

NJMA NEWS

THE OFFICIAL NEWSLETTER OF THE NEW JERSEY MYCOLOGICAL ASSOCIATION

VOLUME 43-3 MAY-JUNE 2013



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Vice-President - Patricia McNaught
Secretary - Igor Safonov
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DUES

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NJMA EVENTS HOTLINE

908-227-0872 for information on NJMA events or cancellations due to bad weather. It is NOT for general inquiries or to contact officers!

CALENDAR OF UPCOMING EVENTS

Sunday, May 5
10:00 am

FIRST FORAY OF THE 2013 SEASON
Institute Woods, Princeton *Leader: Bob Hosh*

Saturday, May 11
11:00 am

CULTIVATION WORKSHOP - Shiitake
Instructor: A.J. Bozenmayer Registration required. See issue 43-2

Sunday, May 18
2:00 pm

WORKSHOP - Using Keys
Instructor: Dorothy Smullen Registration required. See issue 43-2

Saturday, May 25
10:00 am

WORKSHOP - Exploring Lichens
Instructor: Dorothy Smullen Registration required. See issue 43-2

Sunday, June 2 10:00 am

CLASS - Introduction to Mushrooms
Instructors: Terri Layton & Patricia McNaught

1:00 pm

CLASS - Collection and Field ID of Mushrooms
Instructor: Jim Barg Registration required for each class. See issue 43-2

Saturday, June 8
10:00 am

CULTIVATION WORKSHOP - Oysters
Instructor: A.J. Bozenmayer Registration required. See issue 43-2

Sunday, June 9
10:00 am

BOB PEABODY WILD FOODS FORAY & PICNIC
Deer Path Park *Guest expert: Tama Matsuoka Wong*
Foray leaders: Bob Peabody and Bob Hosh

Saturday, June 22
10:00 am

FORAY - Lake Ocquittunk Family Camping Area,
Stokes State Forest *Leader: Jim Barg*

Saturday, July 6
10:00 am

FORAY - Wawayanda State Park
Leader: A.J. Bozenmayer

Saturday, July 13
10:00 am

FORAY - Holmdel County Park,
Hill Top section *Leader: Bob Hosh*

Sunday, July 14
1:00 pm

WORKSHOP - Scientists in the Kitchen
Instructors: Patricia McNaught and Igor Safonov
Registration required. See issue 43-2

Sunday, July 21
10:00 am

FORAY - Meadow Wood Park
Leader: Dorothy Smullen

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

It is now mid-April and, by my count, we have had only three days that, meteorologically speaking, were unmistakable as Spring. The rest have been divided between Winter and Summer. This appears to have confused the local insects to the point that they have not been as pesky as in years past.

Spring also bodes the beginning of foray season and I, for one, am ready for walks in the woods with good friends and the opportunity to hone my taxonomic skills. It also signals the summer break for the program series. The 2012-13 programs included talks by Dr. Jim White and Dr. Allison Brown. Both programs pushed the envelope and made us aware of new explorations in the scientific world.

The last program of the season was a general club meeting. It was the first that was not paired with another activity. I am perhaps biased but I think it was a success. The purpose of the meeting was to move ahead on the NJMA By-laws Project.

We started by reviewing the current by-laws. It became clear to those present that our current by-laws, written in 2002, were now dated and needed to be moved forward to stay current with changes in the club and the society in general. My experience with several organizations is that the useful life of a set of by-laws is about a decade, so ours are on schedule.

We then looked at the beginnings of a new set of by-laws. We added a Charter at the beginning which clearly presents our mission statement and stipulates how we will comply with the federal and state laws as a not-for-profit organization. We also discussed the new classes of membership, their names and their definitions. Finally, the club officers, including the Board of Trustees, were reviewed as to their responsibilities, authorities, election and term limits.

There is a lot more work to do and I will say something about the progress in future newsletters. Please feel free to contact me (myxophil@verizon.net) with your input or questions on this process.

– Phil Layton

MUSHROOM ILLUSTRATORS WANTED

Thank you to all who have submitted mushroom illustrations which have allowed us to enhance *NJMA News* for our members.

We are always interested in receiving accurate hand drawings, sketches, or artwork in any variety of media to grace our pages. While we cannot guarantee that your work will be published, we do file each submission and consider it for use either in conjunction with specific articles or for use as backgrounds or supplemental art when needed. You retain your copyrights and you'll be credited in all cases.

Contact our Art Director Jim Barg at jimbarg@bssmedia.com for more information or to submit your work.

WELCOME TO THE ONLINE EDITION OF NJMA NEWS

For the great majority of you who are viewing the online PDF of this newsletter, please note that **most web links and email addresses are clickable**. Clicking on a web or email address will launch your web browser and take you to the specified page or open your email software so you can send us an instant email. Just look for the "click finger" when you hover your mouse over these items.

No more clumsy "writing it down" or copying and pasting!

TAMA MATSUOKA WONG TO LEAD WILD FOODS FORAY

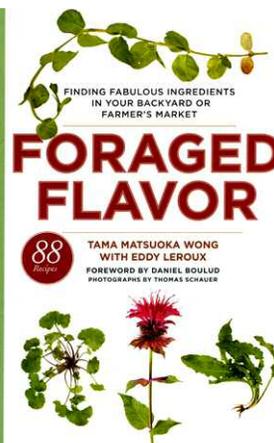
Bob Peabody Wild Foods and Picnic
Deer Path Park, Sunday, June 9, 10:00 AM

Ms. Tama Wong, forager since 2006 for Daniel Restaurant, New York and co-author with Eddy Leroux of *Foraged Flavor* (Clarkson Potter, 2012) will be the guest expert for our annual adventure into the world of wild plants. (See the review of *Foraged Flavor* by Judy Glattstein on pages 23-24 of *NJMA News* #42-5, September/October 2012)

Since the publication of this book last year, Ms. Wong has been widely interviewed and written about, most recently in *Martha Stewart Living* March 2013. You can find out more about Ms. Wong at her website www.meadowsandmore.com.

While the walk leaders of the past few years have done great jobs in their areas of expertise, it is great to be getting back to wild *foods*, not wild *medicine*!

After the walk, we will have our annual Wild Woods Potluck. **While guests may go on the walk, the potluck picnic afterward is for NJMA Members only. You must be a paid-up member to participate.**



LECTURE REVIEW

DR. ALLISON M. BROWN MYCORRHIZAL FUNGI: THE GOOD, THE BAD, AND THE DELICIOUS

by Betty M. Wise

The NJMA lecture on March 9th, “*Mycorrhizal Fungi: The Good, The Bad and the Delicious*” by Dr. Allison Brown was attended by over 40 members and guests.

“The Good”

Mycorrhiza is the symbiotic association between a plant root and a fungus that affords mutual benefit to both partners. The plant sends sugar and carbohydrates to the fungus. The plant gains minerals, water and disease protection. The fungus gains carbohydrates, sugar and oxygen.

There are two types of mycorrhizae:

1. Arbuscular mycorrhizae (AM) are the fungal threads that penetrate the cells of the root and branch out within the cell (as seen microscopically). They form spores outside the root, but do not have large fruiting bodies.
2. Ectomycorrhizae (EM) are fungal threads that form a felt-like glove around the rootlet. Ectomycorrhizal fungal often form mushrooms as fruiting bodies.

A method called the “Big Plant/Little Plant Bioassay” shows the advantage of inoculation. The EM spores of *Pisolithus tinctorius* (Dyemaker’s False Puffball) are used to inoculate the soil of the plant. This is proven scientific research that can be duplicated in the lab. The fungus improves the growth of the plant. However, this only works in “deficient” soils with low levels of phosphorus, as excess phosphorus and even compost is toxic to fungi.

Shown microscopically, the mycelial growth underground exceeds that of the fruiting body above the ground. The hyphae spread from one plant to another, and this enables the plants to share carbon with each other. Dr. Brown showed a slide illustrating similarities in patterns of mycelial threads of fungal plant roots to that of an x-ray of a lung.

In addition, salt marshes were previously thought to be fungus-free, as sulphur reduces oxygen. However, Dr. Brown’s research showed that mushrooms can grow there.

“The Bad”

Examples include the deadly *Amanita virosa* (Destroying Angel), and *Amanita phalloides* (Death Cap). Amanitas affect protein synthesis and are toxic to the liver. *Amanita muscaria* (Fly Agaric) is the one Alice took in the story Alice in Wonderland. This was later the subject of the song “Go Ask Alice” by Jefferson Airplane.

If a bolete stains, it’s not good to eat. This is true in most cases, especially for the novice mushroomer.

Other mushrooms might emit a foul, fishy or other

strong odor. For example, *Amanita calypttrata* has a fishy odor. *Tricholoma magnivelare* (American or White Matsutake) has a spicy, foul odor like a cross between “red hots” and dirty socks.

Russula xerampelina (Shrimp Russula) also has a fishy odor. Other russulas can be emetic, and have a slight burning sensation upon tasting a small bit. This is helpful in identifying a specimen.

“The Delicious”

Over 140 mushrooms are edible. These include: hypogeous or underground fungi, such as the white truffle. This one is best served raw. They are very difficult to cultivate, and are hard to find as they can be ten feet underground. Truffle-sniffing pigs are able to detect them, as they are attracted to the aromatic compounds that mimic sex hormones.

Other delicious specimens include: *Boletus edulis* (King Bolete), *Boletus atkinsonii*, Chanterelles (have ridges, not gills), *Hydnum* (related to chanterelles), Morels, *Ramaria butrytis* (Cauliflower Coral), *Russula brevipes* (Short-stemmed Russula), *Suillus luteus* (Slippery Jack) and *Suillus salmonicolor* (Slippery Jill). For the *Suillus*, you need to remove the slimy cap before cooking.

Dr. Brown advised us to respect the forest and respect the fungi. Trampling on the ground is a problem for the fungus. Lastly, she said to thank the plants, for they deliver the carbon to the mycorrhiza. 

WELCOME TO ALL OF OUR NEW NJMA MEMBERS!

*We’d like to extend a warm welcome
to the following members who joined us
between February 25 and April 28.*

*We look forward to seeing you at lectures,
forays, and other NJMA events.
Happy ‘shrooming!*

Natasha Berardi	Sparta, NJ
Carol A. Cappadona	Monmouth Beach, NJ
Carole Hango-Hanlon	Washington, DC
Ritu Harrison	Princeton, NJ
Lynda Lee Macken	Forked River, NJ
Emmanuel Quinones	Mine Hill, NJ
Roy Rozman	Fair Lawn, NJ
Jordan A. Stern	Madison, NJ
Ilan Waldman	Ocean, NJ
Maria White	Erwinna, PA
Sergey Wortman-Vayn	Annandale, NJ



EDITOR'S NOTES

Here we are again – at the same place every two months. And, now we have to find something to say (other than the usual “Please send in your _____, Thank you for sending in your _____, We need more _____, etc.)

