been a shooting the prior year as a result of a mushroom hunter trespassing.



Morels are taken seriously in Nebraska. The hunt began at Steamboat Trace Trailhead, a river bottom area along the Missouri and part of the Lewis and Clark Trail. River bottoms will teach you the meaning of the word MUD! Morels are alleged to love it.

After lunch we headed for Indian Caves State Park nearby and forayed in that beautiful wooded area. The

sun came out and it was wonderful hunting in a landscape of rolling hills among hardwood trees we don't have in Colorado. In one area with a view down to the Missouri River we met a family from Topeka who'd come to hunt morels to sell. They were headed home, sorely disappointed. Yet that very morning we'd been told of a man from the Emporia, Kansas area whose 200 pound morel harvest he considered meager! One man we met, sitting in his truck debating whether it was worth his while to start up through the woods, gave us his recipe for morels. He said, "I roll 'em in flour and salt and pepper and fry 'em in grease." This method of preparation is common in the area, sometimes with the addition of egg and cracker crumbs.

We headed back to Peru and arrived in time for Bunky Christensen's lively country and bluegrass music and the mushroom awards. Prizes were given for the first morel, the largest morel, Sporesmanship (awarded to a bighearted young man who actually left morels for others to collect), and any other possible excuse. We received the prize of a birdhouse for having come the greatest distance to the festival, and Bernie was crowned King! Why this was so remains a mystery though it may have been because he burst into dance at one point due to Bunky's music. Anyone who knows Bernie will acknowledge he'd rather experience a root canal.

Sunday morning we headed back to Indian Caves. Up on the hills in the woods one hears birdsong all around and as one goes downhill and nears the river the birds are drowned out by chorusing frogs. We returned to town in time for a BBQ and Pie feast to benefit the Peru Historical Foundation, again at City Hall. It was delicious.

Back at the Trailhead a presentation about the birds of southeast Nebraska was followed by another award ceremony with Mark Davis, the Omaha World Herald Outdoor Photojournalist whose photos were used in Michael Kuo's book, *Morels*. Amazingly, Michael Kuo and Mark Davis have not actually met so we invited Mark to the mycoblitz in August and very much hope he can come so they can finally be introduced.

On the way back to Denver we stopped to find the Seward family plot in the Tecumseh Cemetery and visited cousins in Fremont. Although we didn't return with a large harvest of morels, we did come home with good memories of friendly people and the beautiful landscape of southeast Nebraska, a renewed appreciation of the importance of the state to the development of the West, another mushroom recipe – and a single Nebraska tick.

Postscript: On May 14th Mark Davis reported that he'd collected 65 pounds of morels and one of the festival organizers said that people were coming down out of the woods carrying five-gallon buckets full of them.





FORAY NEWFOUNDLAND AND LABRADOR

2008

GUEST FACULTY *

Gavin Kernaghan
Urmas Köljalg
Dave Malloch
Bill Roody
Heidi Tamm
Greg Thorn
Zheng Wang

* Tentative. Changes may occur.

Central Newfoundland

Lion Max Simm's Camp **

September 12-14, 2008



** 48° 58' 16" N and 55° 32' 36" W puts you on the parking lot. Try it with Google Earth.

NJMA NEWS

c/o Susan Hopkins
P.O. Box 291
Oldwick, New Jersey 08858

FIRST CLASS MAIL

NJMA is a non-profit organization whose aims are to provide a means for sharing ideas, experiences, knowledge, and common interests regarding fungi, and to furnish mycological information and educational materials to those who wish to increase their knowledge about mushrooms.

In this issue:

- ROGER PHILLIPS VISIT
- KING'S GAP WITH TIM BARONI
- WHO'S IN A NAME - PART 8
- WILD EDIBLES
- MUSHROOM/TOFU SHU-MAI
- PRINCETON MOREL FORAY
- VERY SPECIAL COOKING CLASS
- ART SHOW GUIDELINES
- NEMF FORAY REMINDER
- JAPANESE BBQ

...plus much more!

Sparassis herbstii

a.k.a. *Sparassis crispa*, *Sparassis spathulata*

Eastern Cauliflower Mushroom

Here's a great edible that's found on wood and dead roots, often near the base of trees, looking like a whitish *Grifola frondosa*. It is brittle and is cream in color. Many times you'll find it growing around grass and twigs that are in the path of its growth (known as *indeterminate growth*). In NJ, this fungus can grow to a foot or so in diameter.



PHOTO BY JIM BORG