

NJMA NEWS

THE OFFICIAL NEWSLETTER OF THE NEW JERSEY MYCOLOGICAL ASSOCIATION

VOLUME 43-6 NOVEMBER - DECEMBER 2013



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Vice-President - Patricia McNaught
Secretary - Igor Safonov
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DUES

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Send ONLY newsletter submissions to the Editor. All other correspondence should be sent to the Secretary:

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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

Friday, November 1

DEADLINE for entry into the NJMA 2013 PHOTO CONTEST

(see pages 29-31 of the previous issue of NJMA News, #43-5 for description, rules, and entry form)

Sunday, November 3
1:00 pm - 4:00 pm

**EDUCATION WORKSHOP:
TREE FUNGI JEWELRY**

Warming Hut, Pleasant Valley Park, Bernards Township
Instructors: Rhoda Roper, assisted by Christy Dudas
Registration required. Register at njmyco.org/education.html

Saturday, November 9
6:00 pm

**CULINARY GROUP DINNER -
SOUTHWESTERN FRANCE**

Registration required. This event is fully booked. For information about future Culinary Group events, contact Jim Richards at jimrich17@mac.com

Sunday, November 10
1:30 pm

**MEETING & LECTURE:
MYCOPHILIA, REVELATIONS FROM
THE WEIRD WORLD OF MUSHROOMS**

with guest speaker **Eugenia Bone**
Frelinghuysen Arboretum, Morristown, NJ

Sunday, December 8
2:00 pm

**ANNUAL HOLIDAY PARTY, PHOTO CONTEST,
& ELECTION OF OFFICERS**

Unitarian Society, Tices Lane, East Brunswick, NJ
Special judge for the Photo Contest: **Gary Lincoff** (see bio on page 22)
This is a members only event, registration is required!
See page 23 for information and a registration form.

Sunday, January ??
1:30 pm

MEETING & LECTURE:

Speaker and topic TBA (watch njmyco.org/events.html for info)
Frelinghuysen Arboretum, Morristown, NJ

Sunday, February 9
2:00 pm

MYCOPHAGY AND MYCO-AUCTION

Unitarian Society, Tices Lane, East Brunswick, NJ
Chef: Luke Smithson Auctioneer: Bob Peabody

This is a members only event, registration is required!
See the next issue of NJMA News (#44-1, January-February 2014) for information and a registration form.

Directions to the Frelinghuysen Arboretum, Morristown

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

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

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

DIRECTIONS TO THE UNITARIAN SOCIETY IN EAST BRUNSWICK ARE ON PAGE 2.



PRESIDENT'S MESSAGE

A lot has been going on since the last newsletter. We have had classes, we have had outreach programs and we have had Fungus Fest. All have been successful and, in fact, exceeded expectations. In any large organization (ours has over 300 members), most of the work is done by a small percentage of the members. As our last president used to say "you know who you are." Well, I also know who you are. The words "Thank you" are insufficient to express the level of gratitude that I have to the members that not only make our events successful, but outstanding.

One new thing that you should be aware of is that a change will be coming to our web site. With the advent of smart stuff (phones, pads, etc.) the ability to get to the web from forays is now a reality.

We are going to build a section of our site that will make keys available to aid in field identification. There is a serious liability issue involved, so that section will be for members only and will be password protected. This will also solve the problem of membership information being available to other members since we have moved to a primarily electronic newsletter. There is more information on this topic elsewhere in this newsletter.

Finally, and I do mean finally, this will be my last president's message. This comes with mixed emotions. On the plus side, it will free up a lot of time which I can then spend working on my primary interest, myxomycetes. I have not moved very far ahead in that area in the last two years. I will certainly not miss the phone calls (that usually come at inconvenient times) asking me to tell them that they can eat a mushroom they have found based on their verbal description of twenty words or less. Then there are the calls asking where they can find edible mushrooms in New Jersey. These folks I always disappoint by answering "The grocery store".

Being president of NJMA is not always easy. A lot of you have heard me say that being president of a club full of highly intelligent, highly educated and strong-willed folks is like herding squirrels. If it were easy, it would not be as rewarding. What I will miss will be the focal point of such a superior organization. NJMA does a lot of things: Classes, forays, outreach, events, Fungus Fest, NEMF, Franklin Parker Preserve, Poison Control, and newsletter – and it does them all very, very well. To have been your president for the last two years is an honor and a privilege of which I am most proud. Thank you all for that privilege.