The good thing is that we are at the beginning of another season of collecting mushrooms and wild foods. That means that we can begin to expect to get articles and photos from you about your collecting of, identifying of, and cooking (or not cooking) of some of Mother Nature’s offerings. With any luck, the collecting season will more resemble that of 2011 than that of 2012. So far, it is starting out at a fairly normal pace. One big change that you are probably going to find when you get to your favorite spots is that Sandy and Friends may have caused a dramatic change in the landscape. There are reports of many, many trees that have been toppled. We have had reports from a number of NJMA “regulars” about their areas. And, most of them have not been good. Jim Barg told us that it took him more than twice as long as usual to scout one of his early morel spots because of all the fallen trees. Igor had also told us of considerable damage to some of the more southern locations. But, this may also bode well for those fungi that grow on fallen logs. We can probably expect bumper crops of those (maybe not this year), but very likely over the next couple of seasons.

Hopefully, many of you have signed up for the courses that the Education Committee has scheduled for this spring and summer.

We are in great need of more identifiers on forays. We are relying on a very small handful of people to do all the taxonomy, and that is not good. If any of these people get sick, move away, or just simply get tired of doing all the work, NJMA is going to be in a bad situation. It would be great if a few of you would start participating more and looking at the collection, field guides in hand and loupes out. Our experienced members are more than willing to help you learn how to identify the finds (just ask them!).

And yes, we do hope that we will see more foray reports, and photographs, and articles, drawings, poems, whatever, sent in to *NJMA News* to share with the rest of the club.

Have a great year in the fields and woods! Find a lot of great stuff...and share it with the rest of us!

– Jim Richards

“To dream of mushrooms denotes fleeting happiness, to dream you are gathering them, fickleness in a lover or consort.”

– Richard Folkard in *Plant Lore* (1884)

NJMA CULINARY GROUP PLANS FOR AN “OLD FAVORITES” DINNER

Saturday, July 27th
Unitarian Society, East Brunswick

Fresh Smoked Salmon *Ceviche*, Mushroom *Stroganov*, California Roll with Crab, Red Flannel Hash, Red Velvet Cupcakes, Country Terrine, Bread Pudding with Brown Sugar Walnut Sauce, Transylvanian Layered Cabbage, Chicken and Mushroom Pot Pie, *Alfajores* ... Do these sound like they belong on one menu? We might just find out on July 27th, when the NJMA Culinary Group gets together at the Unitarian Society in East Brunswick for its next dinner. (What you see here is a completely random selection from all the dinners we’ve had, and is, most likely, not what the real menu will look like. Come join us to find out!)

The Culinary Group is planning a switch from its usual format of selecting a particular cuisine as the basis for the upcoming dinner. Instead, we will be planning the menu based on the recommendations of the participants. When you sign up for the dinner, you will be sent a set of menus from past dinners, including all of those held at the Unitarian Society (except for the last four). You will be asked to choose a selection of dishes you would like to enjoy a second time. From the most popular choices, a menu will be created and the recipes assigned. We expect a very varied and very interesting pairing of dishes. The themes of the dinners that the recipes will be selected from are: Hungarian, Soup and Bread 2009, Locavore Garden Party, A Taste of Luzianna, A New England Supper, Argentinian Grill, Japanese, Russia Plus, and Fall Harvest 2011.

As usual, Culinary Group dinners are *planned events*, **not** potluck. Costs for the dinner are shared equally among the participants. The normal cost for a meal ranges between \$15 and \$18 per person. Everyone brings his or her own tableware and beverages. Coffee and tea are provided.

These meals are a great way to get to know your fellow NJMAers in a relaxed setting and to enjoy great food. As you probably already know, we have a lot of very talented cooks in our club, and, not surprisingly, many of them attend the Culinary Group events.

To register, or for additional information, please contact Bob Hosh (gombasz@comcast.net) (908-892-6962) or Jim Richards (jimrich17@me.com) (908-619-1438).



THE TYROMYCOLOGIST BASIC EQUIPMENT

by Patricia McNaught

We have more than a hundred NJMA members who have yet to venture on a foray. If you're one of them, this column is for you. Mushrooming is a great sport because you need so little equipment, but there are a few essentials. There's also a consideration that should guide your choices – the chances of losing an item that is not attached to you in some way is very high when you are mushrooming.

For a container, many of us prefer the traditional wicker basket – inexpensive ones can be found at resale shops. A brown paper (not plastic) bag works fine also. I like a basket because I can tie things to it – my cell phone, whistle and knife sheath. I buy knives from the resale shop, because I lose about one knife a season. I like a serrated knife to help remove tree-dwelling fungi. If you prefer a good (expensive) knife, attach a string and tie it to a belt loop. If you use a folding knife, you will have to clean dirt from the blade before refolding it. Wax paper sandwich bags work well for smaller specimens and brown lunch bags for larger ones. You can also bring a roll of wax paper and wrap specimens like a piece of taffy, with a twist at each end. Clear “clamshell” trays (*i.e.* containers from purchasing berries or herbs at the supermarket) work great for smaller, delicate samples, as does aluminum foil. For the tiniest samples, old pill bottles work. Insect repellent is a must; oftentimes you have to reapply it on the trail.

Ultimately, you'll want a 10x hand lens (also known as a loupe). Amazon sells some at really good prices. I hate my loupe bouncing on my chest as I walk, so I tie it to a belt loop.

Your particular interests will decide what else should go in your basket: the photographer, the person collecting for the table, and the person interested in mushroom ID will have different “accessories”. But start with the basics.

As far as clothing, many of us wear a hat, not for the sun, but so we can reapply insect repellent to the hat and not face. We wear long pants *always*, no matter how hot it is, for protection from briars and poison ivy. Hiking boots are preferred over shoes in rough terrain or if snakes are an issue. No sandals please! If the forecast is iffy, most of us bring a rain poncho. A poncho (unlike a rain jacket) will help you keep your basket dry. Take seriously the risk of mosquito and tick-borne disease. If you foray in northern New Jersey, you can make do with insect repellent. If you're going off trail in south-central or southern NJ, chiggers are a problem, and you should consider treating your clothes with Permethrin spray. This should be done a day or more ahead of time; it lasts through several washings. Although chiggers don't carry disease, a chigger infesta-

tion will bring you to a circle of hell that will leave you crazed and sleep-deprived from intense itching. Unfortunately, I speak from (repeated) experience.

The best place to store your mushroom equipment is in your car. You never know when and where opportunity (a promising patch of woods) will appear.



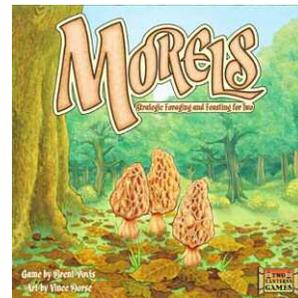
NOTEWORTHY TIPS relating to this article

- **Minimum requirements are to wear long pants and shoes or boots and bring a paper bag, knife and insect repellent. Walk in the woods and have a good time.**

– Patricia McNaught, Associate Editor

MORELS, A CARD GAME

reprinted from the SCMS Mushroomer, Snohomish County Mycological Society, Spring 2013. No author credit given.



Recently, I purchased this card game from Two Lanterns Games at <http://twolanternsgames.com>.

The objective of this two person game is to score the most points by gathering similar varieties of edible mushrooms and cooking them.

You must collect a minimum of three of the same variety of mushroom and you must have a frying pan card for each variety of mushrooms. In order to reach your goal you need to collect mushrooms, frying pans and baskets while walking through the forest. Each time your turn comes up, you have a choice of doing five different things. You can also sell some of your mushrooms in order to get walking sticks that allow you to go further into the forest. There are bonus and obstacle cards. Getting a Destroying Angel card from the forest can create havoc with your hand and reduce the number of cards you can have. Getting a basket gives you a chance to gather two more cards. Getting a night card allows you to pick mushrooms from the night deck. These mushrooms have twice the value of the regular day deck.

The game rules are a little complex and requires one to strategize to gather the most mushrooms. The website has a link to several video reviews and one can watch these to get a full understanding of how the game is played. In all, I found this game easy to learn, intriguing and challenging.



OVERVIEW OF NJMA CULINARY GROUP'S PORTUGUESE DINNER

by Ellen Hess

Snowstorms and frozen windshields are far from our thoughts as the weeping cherry blossoms and hyacinths emerge in early spring gardens, but on February 16th it was cold and gray – a perfect time to imagine oneself enjoying a dining experience by the crystal blue waters and sunny terrain of Portugal. Diners at NJMA Culinary Group's Portuguese Dinner were transported to sunnier times as they enjoyed a well-designed menu of Portuguese delights.

Portuguese cuisine features seafood in many forms, the most popular of which is salted cod. Before refrigeration, salting and drying fish was a widely-used method of preservation. For an appetizer, members and guests sampled flavorful Salt Cod and Shrimp Fritters, an intriguing combination of seasoned cod and shrimp with the comforting flavor and texture of potatoes. When the diners were polled following the dinner, these crunchy, warm and delicious fried balls were by far the favorite selection of the evening.

Caldo Verde is Portugal's best-loved soup, and there is really nothing like a rich savory soup in the middle of winter. Accompanied by two breads, the savory soup was a deeply satisfying balance of bitter greens, a rich broth and spicy chourico sausage. *Broa*, a rustic type of corn bread, had a toothy texture and a slightly sweet taste, while the Portuguese bread had a softer texture and mildly sweeter flavor.

Another Portuguese dish featuring seafood was Alentejan Style Pork with Clams, a signature dish of that region. There, the local pigs are fed acorns, which results in pork with a decidedly sweet taste. The flavors of the marinade and the briny clams provided a counterpoint to the meat.

A typical salad of fresh fava beans, fennel and cilantro in a wine vinegar dressing had a fresh and slightly acidic note and was a perfect counterpoint to the richer, heavier soup and stew.

For the dessert course, delicate baked Portuguese Custard Tarts and Rice Pudding ended the dinner on a sweet note, offered with a unique cookie. Olive and lemon are great partners in many savory dishes, but paired in a dessert cookie, they took on a new character. The Sweet Lemon and Olive Wafers were thin and slightly crunchy, a successful marriage of the fragrance of olive oil with a hint of lemon.