– Phil Layton

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!**

Directions to the Unitarian Society, Tices Lane, East Brunswick

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

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

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

ATTENTION NJMA MEMBERS! DUES ARE NOW DUE!

You must pay your 2014 dues by December 31, 2013 or your membership will expire and you will no longer receive your copy of *NJMA News* or be able to attend members-only events or enjoy the privileges of being an NJMA member.

WHY NOT RENEW RIGHT NOW?
DO IT INSTANTLY ONLINE – USE PAYPAL® AT
www.njmyco.org/membership.html

OR fill out the form on page 4 and mail with your check, made payable to "NJMA," to:

Igor Safonov
NJMA Membership Chairman
115 East King's Highway, Unit #348
Maple Shade, NJ 08052-3478

WELCOME TO ALL OF OUR NEW NJMA MEMBERS!

*We'd like to extend a warm welcome
to the following members who joined us
between August 22 and October 17, 2013.
We look forward to seeing you at lectures,
forays, and other NJMA events.
Happy 'shrooming!*

Adam P. Ambrus	Shamong, NJ
Najla M. Borbor-Millah	Harrison, NJ
Joseph Bukowski	East Brunswick, NJ
Philip J. Carroll	Collingswood, NJ
Craig J. Chiarello	Hamilton, NJ
Deborah A. Cohen	Plainsboro, NJ
Dawn M. Cummings	Tabernacle, NJ
Patricia Darrah	Mechanicsville, PA
Daniel J. DiLollo	Hamilton, NJ
Eva Fenyvesy	Old Bridge, NJ
Diane M. Giammarino	Brooklyn, NY
Alan J. & Rita Greene	Livingston, NJ
Richard J. & Lauri E. Hill	Ridgefield, CT
Jan Keyes	Califon, NJ
Jaquelyn L. Kirk	Willingboro, NJ
Diane M. Lewis	Union, NJ
Lynn M. Lodato	New Egypt, NJ
Wolfgang Lohrbeer	Doylestown, PA
Margaret T. MacCary	New York, NY
Kevin I. & Donna R. Marlowe	Woodbridge, NJ
Martin L. Matlin	Narbeth, PA
Emily M. Melander	Chatham, NJ
Hans P. Niederstrasser	West Milford, NJ
Dennis A. Oliff	Morganville, NJ
Neval Ozturk	Rockaway, NJ
Augustin N. Pegan	Riverdale, NJ
Dorothy A. Pfeffer	Sparta, NJ
Bruce A. Pipher	Blairstown, NJ
Janeen Pisciotta	Warren, NJ
Victor J. Procopio	Oceanport, NJ
Robert S. Reilly	Berkeley Heights, NJ
Antoinette Ring	Cresskill, NJ
Ella Rokhinson	Princeton, NJ
Denise E. Romero	Wayne, NJ
Daniel P. Samson, Jr.	Cliffside Park, NJ
Christopher L. Shaw	New York, NY
Andrey Signatovich	Upper Saddle River, NJ
Frederick L. Smith	Short Hills, NJ
Carolyn S. Stahl	Flemington, NJ
Dan B. Strombom	East Brunswick, NJ
Colette A. Tabor	Oceanport, NJ
Pamela J. Trafford	Lodi, NJ
Jana Vacek	Maywood, NJ
Madeleine P. Vyas	Warren, NJ
Robert Waite	Fair Lawn, NJ
Elinor R. Weidenfeld	Warren, NJ
Nola L. Wunderlich	Andover, NJ
Yevgeniy Ziskin	Princeton, NJ
Ronald S. Zukerberg	Rockaway, NJ

NOVEMBER 10TH MEETING & LECTURE "MYCOPHILIA..." WITH EUGENIA BONE

Our first lecture of the winter season is titled "Mycophilia, Revelations from the Weird World of Mushrooms". The lecturer will be Eugenia Bone, who is the author of the book by the same name. She will talk about interesting and entertaining aspects of the mushroom world. Whether your interest is culinary, scientific, recreational, or entrepreneurial, there will be something of interest for you. Eugenia is a nationally recognized journalist and food writer. She has written three other books which have been nominated for several awards. She is a frequent contributor to culinary publications, including *Saveur* and *Food and Wine*, and is the President of the New York Mycological Society. Bring your questions. The meeting will be held on Sunday, November 10, 2013 at the Frelinghuysen Arboretum in Morristown. Snacks begin at 1:30pm and the lecture starts at 2:00pm.