Now, as the weather is warming up, Culinary Group members are anticipating a summer barbeque (when they are not dreaming of morels).



PHOTO BY JIM RICHARDS

Salt Cod and Shrimp Fritters



PHOTO BY BOB HOSH

Alentejan Style Pork with Clams

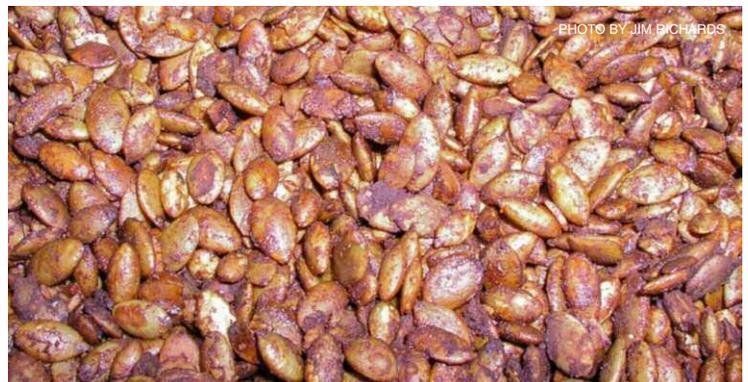


PHOTO BY JIM RICHARDS

Spicy Pumpkin Seeds



PHOTO BY BOB HOSH

Portuguese Custard Tarts

2013 NJMA FORAY SCHEDULE

(Driving directions to forays are on our website, www.njmyco.org/directions.html)

Forays begin at 10:00 AM and identification activities usually last for several hours after the foray walk ends. Don't forget to bring lunch!

DATE	LOCATION	LEADER
May 5 (Sunday)	Princeton Water Works (a.k.a. Institute Woods)	Bob Hosh
June 9 (Sunday)	Deer Path Park: Bob Peabody Wild Foods Foray and Picnic <i>Bring food to share and your own picnic gear.</i>	Bob Peabody and Bob Hosh
June 22 (Saturday)	Lake Ocquittunk Family Camping Area, Stokes State Forest	Jim Barg
July 6 (Saturday)	Wawayanda State Park	A.J. Bozenmayer
July 13 (Saturday)	Holmdel County Park, Hill Top section	Bob Hosh
July 21 (Sunday)	Meadow Wood Park	Dorothy Smullen
July 27 (Saturday)	Wells Mills County Park	Nina Burghardt
August 4 (Sunday)	Stephens State Park	Jim Richards
August 10 (Saturday)	Jakes Branch County Park	Bob Hosh
August 17 (Saturday)	Schiff Nature Preserve	Dorothy Smullen
August 25 (Sunday)	Manasquan Reservoir Environmental Education Center	Patricia McNaught
August 31 (Saturday)	Hoffman County Park	Bob Hosh
September 8 (Sunday)	Washington Crossing State Park	Mike Rubin
September 21 (Saturday)	Stokes State Forest – Grete Turchick Foray & Picnic <i>Bring food to share and your own picnic gear.</i>	Jim Barg
September 29 (Sunday)	Fungus Fest – Frelinghuysen Arboretum	Terri Layton
October 6 (Sunday)	Brendan Byrne State Forest	Rod Tulloss
October 13 (Sunday)	Cheesequake State Park	Bob Hosh
October 19 (Saturday)	Cattus Island County Park	Igor Safonov

REGIONAL (non-NJMA) FORAYS *(both of these require pre-registration and fees)*

August 6 (7) - 10	NEMF 2013 Samuel Ristich Foray, Rimouski, Quebec
October 24 - 27	NAMA 2013 Foray, Shepherd of the Ozarks, Arkansas

Before attending any NJMA foray, READ and UNDERSTAND our foray guidelines!

NJMA FORAY GUIDELINES

1. Unless noted otherwise, meet at the designated foray site at 10:00 AM. Groups will form and start off by 10:15. Forays will continue until about 12:30, at which time a lunch break will be taken at an area designated by the foray leader.
2. Forays will be held rain or shine and might be over rough trails or through heavy woods. Dress accordingly. Hiking shoes and insect repellent are strongly recommended. ***Do not hunt at selected foray sites within one week prior to the foray.***
3. The Foray Leader is responsible for organizing and conducting the foray. Cooperation of members and guests is expected. It is the responsibility of each mushroom hunter to remain with the group. Your best learning opportunities will be in watching and hearing experienced forayers.
4. Collection: Paper bags or waxed paper, a knife and a basket are essential. Do not use plastic bags or plastic wrap, which induce premature spoilage. When collecting for identification, try to get specimens of the same species in various stages of development. Disregard old/rotting specimens. Use a knife to dig up the entire specimen, including those parts below the surface of the substrate. Do not mix different species in the same bag.
5. 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.
6. Collectors are urged to use good conservation practices and to endeavor to leave foray areas as undisturbed as possible. If fungi populations are repeatedly decimated by over-zealous collectors, future years will see decreases in the size and variety of the fungi flora of the area. Please think ahead!
7. Identification: After lunch, two tables will be set aside for the sorting, identification and display of fungi collected. Members are invited to place any specimen collected during the foray on the sorting table. Plates and collection forms will be available. Identified specimens will then be moved to the display table for general examination.
8. ***WARNING: Never eat any mushroom (fungus) that has not been positively identified as edible!*** Mushroom poisoning can be fatal, so take extreme care. While foray leaders and experienced mushroom identifiers may aid in classification, neither the NJMA nor the individuals present at the foray are responsible for the identification or misidentification of any fungus.
9. Members are encouraged to bring friends who may be interested in our programs to any club function except – for insurance reasons – those where wild-collected foods are shared.
10. Suggestions are welcome. Please advise the foray leader or any club officer.

NOTE: In the past, the burden of identification has fallen on a few of our members whom we refer to as “experts”. Please don’t “dump” your collection on the table and expect someone to sort and identify your mushrooms. This is supposed to be a learning experience, so please try your best to identify your specimens to at least the Genus level. Beginners are encouraged to ask questions and be helped in their quest to identify mushrooms. However, beginners should collect only a few specimens (3-4) and try to learn these mushrooms before collecting more. It is easy to become overwhelmed with collecting and identifying mushrooms, so be patient and learn only a few at a time. For detailed field collecting notes, please check www.njmyco.org/guidelines.html.

WHO'S IN A NAME? Three Gardeners

by John Dawson (thirty-sixth of a series)

Individuals tangential to the history of mycology — some quite obscure — have occasionally been commemorated in scientific names of fungi. Two examples are *Leucocoprinus birnbaumii* (Corda) Singer and *Phellinus robiniae* (Murrill) A. Ames.

The former is a beautiful¹ (but poisonous) mushroom commonly found growing in greenhouses and flower pots. But who was Birnbaum?

According to *Wikipedia* (the best source I have found on the subject):

The species was first published as *Agaricus luteus* by the Yorkshire mycologist James Bolton, who described and illustrated it from a pine-stove (pineapple hothouse) near Halifax in 1785. Unfortunately, the name *A. luteus* had already been published for a different fungus, making Bolton's *A. luteus* illegitimate ... In 1839, Czech mycologist Corda described the same species from Prague, where it was found growing in a greenhouse by a garden inspector named Birnbaum.

No other information about Birnbaum — not even his first name — seems to be recorded anywhere.

Phellinus robiniae, on the other hand, is a perennial polypore that is parasitic on black locust trees (genus *Robinia*), to which the specific epithet *robiniae* refers. That epithet, however, has the form of an eponym; and indeed, the genus *Robinia* was named after two French gardeners, Jean and Vespasien Robin. The name *Phellinus robiniae* is thus an example of an indirect, or second-order eponym.

The relationship between the two Robins is a matter of dispute: Most sources say that Vespasien (1597-1662) was the son of Jean (1550-1629), but some refer to him as Jean's nephew, either actual or adopted. In any case, Jean Robin was, by all accounts, appointed royal arborist by Henri III of France, and he retained that title during the subsequent reigns of Henri IV and his son, Louis XIII. As part of his duties, Robin had charge of the gardens in the Louvre. Later, Henri IV commissioned him to develop a new garden "at the downstream end of the Île de la Cité in Paris" (the place now called the Place Dauphine),² and in 1597, the University of Paris appointed him to design its botanical garden, the Jardin Royal des Plantes Médicinales. The latter was completed in 1626, three years before Jean Robin's

death, and Vespasien Robin was named its head gardener. It opened to the public five years later.

The elder Robin was responsible for importing many exotic plants to France, in particular the black locust, and he became well known to the French public through the publication in 1608 of a book of floral needlework designs by Pierre Vallet containing 75 plates based on plants in Robin's garden at the Place Dauphine. Between 1601 and 1623, Robin published three catalogs of plants in the royal gardens, the first of which, *Catalogus stirpium*, listed some 1300 species. In 1619, he published (anonymously) a *Histoire des plantes aromatiques*, and in 1623, together with Vespasien, issued a retitled and expanded revision of the *Catalogus stirpium* describing 1800 species.

Vespasien, for his part, traveled widely, to Britain, Germany, Spain and the west coast of Africa (of which he published a botanical account in 1603). In 1620, he also published *Histoire des plantes nouvellement trouvées en l'isle de Virginie et autres lieux, lesquelles ont été prises et cultivées au jardin de M. Robin* (History of plants, newly found in the isle de Virginie [?] and other places, that have been cultivated in M. Robin's garden).



Phellinus robiniae



¹ See color plate 70 in David Arora's *Mushrooms Demystified*, 2nd ed.

² The information about Jean Robin recounted here is based on the entry on him in the *Oxford Dictionary of the Renaissance*, the most detailed and authoritative of the sources I consulted. There is a 24-page biography of Vespasien Robin by Ernest-Théodore Hamy, *Vespasien Robin: arboriste du roi, premier sous-démonstrateur de botanique du Jardin du Royal des Plantes (1635-1662)*, published in 1895, that I have not seen.

DREAMING OF SPRING; DREAMING OF MORELS

by Michaeline, reprinted from *Mainely Mushrooms*,
newsletter of the Maine Mycological Society, April-June 2013.

Are you dreaming of mushrooms yet? Every winter, sometime in February, I start dreaming, not of spring, but of morels, finding them, in my dreams, in places that seem vaguely familiar, either from my youth, or from many years of dreaming of morels. For some reason, I don't dream of finding other mushrooms; only morels.

Do you dream of finding morels, in your dreams or in your daydreams? Have you yet to find any?

Though not abundant, there are morels in Maine. Morels have been reported from York, Cumberland, Androscoggin, Oxford, Sagadahoc, Lincoln, Kennebec, Knox, Penobscot and Franklin Counties. Surely they can be found in the remaining counties of Maine.

Do you know when to begin looking? Start scanning in southern counties at the end of April, in cooler counties at the beginning of May. If you find them early, they will be small; remember where you saw them and wait a week or two for them to size up and mature. As Greg Marley reminds us, the flavor is much better if they have begun to form spores. Competition during this time will be from slugs and other people. By the time the grass is eight inches high, they will have stopped fruiting, and will be hard to find. It seems that there needs to be about an inch of rain followed by the first 70 degree days of the season. Never mind that perfect conditions for morels are perfect conditions for black flies.

Do you know where to look? Talking with a friend who is a deer hunter, we talked about why the most deer are shot in the towns along the Kennebec River Valley. He said that the wildlife people explain that population density is greater because there is more calcium in the soil. Morels have a strong affinity for sweet soils. In addition they seem to have an affinity for dead or dying elms (learn to recognize the distinctive shape of this tree!), apple trees (not just old ones), ash trees mixed with pine, and balsam poplar. They also seem to prefer warmer, well-drained soils; look in areas with sandy soils and borrow pits, not heavy silt clay soils. There are places that you will only find them once; other places will fruit year after year.

Do you know how to look? Don't look at the ground; they are not at ground level. Train yourself to scan the about 2" above ground level. Mottled and brown or gray, they are quite nicely camouflaged. They like to hide tucked into logs, under brush. When you see one, keep your eye on it and look for others. Sometimes there will be only one, but often you'll find one or two more in the same area. Notice how difficult it is to find the first one again!

Get out and look! Some say that it takes three years of checking a likely spot to determine that there are or are not morels. Be persistent!

Here are a couple of methods for cooking your morels:

For the first time, clean them well with a brush. Quite often slugs, ants and sow bugs are hiding in the warmth of their hollow. So, carefully cut them in half lengthwise, or crosswise into rings. Sauté gently in butter with a bit of shallot or onion, salt and pepper until they give up liquid and the shallots are cooked. Add a dribble of lemon juice and a bit of minced parsley. Fold into an omelet, or onto buttered toast or into a crepe or on noodles.

Now, if the season is perfect, warm with just the right amount of rain, you may have lucked into some large morels. Think about stuffing those! Brush them well, cut the stem off, and look carefully inside for dirt and inhabitants. Ants, in particular, will haul dirt up the stem. If they are not clean, or are occupied, a soak in salty water should dislodge that which you don't want to eat.

Dry them well.

For the filling: Chop the stems and sauté as above with parsley and lemon juice. Mix into either *chevre*, or if you can't stomach goat cheese, use some sweet ricotta that's been drained by hanging in cheesecloth for a couple of hours. Add some finely diced shallot or onion and fill the morels. Make an emulsion of half olive oil and half butter and use it to plaster the outside. Place in a pan and roast at 425° for about 15 minutes, or until the morels have oozed liquid and browned. Don't neglect the liquid in the pan; pour it over the morels on the plate.

Editor's note: When I scanned this article from the Maine newsletter, I sent a copy of it to several of NJMA's better collectors and asked for any comments. Here is Bob Hosh's response:

I have some differences of opinion. Morel stems have little or no taste and the consistency of rubber bands even when cooked. As Greg Morley is quoted in the article, morels have more flavor when they produce spores. Their stems do not produce spores. Deer love eating morels, and they eat only the caps, leaving the stems behind.

"It may be safely said that there are two kinds of people: those who notice mushrooms and those who don't. Likewise, there are two kinds of noticers: the appreciative and the appalled. Retired East Bay Regional Park District naturalist Ron Russo sums up years of visitor reaction: "For the most part there's a general disdain. They have heard so many stories about poisonous mushrooms." A few find their very existence offensive: Charles Darwin's daughter Etty patrolled the grounds of her estate for suggestively shaped stinkhorns, burning them in her fireplace before her housemaids got a glimpse of them."

– Joe Eaton, baynature.org/articles/planet-fungi September 27, 2012
from *Spore Prints*, April 2013, Puget Sound Mycological Society



BYTES, BITS, & BITES

TASTY LITTLE TIDBITS FROM OUR MEMBERS

from Carol Titus:

The Mysterious and Misunderstood World of Mushrooms is this year's Natural History Conference at Star Island, off the coast of Portsmouth, NH. Dates are June 22 to June 29. Guest speaker is Dr. Rick Van de Poll, Principal Ecosystem Management Consultants, Sandwich, NH. The brochure description reads, "Learn about the basic do's and don'ts of collecting and identifying mushroom, taste some of the finest culinary treats in the world and be prepared to shift your focus to a mycocentric world. Families welcome."

Star Island is located in the Isles of Shoals, and is an ideal summer getaway. Family style dining, porch sitting on a century old hotel, and gorgeous sunsets make for a relaxing time away from it all. Conference fee is \$125 adult. No fee for children.

Room and board for a 7-night stay varies with number of people in a room. \$850 a week for a double.

I highly recommend any reason for going to Star. For more information or to receive a booklet describing the summer possibilities, go to www.starisland.org or call 603-430-6272.

from Bob Kayros:

Hi Jim,
I came across the two linked articles and thought you might be interested.

Using Fungi to Fight Cancer

<http://tinyurl.com/c3ayaxb>

Turkey Tail Mushrooms Help Immune System Fight Cancer

<http://tinyurl.com/c5sfrxo>

from Jim Richards:

Morel Majority – The April 20-21 weekend edition of *The Wall Street Journal* has an interesting article on morels by Sarah DiGregorio, with a great easy recipe for Lamb-Sausage Stuffed Morels and suggestions for other ways to use them. For the full article go to:

<http://tinyurl.com/cr8rz8b>

from Judy Glattstein:

A Visit to Phillips Mushroom Farms webpage:

<http://tinyurl.com/ccoz58w>

from Charles Cohen:

Subject: More Mushrooms?

Not sure who to ask, but here it is:

With all the trees that fell over the last year or two, is it likely that we will see an increase in mushroom growth and frequency in the woods?

Here's hoping...

Charles Cohen

reply from Igor Safonov:

The answer is yes and no, Mr. Cohen.

If a tree dies, all the mycelium that is mycorrhizally (symbiotically) associated with that particular tree will stop producing fruitbodies (mushrooms) and will eventually wither and perish, as the sugar supply provided by the tree won't be there to support its survival, growth and propagation. The effects are likely to be immediate. For instance, Hurricane Sandy did enormous damage to the woods in NJ, taking out a lot of old growth hardwoods and conifers. Ergo, I do expect to see a reduction in mushroom population in certain areas that sustained severe storm damage this coming summer – even if we get adequate moisture levels. Still, in the woods, mycelium mats of many fungi are associated with multiple trees, so the death of one or a few trees in a large stand of oaks probably won't affect growth of fungi in that area in the long run.

On the other hand, wood-decomposing fungi that use dead wood as growth medium will flourish in the aftermath of Irene and Sandy. It may take a couple of years to see such colonization of trees that succumbed to these and other recent episodes of severe weather, but eventually you will definitely see a lot of stuff growing on fallen tree trunks.

Regards,

Igor Safonov

NJMA Secretary and Membership Chair

from Jim Richards:

First Signs of Spring - From Earthly Delights

<http://tinyurl.com/brjgy5w>

Bianchetto truffles are the truffles of spring. Bianchetto truffles might be called "the other white truffle."

Bianchetto Truffles (*Tuber borchii* Vittadini) closely resemble their better known (and significantly more expensive) cousin, the famed White Truffle (*Tuber magnatum pico*).

Aptly, Bianchetto is Italian for "whitish." Also known as Blanquette, Marzuolo ("March" in Italian) or Spring Truffles, Bianchetto truffles are found abundantly in the

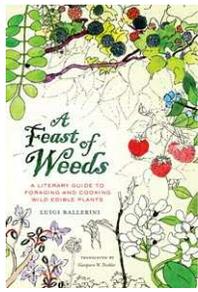
(continues on page 14)

BOOK REVIEW

A FEAST OF WEEDS

(WHEN A GOSLING MARRIES A POPPY... IS IT LEGAL?)

a book review by Patricia McNaught



A Feast of Weeds: A Literary Guide to Foraging and Cooking Wild Edible Plants

by Luigi Ballerini

Published by The University of California Press, Berkeley, CA (2012)

There's a joke about Unitarians: They describe themselves by what they don't believe, not by what they do believe. I feel that way about *A Feast of Weeds, a Literary Guide to Foraging and Cooking Wild Edible Plants* by Luigi Ballerini, translated by Gianpiero W. Doebler. It's easier to say what is not, than what it is. Foremost, it is not a field guide to the thirty or so edible plants discussed in the book, each with its own chapter. The botanical names of the plants are included along with general descriptions, but the author cautions that the collector should be guided by an expert. In addition, a few of the edibles in the book have poisonous look-alikes that are not even mentioned, so let's just say again: this book is not a field guide.

Perhaps the book is best described as a joyful, almost stream-of-consciousness meditation by a poet who loves both classical literature and Italy's rural traditions of gathering wild foods. He brings the two together along with some simple, country-style recipes by Ada De Santis. Reading this book is like having a conversation with a friend about something he loves: the conversation will skip back and forth and make surprising detours. Many chapters consist almost entirely of quotations from authors and botanists from ancient times to Renaissance: from Herodotus and Pliny to Hildegard of Bingen and Culpeper (the 17th century herbalist, not the former NFL quarterback). But then the chapter on blueberries discusses the song "Blueberry Hill" and pronounces it a text of "considerable sophistication". And the chapter on red poppy centers on the bouncy song "*Papaveri e papere*" that was wildly popular in Italy in the early fifties. The lyrics describe a gosling who marries a poppy who is all too soon cut down by a sickle. There follows a long discussion of possible interpretations (an example of insipid Italian post-war culture? A thinly-disguised political satire? Leftist? Ultraconservative?) If you've never quite understood the semiotic theory of deconstructionism (meaning is not found in words, only in the various contradictory interpretations of words), this chapter alone would make it clear.