To acquaint you with Eugenia, here is an article from the NYMS newsletter along with a few recipes by her:

THE JOHN CAGE GALA SUPPER

by Eugenia Bone

In order to inspire a handful of guests to part with big bucks for our Roaming Urban Landscapes event, we offered a buffet dinner before the John Cage show for an extra \$100 per person.

First, I made homemade shrubs, and had some of my homemade cassis on hand. A shrub is vinegar-based fruit syrup used in cocktail mixing. I made an apricot and a blackberry shrub. The guests poured glasses of icy cold sparkling wine and then spiked them with whatever cocktail syrup they preferred. Judging from the number of bottles I had to recycle, it seems like everyone tried all the mixers. When guests arrived the first wave of food was already on the buffet table: home cured gravlax with mustard sauce, and home cured halibut with fennel, and a raw fennel compote to go with, served with squares of thin cut, dense German pumpernickel bread (you know the stuff: it's in the deli section of your supermarket. It looks like a brick, and seems to weigh as much, too). While guests chatted and nibbled, I prepared the hot appetizers: Zucchini flowers stuffed with homemade smoked trout pate, battered and fried, served with sea salt and lemon wedges, and pizza with olive tapenade (olives, pignoli nuts, garlic, capers, thyme, a little chicken broth) and mozzarella from Joe's, our local mozzarella joint. My homemade pizza dough didn't rise, unfortunately, probably because I used some fancy Italian yeast that was likely overwhelmed by the trip to the USA, and so I had to buy some dough from a local pizzeria. But I guess that's why we pay thousands of dollars a month in rent in New

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EDITOR'S NOTES

In the last newsletter, we mentioned that we might be considering a major change in *NJMA News*: either reducing the number of issues that we publish (quarterly instead of bi-monthly) or limiting the size of the newsletter to a fixed number of pages. We asked you for feedback on this issue. As expected, we received **NO (nada, zero, zip) replies**. (Sorry, that is an exaggeration. We received one email, but it did not address this issue; it was an appreciation of the content and quality of *NJMA News*.) It has been our feeling for quite some time that no one reads these publications except for those of us who contribute to putting it together. The good thing is that now you have no legitimate basis on which to complain, whatever we decide to do.

Out of curiosity, we decided to go back over the last year and see what the last six issues of *NJMA News* (issues 42-6 (November-December 2012) to 43-5 (September-October 2013) contained.

Here's what we found: 20 pages of calendars of upcoming events and related articles, 23 pages of foray coverage (lots of very short reports this year since it has not been a good year for finding mushrooms), 32 pages of reports on lectures, workshops, mycophagy, Culinary Group dinners, etc., 18 pages of book reviews, 32 pages of articles by members (including the *Who's in a Name* and *Tyromycologist* columns), 16 pages of *Bytes, Bits & Bites* and 15 pages of scans from other club newsletters. The total number of pages for all six issues is 160! (Yes, we know that if you add up all the pages listed it only comes to 156 – we rounded off columns, etc.) Our very own NJMA members were responsible for creating over 90% of the material that we published, which is quite an achievement. THANK YOU! THANK YOU! THANK YOU! to all 39 of you who contributed articles and photos. A handful of you contributed many articles, and we all know who you are. Most of you contributed a single article. But, it all adds up. We need both!

You may not think so, but, we really do understand that you will most likely not read everything in each issue. If we were not editing them, there would be articles that we would skip over as well. We do hope you find some information that is useful or entertaining in every issue. And, if you could occasionally let us know what you are most interested in and how we can make *NJMA News* more useful to you, that would certainly be most appreciated. You can [email us](#), call us, or you can simply tell us in person when we meet at forays, lectures, dinners or other club events.

With the creation of a members-only section of our website, we may find that it is a better use of space to put things like the Annual Summary of Foray Finds, the

Mycophagy recipes, and the Directory of Members online instead of in the newsletter. It may also be an opportunity to make more technical material available that we have not been including in *NJMA News*. That change alone will save about 20 pages of newsletter space. And, as you have read elsewhere in this issue, this addition to our website is planned to happen early next year.

One little point: when you do submit articles with artwork or photos to us, please send the photos or artwork as separate files from the text. It will save both of us a lot of time and extra work. If you send files with embedded artwork, we only have to remove it to be able to edit the text and re-format it for use in the newsletter. If we published everything just as we receive it, we would wind up with a big jumble of layouts and font styles and sizes. And no one would be happy with that. (that's probably not true. I am sure we have some "free-spirits" who would love the "freedom" from rules and regulations) Just humor us!