With one exception, the plants here are native to the

Mediterranean area. However, many can be easily found wild in New Jersey (blueberries, purslane, nettles, wild chicory), can be purchased (blackberries, pine nuts, pomegranate, thyme, laurel, mint) or can be cultivated (chamomile, borage). While the author disdains the inferior flavor and texture of the supermarket/cultivated versions of the plants, several of the plants don't occur in NJ according to the USDA plant database.

The recipes by Ada DeSantis look absolutely delightful. Most have an Italian flair, like Pomegranate Risotto or Potato and Borage Gnocchi while others, like Smothered Sow Thistles or Pickled Purslane Sprigs, could come from any rustic tradition. One caveat: many of the recipes using greens call for ½ pound per person. That's a lot for a green like borage that, at least according to Kansas State University, contains "potentially liver-toxic and carcinogenic pyrrolizidine alkaloids". Maybe you shouldn't eat Polenta with Borage right before your annual physical, or you might have to explain the elevated liver enzymes on your test results.

Presumably Professor Ballerini wrote this book as a labor of love, unconcerned about who would be the audience for a literary guide to foraging. I think the most likely audience (at least among NJMA members) are those foragers who are looking for interesting recipes for their finds. It can be tricky to cook with unfamiliar foods because you don't know what they are supposed to taste like. The recipes here should bring both confidence and delicious results.



Here is a sample recipe by Ada DeSantis from the book:

Pickled Purslane Sprigs

(makes one small jar)

3½ ounces (100g) purslane sprigs (2⅓ cups)

1 cup (240 ml) white wine vinegar

Gather only the tenderest sprigs of the purslane plant and wash and dry them well. Then let them "bruise" for 4 days – that is, let them dry on a tray (even better if it is perforated) placed in an airy and cool place.

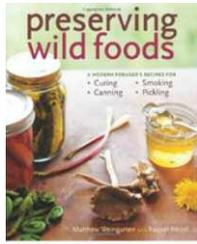
Break up the purslane sprigs and place them in a glass jar about 3¾ inches (8 cm) in diameter and 4 inches (10 cm) deep with an airtight cap. Pour in the vinegar, then press on the purslane with a wooden spoon until it is completely submerged in the vinegar.

Cap tightly, place in a cool, dark place, and let 40 days pass before eating. The purslane is good in salads or in savory pies.

BOOK REVIEW

PRESERVING WILD FOODS

reviewed by Judy Glattstein



Preserving Wild Foods: A Modern Forager's Guide to Curing, Canning, Smoking, Pickling

by Matthew Weingarten and Rachel Pelzel

Storey Publishing, 210 MASS MoCA Way,

North Adams, MA 01247

ISBN 978-1-60342-727-2

(paper with flaps) 256 pages, includes resources, acknowledgments, index, color photos throughout, some botanical and how-to illustrations.

What is “foraging” and what to do with what you find? Eat it, of course. But then it’s either feast or famine. Unlike broccoli at the supermarket which can be found year-round, foraging has seasons of plenty – dandelions turning green grass golden yellow in spring, and lean times to follow when the dandelions are gone and before another wild food steps out on stage. Easy enough to freeze or dry, but this book, which I was very interested to learn about, sounded like it would offer “value added” techniques when a wild food was found in abundance.

It is a great book: attractive in appearance, lucid in its text, and delicious recipes that are, on the whole, easy to follow. It is divided into five elegant, sensible, and clever sections; Coastline: gifts from the sea, Pastures & Hedgerows: grazing lands and natural borders, Gardens & Fields: cultivated and harvested, Forest & Woods: foraged, picked and plucked, and Banks & Wetlands: freshwater depths and shores. But, there’s a caveat. Of the 63 recipes, about 40% (26 to be exact) are for seafood, game, pork, lamb, eggs, or cheese. Let’s look at a few recipes to give you, dear reader, a sense of the deliciousness of the recipes and my concerns about where and how foraging fits in.

Looking in on Forest & Woods: First recipe, and it reads with mouth-watering yumminess, is for Strawberry and Lemon Verbena Preserves. It calls for 1 cup of water, ¼ cup loosely packed lemon verbena leaves, 2 pounds of strawberries, and 5 cups of sugar. I like the sound of this, but 2 pounds of strawberries? Oh, wait. There’s this comment on the page before the recipe, “When I can’t find wild strawberries on my hikes, I head to the Greenmarket and buy Tri-Star Strawberries, a hybrid of wild woodland strawberries and a Canyon varietal.” Good enough, but foraging in the Greenmarket isn’t what I had in mind.

Coastline: Arctic Char Gravlax with Wild Fennel Pollen. Wild fennel pollen is a west coast thing. I’d love to make this recipe – the fish is a more sustainable choice than wild-caught salmon; the recipe itself is simple. I suppose I could buy some wild fennel pollen (\$30 for a 45 gram jar – no wonder they call it fairy dust for food lovers.)

Let’s see what the authors have for mushrooms. Pickled Chanterelles. Interesting. The recipe calls for toasting peppercorns, allspice berries, a whole clove, and fennel seeds in a skillet until fragrant. Add ¼ cup of kosher salt and heat it up. Pour hot salt and spices over chanterelles, shallots, fresh thyme and marjoram leaves, a couple sprigs of rosemary, and 2 bay leaves. Make a pickling liquid, boil it, pour over mushrooms etc. and let sit, covered, until cool. Sterilize canning jars, add mushrooms (and pickling liquid I assume) then process in a boiling water bath for 15 minutes. The technique really intrigues me. Question: Are chanterelles the best choice for this recipe, or would a mushroom with more substance be more suitable?

The other mushroom recipe is for *Frutti di Bosco* “fruits of the forest” compote. It’s an Italian tradition, apparently, that pairs mushrooms with fruit and sometimes nuts. The authors point out that wild berries and mushrooms grow alongside each other, and specifically mention wild strawberries and chanterelle mushrooms. When I read the actual recipe it calls for 1 pound of fresh, cleaned, wild mushrooms, and the fruit is 1 pound of small wild blueberries. Any wild mushroom is fine when paired with blueberries?

I like the sound of most of the recipes that are in this book. I haven’t tried to cook any just yet. But a book that includes recipes for cabbage (Sauerkraut, Lactic-fermented Mixed Pickles), cucumbers (Classic Dill Pickles), watermelon (Old-timey Watermelon Pickles), Pearl Onions, and Pickled Garlic Scapes, doesn’t match up to my take on “wild foods” and “modern forager.” It’s the enticing discussions followed by recipes for Pickled Fiddlehead Ferns, several recipes for wild ramps, Cossack Pickles (pickled cattail shoots), Wild Persimmon and Ginger Jam, Rose Hip Jam, stinging nettles, and Dandelion Jelly that get my foraging juices flowing. The recipes for truly foraged ingredients are so interesting that I just wish this book had a focus more on recipes for foods I can find rather than ones that are store-bought. I’ll make some of the others, I’m sure. I just won’t tell my dinner guests that I foraged for the ingredients. 

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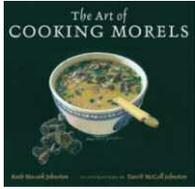
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BOOK REVIEW

THE ART OF COOKING MORELS

reviewed by Pete Bohan



The Art of Cooking Morels

by Ruth Mossok Johnston

Illustrated by David McCall Johnston

University of Michigan Press © 2012

It's that time of year again, and if you find yourself with a hefty supply of morels and are looking for new ways to prepare them, this might just be the cookbook for you. The author, a former cookbook editor for McGraw-Hill publishers and a food writer, has teamed up with her husband, an established artist, to create a simple, elegant, and beautifully illustrated collection of healthy recipes that showcase the mighty morel in sometimes very surprising ways.

It is obvious that the author, Ruth Mossok Johnston, has a passion for wild mushrooms, and specifically morels. The recipes are quite creative, yet easy-to-follow, and she borrows styles and flavor profiles from around the world for her creations. At a glance, I noticed elements of Thai, French, Danish, Chinese, Japanese, British, Indian, Mexican, and Greek cuisines, with some Jewish and New England flavors thrown in for good measure. And the ingredients can be just as exotic. Items like bison, antelope, rabbit, quail eggs, Meyer lemon, vindaloo spice, and specialty Thai ingredients like lemongrass, galangal, fish sauce, and coconut milk all make appearances.

This might sound too adventurous for the average home cook, but in her introduction she explains that these recipes stem from her love of unusual ingredients and how her (very privileged) upbringing promoted culinary exploration, so she sets the tone from the start. Yet despite her suggestion to get as creative with the ingredients as the reader sees fit, even a reasonably accomplished home chef might have trouble knowing what to substitute and when. I would have liked to have seen some suggestions for substitutions next to each recipe.

I can certainly appreciate the author's desire to cut down on fat, sugar, and salt; she states that it stems from a lifestyle choice made after her husband's heart attack in 1987. She uses low-sodium, fat-free, and whole-wheat ingredients, and butter and sugar substitutes (like cooking spray and agave syrup) wherever possible. And yet, that is my biggest gripe about the book. While I respect her creativity, if a book is essentially catering to a specific diet, I feel it should be marketed that way. For someone who wants to cook more authentically (*i.e.* not skimping on the salt, sugar, or fat), it might be disappointing.

I found three other nagging issues. One is that some of

the preparations seem unsuited for the complex (and expensive) taste of morels. Morels in a Thai or Indian-style curry? Morels with fiery Vindaloo sauce? In a tangy, spicy, sweet and sour Thai soup? Again, I admire her attempt to think outside of the box when it comes to the possibilities, but call me old-fashioned – I would never mask their subtle nuances with such incredibly assertive flavors. Secondly, unless you are rich, or happen to have more morels than you know what to do with, some of these recipes will be hard to execute. One of them is literally called “Crawfish Étouffée Loaded with Morels” and I found several others that refer to the dishes as being “loaded” with them. If you can afford it, or hit the jackpot on a morel hunt, have at it! I have personally always used them sparingly. Finally, while the illustrations are very striking, they have little to no connection with the recipes themselves. They are simply random pieces of mushroom art, some not even of morels, scattered throughout the book. I really would have liked to see more illustrations of the dishes themselves.

Overall though, I think this would be a worthy addition to any health-conscious mushroom lover's collection. The recipes are, for the most part, very simple, and if you have the right ingredients on hand, I could see making many of them in an hour or less. And it's a good book for someone with the ability to improvise on some interesting recipe templates and who is maybe bored with the common rich, butter and cream-laden morel preparations. Plus, of course, it would make a nice gift for that lucky person who happens to be drowning in morels.



BYTES, BITS, & BITES (continued from page 11)

Tuscany, Piedmont and Marche regions of Italy from early January through April.

The aroma of Bianchetto truffles is similar to the more expensive White Alba or Perigord truffle, but with a little more of a garlicky bite. Use Bianchetto truffles in just about any recipe calling for White truffles.

Fresh Bianchetto Truffles 3 oz. - \$132 (plus shipping)



PHOTO FROM EARTHLY DELIGHTS

(continues on next page)

BYTES, BITS, & BITES (continued from page 14)

from *Judy Glattstein*:

Hi Jim,

This spring, Gary Lincoff will be teaching:

Spring Mushrooms at NYBG

Two Tuesdays, May 21 & 28, 10:00 am - 1:00 pm.

Course number 134BOT330

\$145 non-members / \$131 members

Description: Morels, though hard to spot, occur throughout the metropolitan New York City region, and spring is the ideal time to find them. Discover how and where to hunt for them, as well as a number of other distinctive spring mushrooms including oysters, inky caps, wine caps, dryad's saddle, reishi, and the early-spring chicken mushroom. Learn how to correctly identify these mushrooms, how to differentiate them from any look-alikes, and get recipes for the best ways to prepare these mushrooms for lunch or dinner. (*Editor's note: The dates of this course are after the morel season*)

Next fall, Gary Lincoff will be teaching:

Mushroom Mania at NYBG

Four Thursdays, Sept. 19 - Oct. 10, 1:30 - 4:30 pm.

Course number 141BOT361

\$280 non-member / \$252 members

Description: Labor Day through Halloween is one of the best times to harvest a host of wild mushrooms in this area. Learn how to identify many of these species, how to differentiate edible from poisonous kinds, and where they tend to grow. Survey the great variety of mushrooms in the region and learn the differences between groups of mushrooms, especially look-alikes. An optional post-course trip to Bear Mountain to collect mushrooms can be arranged if a day can be agreed upon and enough cars are available.

To register either call 800-322-6924 or go online and register at nybg.org/AdultEd.

from *Rally Bartholomew*:



To whom it may concern,

I don't know if an abstract like this is to your liking, but I thought it might be. Thanks in advance if you use it.

Here's one more traditional.



Here are 2 morel images. Jason Smith is holding the plate. They are, however, Pennsylvania morels.

Rally



PHOTOS BY
RALLY BARTHOLOMEW

(continues on page 25)

MYCOPHAGY 2013 - FEBRUARY 24, 2013 AN AFTERNOON OF MUSHROOM COOKERY WITH CHEF LUKE SMITHSON

by Marja van Ouwerkerk

On a wintery Sunday afternoon, about 70 mushroom lovers met at the annual NJMA Mycophagy Event at the Unitarian Society in East Brunswick.

We were hosted by a very gracious chef, Luke Smithson of Jamie Hollander Gourmet Foods Catering and Café in New Hope, PA. Luke is a very pleasant and enthusiastic young man who also is a NJMA member. So nice to be among mushroom-loving friends! The event went so smoothly due to the very hard work of numerous industrious volunteers who helped prepare the ingredients and pre-cook some of the dishes. There was lots of wonderful tasting to be done. Luke explained the mechanics of each dish to perfection, giving helpful hints as he went along. The first dish he started on was Mushroom Gratin, which required several steps starting with roasting mushrooms with herbs, seasoning and oil. Then these ingredients were mixed with sautéed onions, cheese, eggs and oatmeal as a binder. This mixture then had to bake for 45 minutes covered, and then uncovered, for browning for another 15 minutes.

While the Gratin was in the oven, we were treated to crostini (toasted baguette slices) with two different kinds of mushroom flavored butters – delicious. Next Luke prepared a Wilted Kale Salad with Mushrooms and Miso Vinaigrette. This was a delightfully tasty salad that I have since made at home to rave reviews from my family. The Miso Vinaigrette is very easy to make and keeps well and works on any green salad. By then, the Gratin had finished baking and was sampled by all (a very tasty dish) with crispy mushrooms.

The last dish was the Mushroom Cacciatore over Ramp Polenta. Cacciatore is a hearty Italian “hunter’s stew”, made with dried boletes, onion, Kalamata olives, diced tomatoes, the mushroom-soaking liquid and herbs. The stock for the Polenta, which was served with it, was made with the dried-mushroom-soaking liquid. I have never been a great fan of Polenta; it is usually too gluey in consistency for me. However, Luke had a perfect solution, he recommended using an instant Polenta with a few tablespoons of previously prepared Ramp Butter, and it was heavenly, light and fluffy, yet satisfying, comple-

(continues on the following page)

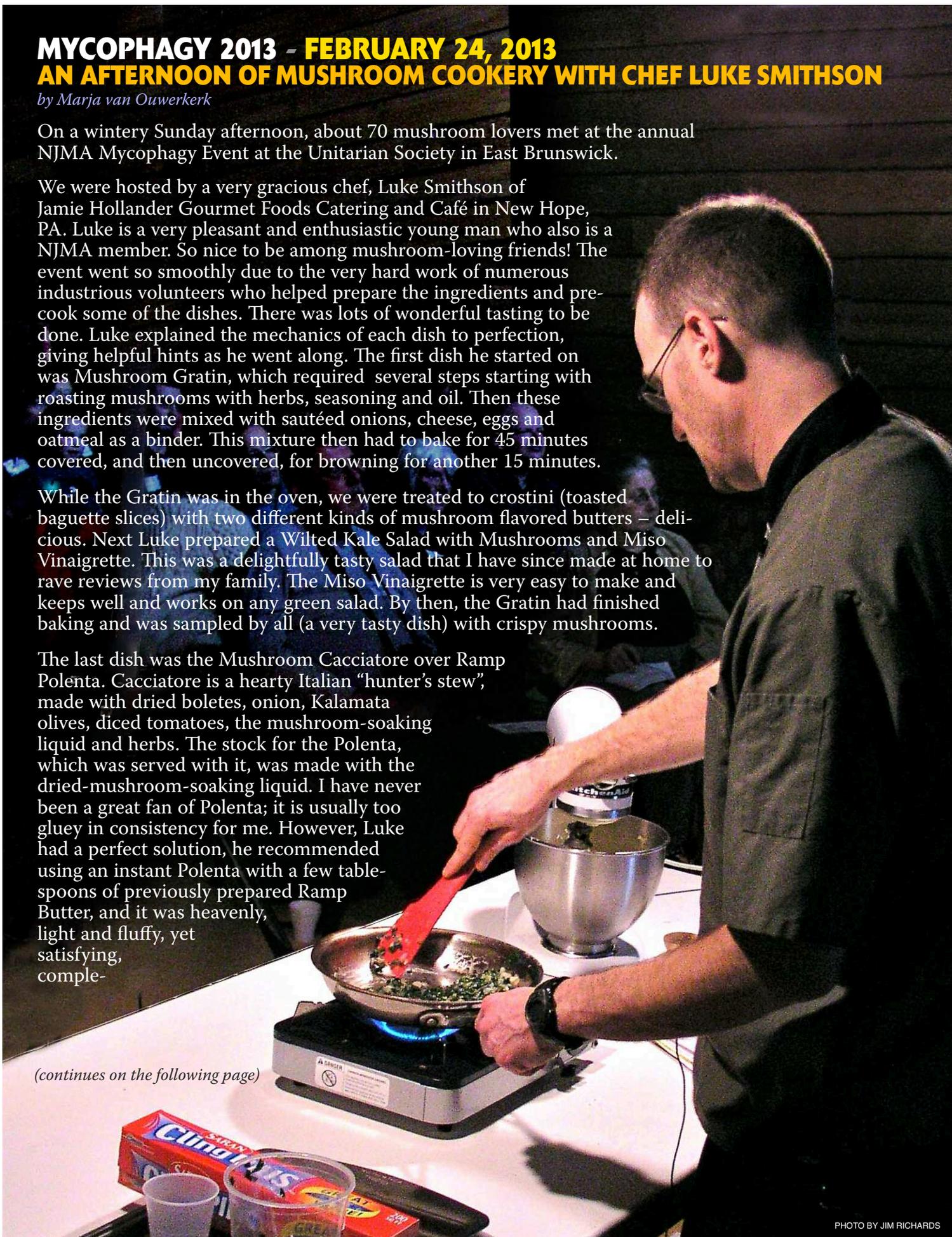


PHOTO BY JIM RICHARDS

MYCOPHAGY 2013 (continued from page 16)

menting the texture of the Cacciatore perfectly.

The technical crew had set up a camera and screen so even guests in the back of the room could easily see all of Chef Luke's work and he was very adept at moving his equipment on the cooking table so that everything he did stayed within view of the camera.

Between courses, the famed Myco-Auction was deftly handled by Bob Peabody, who had great flair as auctioneer wearing a mushroom-themed apron. Many happy bidders went home with mushroomy items.

The entire event was just great. Beverages kept guests happy between courses and a wonderful time was had by all. A great "thank you" to Maestro Luke Smithson who graciously provided the afternoon's recipes in advance for all participants. He was truly inspiring. Thanks also to all the volunteers who helped with preparation and cleanup. It was an inspiring afternoon that will not be forgotten, because we can attempt to recreate some of these wonderful recipes at home. Bon Appetit!



PHOTO BY JIM RICHARDS

Mike Rubin and Terri Layton behind the scenes



PHOTO BY JIM RICHARDS

The completed gratin.



PHOTO BY JIM RICHARDS

Chef Luke Smithson checking the roasting mushrooms

MYCOPHAGY BEHIND THE SCENES!

by Jim Richards

As many of you already know, we had a very successful Mycophagy meeting on February 24th. Marja has written a glowing review from the viewpoint of a member of the audience, of which there were about 70 of you. There should have been a few more, but as you know, from Phil's President's Message in issue 43-2, there were a number of people who had reserved seats but never bothered to show up or let anyone know they were not coming. So there were others on the waiting list who could have attended. What most of you do not know is what happened behind the curtain. I first contacted Luke Smithson in December to see if he would be willing to do the Mycophagy demonstration. His response was a very positive "I would be honored".

For the next two months, we corresponded on a regular basis, about everything from changes of dates for the event, to the menu, the shopping lists, the work schedule, etc. Luke sent me copies of the recipes that he planned to use, along with a general introduction to his demonstration. I assembled them into a handout that was given to attendees, which was a Mycophagy "first". Usually I try to get recipes after it is all over, and many times nothing ever gets done. That handout is included following this article for those who were unable to attend. We placed an order with Phillips Mushrooms, who (once again) generously donated the mushrooms for the cooking demonstration plus additional ones for the Myco-auction. All this while Igor Safonov, our Membership Chair, was busy handling registrations. On Saturday, the 23rd, when the mushrooms were to be ready, he drove to Kennett



PHOTO BY JIM RICHARDS

Igor Safonov assists Chef Luke to serve the Cacciatore with polenta

Square to get the mushrooms from Phillips, where he loaded his car, and then his refrigerator, with the 15 cases of mushrooms.