And, of course, we would be remiss if we did not remind you that the deadline for materials, including articles, photos, drawings, whatever, is the **10th of the even months** (February, April, June, August, October, December) and that your contributions are essential. Send them to njmaeditor@gmail.com Thank you!

– Jim Richards

RENEW YOUR MEMBERSHIP!

NJMA MEMBERSHIP FORM

(Name, address, email address, phone, and membership option are required!)
Do not forget to enclose your check!

NAME: FIRST _____ LAST _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL (print VERY clearly!) _____ PHONE _____

Option A (Online newsletter) Individual - \$10 (one year) Family - \$15 (one year)

Option B (Hardcopy and electronic newsletter) Individual - \$20 (one year) Family - \$25 (one year)

Optional Contributions to NJMA (no amount is too small):

General Operating Fund \$ _____

Scholarship Fund \$ _____

TOTAL AMOUNT ENCLOSED: \$ _____

We look forward to your active involvement in NJMA!



BYTES, BITS, & BITES

TASTY LITTLE TIDBITS FROM OUR MEMBERS

from Zagat's Pizza Survey:

In the toppings department, pepperoni was a big hit once again (29% say it's their favorite), but mushrooms made a strong showing this year, tying with pepperoni at 29% for No. 1 favorite topping. Chicago-style deep-dish pizza, so beloved by diners in the Windy City, was the favorite of only 7% of pie lovers. That was beat out by Neapolitan (21%) and NY-style thin crust (which was the winner, with a whopping 40% of the vote).

Full survey can be found at <http://tinyurl.com/ov3j5sm>.

from Edible Long Island magazine:

An article on mushrooming: <http://tinyurl.com/nns2w3l>

from Alen Kalati:

Hi; I'm a new member. I'm not sure if you can make use of these but I thought trying can't hurt...

One is a picture taken outside our home once the rains of Sandy died down. It was nice to see a glimmer of beauty, and signs of regeneration after all the destruction.

The second one is a photo of me holding a puffball...



Oh the puffball (see page 14) was taken a few years back sometime in October. I can see the Jewish "succah" or hut in the background which points to the holiday of Succot – around October each year.

I have another photo with a puffball roughly twice bigger but the photo quality is not so good.

(continues on page 14)



NJMA MEMBERSHIP DIRECTORY IS IN THE WORKS

by Patricia McNaught

At NJMA workshops, we usually wear nametags. It's a small way to help people get to know each other, and to help them learn mushrooms. That's because it's hard to learn more than a few mushrooms on your own. While with the help of others you can easily learn tens, and with some effort, hundreds of mushrooms, finding someone with whom you can go mushrooming, share knowledge or finds, or even just carpool to forays and meetings all require being able to contact other club members.

NJMA used to issue a directory of members once a year, as part of our "hard copy" newsletter. Since we switched to electronic newsletter delivery, we have not issued a membership directory. It's time.

Our plan is to have the directory in two forms: an electronic version on a password-protected "members-only" section of our website, and a hard copy mailed to members who have requested (and paid for) the hard copy newsletter. The electronic version would be updated twice a year, while, for the hard copy, a list of additions and deletions would be mailed once a year.

We're aware that some people have privacy concerns. For this reason, we are giving people the opportunity to opt-out and exclude information from their directory entry. Members will have the chance to block their address, telephone number or e-mail. We do hope that not a lot of people opt-out, for then the directory would be useless!

You will receive an e-mail with your entry as it will appear in the directory. If you want the information corrected or withheld, you need to respond to the e-mail promptly. ***If you do nothing, the information in the e-mail entry will go into the directory.***

This is a directory of NJMA *members*. To be included, your 2014 dues must be paid by January 30th. (People who joined at Fungus Fest have already paid their 2014 dues.) Our target is to have the electronic version up by March 1st, and we hope to mail the hard copy with the March newsletter. If you renew *after* January 30th, your information will be in the electronic directory at the first update (probably June 2014) but will not be mailed out to hard copy recipients.

We are trying to be both sustainable (*i.e.*, electronic version), and accommodate those without web access (hard copy). We are also trying to be sensitive to privacy concerns. All of this with our limited resources.

So, please renew your membership on time, respond to the e-mail if corrections are needed, and if you see Igor, thank him for his efforts. He has graciously agreed to manage the data for this project.



WHO'S IN A NAME?