On the 24th, we got to Unitarian at noon and started advance preparations. Igor, Mike Rubin, Mark Streitman, Terry Layton, and I, under Luke's directions, began cleaning, chopping, slicing, dicing, etc. Mike and Judy Mudrak were there to set up the coffee and help with whatever needed to be done. Patricia McNaught took over the registrations from Igor and handed everyone a name tag, coded with the length of time the person had been a member of NJMA.

In the main room, a crew was busy setting up the chairs, audio-visual equipment, and demonstration table.

Luke started the initial roasting of the mushrooms for the gratin. And pretty soon, the smells of cooking mushrooms filled the kitchen-and would continue for the next three hours.

We set up the *mise en place* for each of the dishes to be demonstrated and then, a little after two o'clock, the demonstration began in earnest. As Luke demonstrated the recipe in the main room, the kitchen crew got everything ready to begin serving. After each dish was demonstrated, Luke would return to the kitchen to supervise the service of the finished food. While there was a lull in the cooking, Bob Peabody was busy with the Myco-auction. Then Luke would reappear, demo another dish, and the cooking and auction would continue to alternate for the next couple of hours.

Thanks go to all the people mentioned above for all the unseen work that made everything go so smoothly. Thanks also to Jim Barg for setting up and maintaining the video display that made it possible for everyone to see exactly what Luke was doing.

And a huge **thank you** to Luke for being so professional, easy to work with, and for being so willing to give of his time (and for his willingness to do more with NJMA in the future). Without all his effort, there would have been nothing to write about!

Oh, yes, I am sure that I have forgotten to name some people who were busy helping set up, take down, clean up, and so on. I should have made a list at the time, but it seems like I had one or two other things on my mind – forgive me. You are appreciated!



PHOTO BY JUDY GLATTSTEIN

The variety of exotic mushrooms provided by Phillips

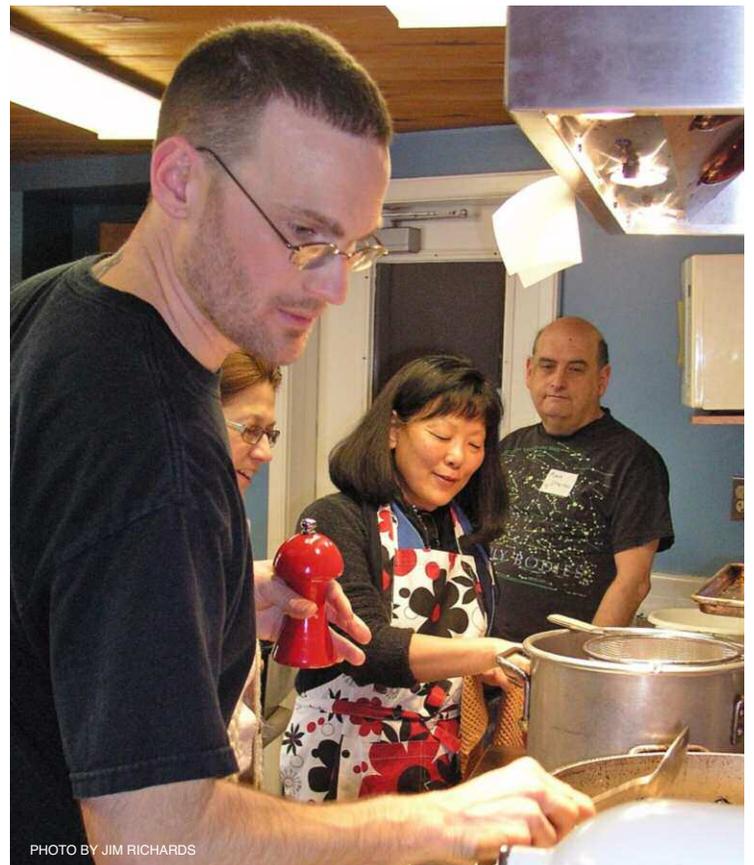


PHOTO BY JIM RICHARDS

Mycophagy 2013 – *A preview by Luke Smithson*

Mushroom Cacciatore over Ramp Polenta

Cacciatore is a traditional Italian dish, sometimes referred to as a “hunter’s stew”. It typically includes small game or poultry, tomatoes, onions, garlic, wine and stock. It often includes any number of other ingredients such as greens, olives, capers and, of course, wild mushrooms. As culinary folklore tells us, rural hunters would return home with whatever they had bagged (rabbit, wild birds, etc.), wild mushrooms and greens they had collected on the way and combine them with the typical ingredients found around the rural household (onions, garlic, herbs, wine, etc.).

Cacciatore is traditionally served over polenta, a creamy cornmeal-based porridge. Often, polenta is nothing more than cornmeal and water. Aromatic vegetables such as onions are sometimes added as well as fats, such as olive oil or butter.

I typically use instant polenta for the sake of ease. Traditional polenta requires 45-60 minutes of constant stirring and attention; although if you have the time and inclination, it can be worth the effort. Care must be taken to find true polenta “corn meal”. Typical corn meals sold in grocery stores tend to be cheap dent corn, no different than the stuff they feed cattle. True polenta corn meal will be labeled specifically for that purpose. For the gardeners out there, specialty seed catalogs such as “Southern Exposure Seed Exchange” will sell seed for true Italian polenta. Interestingly, it is sometimes possible to find polenta cornmeal in colors other than yellow, such as blue or red. Most likely, though, you will have to grow this yourself. As I mentioned, instant polenta is generally pretty good stuff, especially when you are finishing it with ramp butter! When making instant polenta, simply follow the directions on the box.

Many of the ingredients found in this Italian dish are originally from North America, notably the tomatoes and corn. But Italy has readily adopted these ingredients into its cuisine, developing both kinds of vegetable into varieties that are specific for sauces and porridge.

In this variation of Cacciatore over Polenta, I’ve omitted the meat and piled on the mushrooms. I try to choose varieties of mushrooms that will stand up to the strong tomato flavors: dried boletes, Chicken of the Woods (*Laetiporus sulphureus*), Portabellas, etc. When using fresh mushrooms like Chicken of the Woods, I will blanch the mushrooms in salted, boiling water for a few minutes, until the mushroom are just cooked, and then proceed with the recipe. I will then use the mushroom blanching water as my mushroom stock.

Compound Butter

Compound butter is a method of whipping flavors into butter, then using that butter to flavor other dishes. It is also a way of preserving foods, such as ramps, garden herbs or small amounts of mushrooms (maybe you only found a handful of black trumpets today, not enough for a meal).

Compound butters will hold up in the freezer, if well wrapped, for up to a year. When you are packaging compound butters, wrap them in multiple small logs so that you can take out a little at a time without having to thaw out the whole batch.

These butters are typically added at the end of the cooking process so that their flavors are not destroyed by heat. Suggestions include adding butters to your favorite starch dishes (polenta, rice, mashed and baked potatoes), finishing sauces, and basting meats and fish. In complete contradiction to the above advice, I will use compound butters to cook eggs in. I believe this works because of the low temperature and short cooking time that eggs require.

Remember, since the compound butter is typically added at the end of the cooking, ingredients need to be cooked *before* adding to the butter. This is especially important with mushrooms, as some kinds, such as morels, will make you sick when eaten raw.

Mushroom Gratin

Gratin is both a cooking technique and a culinary dish that has its origins in French cuisine. As a technique, it is a method of cooking where various ingredients, typically vegetable- and egg-based, are baked in an ovenproof dish and are browned on top. A broiler is often used to brown the top, although that is not absolutely required. As a culinary dish, a gratin is essentially a casserole that has a crust formed on top.

This mushroom gratin is a recipe that was developed to use up large quantities of mushrooms, such as when you keep finding massive fairy rings of *Agaricus campestris*, logs just loaded with *Pluerotus ostreatus*, or when you over-purchase cases of mushrooms from your supplier ☺.

The recipe uses oats and eggs as binders, which helps to reduce the starchy flavor that can often accompany gratins. Oatmeal is a great alternative to breadcrumbs as a binder in most recipes. Other cheeses can be used as an alternative to gruyère, such as swiss, parmesan, or gouda. I would stick to harder cheeses that melt well and avoid softer cheeses like brie, which tend to break when cooked too long.

Wilted Greens with Mushrooms and Miso Vinaigrette

Wilted green salads are a popular way of turning a typical cold salad into a richer, heartier vegetable dish. A popular example that most people have tried is a spinach salad with warm bacon vinaigrette. In this recipe, we are taking any variety of kale and pouring a warm mushroom and miso mixture over it to do the wilting. The wilting subtly changes the texture of the kale, softening it up.

Kale is an increasingly popular green that is found year round, although it tends to be better in cooler months (heat can make it bitter). Some varieties of kale will even survive winters if properly tended to. There are many varieties of kale, some better for eating than others. Some of the more popular and available varieties include Tuscan (dark green and very wrinkly, almost leathery), Red Russian (lighter green with tones of red and purple, softer and leafier) and Vates Curly (medium green and extremely curly leaf formations).

Miso is a fermented product most likely originating in Japan. It is typically made from soybeans, although other varieties made from garbanzo beans, adzuki beans, barley and rice exist. It is fermented with the help of a fungal culture and takes on a very deep and earthy flavor, sometimes described as “umami”. These “umami” flavors are often associated with mushrooms, hence a natural pairing of miso and mushrooms. Miso can be found in specialty food stores and Asian grocery stores.



Mushroom Cacciatore

Yield: 6 servings

Ingredients:

- 1 oz. Dried boletes (Substitute 1 pound fresh 'shrooms*)
- 1/2 cup Yellow onion, diced
- 2 Tbs. Vegetable oil
- 1/2 cup *Kalamata* olives, pitted and roughly chopped
- 1/2 cup Red wine
- 2 Tbs. Thyme; fresh, chopped
- 2 Tbs. Parsley; fresh, chopped
- 1 Tbs. Sage; fresh, chopped
- 1 Tbs. Garlic, chopped
- 2 Bay leaves
- 1 cup Tomato, diced
- 1 cup Mushroom soaking liquid

Method:

1. Cover dried boletes with 3 cups of near-boiling water (simmering). Allow to stand for 30 minutes.
2. Drain liquid from mushrooms; squeeze out excess and reserve liquid
3. Sauté mushrooms and onions in oil over medium high heat until softened, about 3-5 minutes.
4. Add olives and sauté an additional 2 minutes.
5. Add red wine and allow liquid to reduce by half.
6. Stir in herbs, diced tomato, and 1 cup of the mushroom soaking liquid. Reduce heat to medium low and simmer for 20 minutes.

Serve mushrooms over warm polenta with ramp butter (Recipes below)

*If using fresh mushrooms, omit steps 1 and 2. Substitute mushroom stock (or chicken stock) for the mushroom-soaking liquid.

For the Mycophagy demonstration, we have combined both dried boletes and fresh mushrooms in this recipe for the sake of bulking up the quantities.

Polenta with Ramp Butter

Ingredients:

- 1 box Instant polenta
- Bolete soaking liquid (from Mushroom Cacciatore recipe above)
- Ramp butter (recipe follows)

Method:

1. Prepare polenta according to the manufacturers directions, except: substitute the water or stock in the manufacturer's directions with your leftover Bolete-soaking Liquid (this will impart a mushroom flavor to your polenta). If you do not have enough Bolete-soaking Liquid to make the desired amount of polenta, simply make up the difference with water or stock.
2. Add a tablespoon or two of ramp butter to your finished polenta and stir in just before serving. There is no right amount of butter to add; add as much as you would like to achieve the flavor and richness you prefer.

Ramp Butter Yield: One pound

Ingredients:

- 1/4 lb. Ramps
- 1 lb. Butter, at room temperature
- 1/4 cup White wine

Method:

1. Remove roots from the ramps and discard. Cut green leaves from the white parts of the ramps. Chop both, keeping them separate.
2. In a sauté pan over medium low heat, melt 2 tablespoons butter (reserving the remaining butter) then gently sauté the white parts of the ramps until translucent, approximately 5 minutes.
3. Add the chopped ramp leaves and sauté an additional 1 minute.
4. Add wine, increase heat to medium high and allow wine to reduce until almost gone. Mixture should be almost dry. Cool to room temperature.
5. Cut remaining butter into 1" cubes. Place it in a stand mixer with whisk (such as a Kitchen Aid) and whip for 5 minutes, until the butter becomes creamy white.
6. Add the cool ramp mixture and continue to whip for another minute, until fully incorporated. You will have to scrape the sides of the bowl (with the power off) with a spatula to fully incorporate the mixture.
7. Place desired quantity of butter on sheets of parchment or plastic wrap and roll into logs. Wrap tightly, place in a freezer bag and freeze for up to a year.

BONUS RECIPE:

Mushroom Butter Yield: One pound

Ingredients:

- 1/4 cup White wine
- 3/4 cup Water
- 1/3 cup (1/8 ounce or 4 grams) Dried mushrooms, broken into small pieces
- 1 lb. Butter, at room temperature

Method:

1. Bring wine and water to a near boil; cover mushrooms and let sit for 30 minutes.
2. After 30 minutes, remove mushrooms and squeeze out excess liquid. Reserve liquid.
3. In a sauté pan over medium high heat, melt 2 tablespoons butter (reserving the remaining butter).
4. Sauté the mushrooms until cooked, approximately 5 minutes.
5. Add about 1/4 of the reserved soaking liquid to the mushrooms. Bring to a boil and cook off the liquid. This will take several minutes.
6. Continue to add the soaking liquid in small quantities, allowing it to cook off each time. This is imparting the flavor back into the mushrooms.
7. Once all the liquid has evaporated, remove mushrooms from the heat and cool to room temperature. Rough chop the mushrooms into small bits and pieces.
8. Cut the remaining butter into 1" cubes. Place in a stand mixer with whisk (such as a Kitchen Aid) and whip for 5 minutes, until the butter becomes creamy white.
9. Add the cooled mushroom mixture and continue to whip for another minute, until fully incorporated. You will have to scrape the sides of the bowl (with the power off) with a spatula to fully incorporate the mixture.
10. Place desired quantity of butter on sheets of parchment or plastic wrap and roll into logs. Wrap tightly, place in a freezer bag and freeze for up to a year.

Mushroom Gratin

Yield: 5.25 lbs. (gratin/casserole dish)

Ingredients:

3 1/2 lbs. White (button) mushrooms
1/2 lb. Oyster mushrooms
1/2 lb. Cremini mushrooms
1/2 cup Parsley
1/4 cup Thyme
1/4 cup Onion powder
1/4 cup Garlic powder, granulated
1/4 cup Canola oil
1 cup Onion; yellow, medium dice
8 oz. Gruyère, grated
3 Eggs
1 1/2 cups Oats (Old Fashioned)
Salt and pepper, to taste

Method:

1. Mix mushrooms with herbs, seasonings, and oil.
 2. Roast for 15-20 min. @ 400 degrees in oven or until mushrooms are golden brown; mushrooms should be fully cooked and dry.
 3. Sauté onions until translucent.
 4. Mix cooked mushrooms, onions, 5 ounces gruyère, eggs, & oatmeal.
Reserve the remaining gruyère for next step.
 5. Pack in greased gratin dish, sprinkle remaining gruyère on top
 6. Cover and bake for 45 minutes in @375 F oven
 7. Remove cover and bake for additional 15 minutes. Place under a broiler for several minutes if a deeper browning is desired, but be careful and don't burn it!
- *Any combination of fresh mushrooms can be used...this recipe is a great way to utilize excess quantities of mushrooms.



Wilted Kale with Mushrooms and Miso Vinaigrette

Yield: 4 to 6 servings

Ingredients:

1 Tbs. Oil
8 oz. Mushrooms, sliced (Beech, Shiitake, and King Oyster used in demo)
1 tsp. Garlic, chopped
2 tsp. Shallot, chopped
1/4 cup Miso vinaigrette (See recipe, below)
8 oz. Kale, shredded (like cole slaw)
1 oz. Pecorino cheese, grated
Salt and pepper to taste

Method:

1. Heat oil in a sauté pan over medium high heat. Add mushrooms and sauté until nearly cooked.
2. Season mushrooms with salt and pepper, then add garlic and shallots. Continue cooking for an additional 30 seconds.
3. Add Miso vinaigrette and stir for 30 seconds.
4. Pour mushroom/miso mixture over shredded kale and toss.
5. Garnish with pecorino cheese, salt and pepper (as needed) and enjoy!

Miso Vinaigrette

Yield: 2 cups

Ingredients:

1/3 cup White wine vinegar
2 Tbs. Miso
1 clove Garlic, chopped
2 tsp. Honey
1/4 cup Water
1/4 cup Basil
1 cup Olive oil or sesame oil*

Method:

1. In a blender or food processor, mix all ingredients except the oil at high speed.
2. Once the ingredients are blended into a paste, slowly drizzle in the oil.
3. Season with salt and pepper if desired; use caution as miso can be quite salty.
4. Olive oil will be more neutral in taste while sesame oil will impart a distinct flavor.
5. Other vegetable oils can be substituted if desired.

BYTES, BITS, & BITES (continued from page 15)

from *Bob Hosh*:

Jim,

For what it is worth, here is this bit of information. You may use it in the newsletter if you like.

I agree with Joan Wood that the mushroom photo she submitted is colorful and lovely and it is also edible. It is indeed *Laccaria ochropurpurea*! I've eaten this colorful mushroom over the 47 years I've been collecting mushrooms for study and for the table. Although large and meaty it has little flavor, but is certainly colorful. My most memorable encounter with *L. ochropurpurea* was one July when my son and I visited Echo Hill County Park where there was a well-stocked fish pond. My son was about 12 years old at the time and loved fishing. While he fished, I went mushrooming and found an abundance of large, meaty *L. ochropurpurea* fruiting under the stately oaks in the park. After collecting a basket full I then raided the huge Wineberry patch also in the park, collecting at least 2 quarts of the ripe fruit! Returning to the fish pond, I found my son had caught 8 very large sunfish! That evening we had fresh fish breaded and fried, pasta with *L. ochropurpurea* in a light cream sauce with chives and Wineberries and cream for dessert! This turned out to be a wonderful, largely foraged meal!

(Editor's note: See photo on page 14 of NJMA News #43-2)

from *Jim Richards*:

A piece by Sarah Miller on grist.com
<http://tinyurl.com/cuhq4k2>
included the following:

"You think you're in tune with nature? Yeah, get back to me when you've spent nearly 30 years with no other company. A 47-year-old man named Christopher Knight has been living alone in the Maine woods for 27 years. Does that sound really boring? Well, it probably would have been if he did not manage to keep the Intrigue Factor in his life going strong by committing over 1,000 robberies.

Of course, he didn't steal very exciting stuff. He stole food and clothing and beer and supplies. OK, beer is kind of exciting. But this dude does not look like he's up for a lot of laughs. In the 27 years he spent alone in Maine (he talked to someone once in the '90s) he can only seem to recall one highlight, other than petty theft, and that was watching a MUSHROOM GROW.

from *Norbert Rousseau*:

hi jim i send you those pictures
hen of the wood 15 pounds
chicken of the wood 10 pounds

i hope the morel will be better then last year
hear from you soon.



from *Mike Purcell*:

I am a wood carver from Wisconsin. Attached is a picture of my morels. They range from 5" to 10" and range in price from \$7 to \$15 plus shipping.

Please visit my web site at www.woodnwildlife.com.
Thanks.



NJMA NEWS

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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:

- **FORAY SCHEDULE 2013**
- **3 NEW BOOKS REVIEWED!**
- **WHO'S IN A NAME - PART 36**
- **BASIC FORAGING EQUIPMENT**
- **PORTUGUESE DINNER REDUX**
- **OLD FAVORITES DINNER**
- **FORAY GUIDELINES**
- **MYCOPHAGY REVIEW**
- **MYCOPHAGY RECIPES**
- **BITS 'N' BITS 'N' BITS**

...plus more!

Pycnoporus cinnabarinus Cinnabar Red Polypore



One of the bright spots in the world of polypores is this beauty, which is often found actively growing on dead hardwood logs and twigs in the spring. NJMA's Dorothy Smullen reports that *Pycnoporus cinnabarinus* can be used to make an excellent orange mushroom paper with a soft velvety feel. As a dye mushroom, though, its dye color is only a light golden brown (according to Arlene Bessette in her book, *The Rainbow Beneath My Feet*).