Coprinus patouillardii

by John Dawson (thirty-ninth of a series)

According to *Index Fungorum*, *Coprinus patouillardii* Quél. is one of at least twenty-two species of mushrooms (all in different genera, by the rules of fungal nomenclature) that bear the epithet *patouillardii*, in honor of the French mycologist Narcisse Théophile Patouillard.

Born on 2 July 1854 in the village of Macornay in the Jura region of France, Patouillard was by profession a pharmacist. He was educated at the Lycée de Lons-le-Saunier and received his first instruction in pharmacy in the village of Bletterans, also in the Jura region. He had by then already developed a passionate interest in mycology, which his duties as a pharmacy student left him ample time to pursue. Indeed, it was in Bletterans that he produced his first mycological work, a note on how to preserve fungi for study, which he submitted in October 1876 to the premier mycological session of the Société Botanique de France.

The next year he went to Paris to pursue further study in pharmacy at the Ecole de Pharmacie. Simultaneously, he enrolled at the Ecole des Hautes Etudes and became a *préparateur* in the laboratory of cryptogamic botany at the natural history museum, where the quality of his work led to his being recommended for admission to the Société Botanique.

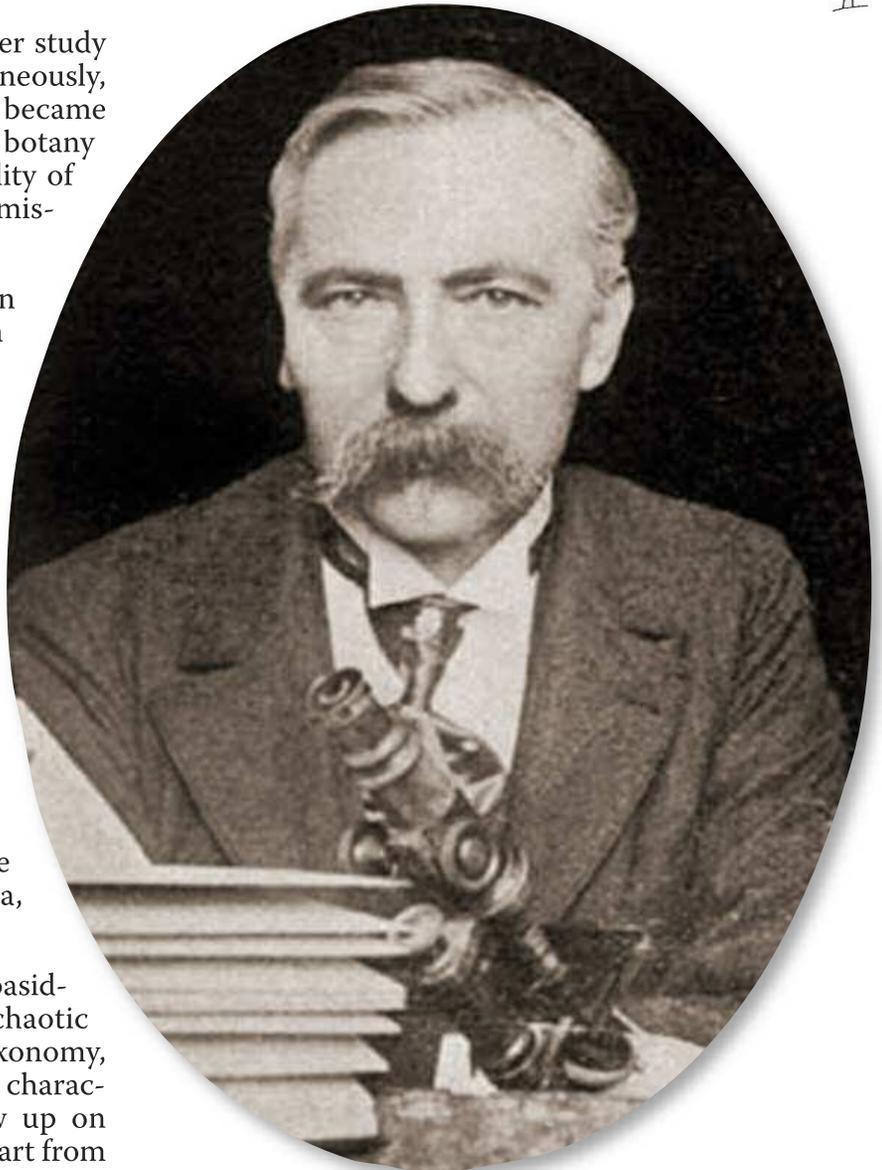
Patouillard finished his pharmacy training in 1881, and thereafter worked as a pharmacist in a succession of French towns: in Poligny from 1881-84; in Fontenay-sous-Bois during 1884-85; back to Paris later that year, where he remained for the next thirteen years; and finally in Neuilly, from 1898 until his retirement in 1922. During all those years he continued to study and collect fungi in his spare time, and eventually he was acknowledged as a master in that field. (In 1920, *e.g.*, he was elected an honorary member of the British Mycological Society.) His renown led correspondents throughout the world to send specimens to him, which he studied and sketched, resulting in some 230 notes and memoirs that he published either alone or in collaboration with others. Many of those were devoted to species from Africa, North America, southeast Asia, and Oceania.

Patouillard's taxonomic studies focused on the basidiomycetes, whose classification was then in a chaotic state. He sought to revise and simplify their taxonomy, stressing microscopic rather than macroscopic characters. In particular, he was the first to follow up on Tulasne's suggestion that the basidiomycetes (apart from the rusts and smuts) be subdivided into two principal

orders, the Heterobasidiomycetes (now called Phragmobasidiomycetes – those in which the basidia are divided by primary septa) and the Homobasidiomycetes (now called Holobasidiomycetes – those in which the basidia are not so divided). Patouillard's principal works are *Les Hyménomycètes d'Europe* (1887) and *Essai taxonomique sur les familles et les genres des Hyménomycètes* (1900).

Many other categories and terms that Patouillard introduced are now obsolete. Nevertheless, by basing distinctions on microscopic rather than macroscopic morphology, his work changed the direction of mycological taxonomy. In his later years, he gathered together many of his notes, which he intended to present in a series of articles that would comprise a major taxonomic revision of the basidiomycetes, but his sudden death in Paris on 30 March 1926 left that project unrealized.

Source note: The principal source for this profile was the obituary memoir for Patouillard by L. Mangin, published in the *Bulletin de la Société Mycologique de France*, vol. 43 (1927), pp. 1-8. The photo of Patouillard, now in the public domain, was taken by William Ashbrook Kellerman in 1905.



Narcisse Théophile Patouillard

FUNGUS FEST 2013: THE VIEW FROM THE CHAIR

by Terri Layton

It was another successful year. Actually, I can't think of any year that was disappointing since I've joined the club. Although as Fungus Fest day approached (and no rain for weeks), I had my doubts about the number of visitors who would come. To my pleasant surprise, we had close to 300 people who marched in bearing gifts of mushrooms despite the dryness. Of course, being written up in the *Star-Ledger* the day before the festival probably helped a lot.

Our volunteers ran like a well greased locomotive – chugging along smoothly. We had many new (and chronologically younger) members who were enthusiastic. Our Foolproof-Four Man, Bob Peabody, could not make it this year due to his wife Barbara's scheduled surgery, but Stephen (Patricia and Todd's son) and Don R., who both filled in for him, did excellent jobs. We recruited Luke Smithson (this year's Mycophagy chef) to represent the ever-beautiful and edible Phillip's Mushroom Farm exhibit. Special thanks to Igor for making the long trip out to Phillip's Mushroom Farm in PA to pick up the mushrooms, and of course we are grateful to Phillip's Mushrooms for donating them once again.

We also had Nathaniel Whitmore (Wild Foods Foray leader two years ago), who really looks like a medicine man (actually more like Jesus Christ – sorry if I offend anyone), at the Medicinal Mushroom table. Apparently he had a good time and wants to return next year. Music to my ears.

“Scissor wizard” Homer Hanson, who can make anything (especially mushroom hats) with a piece of paper, and Carol Titus didn't make it this year to the Children's Corner, but we had two young ladies, Alex and Aluen, who womanned the booth (by the way, they didn't always stick around the table and wandered about the arboretum giving near heart attacks to their parents), but Betty (who's a lot more mature) stayed at the Corner and



kept things in order with help from Suzanne.

Between walkers and floaters, Patricia (Fungus Fest walk leader) had plenty of help. Sharon, Liz and Paul, who are relatively new to the

club, took to tasks like ducks to water. Glenn Boyd found time to do a walk in between his lectures. And it was always standing room only at most of the lectures given by Glenn and Jim Barg. Just in case you are wondering

why I zero-in on “dedicated” volunteers, without them, there would be no Fungus Fest ...period and full stop.



Gary Lincoff leads a walk at Fungus Fest

followed him into the woods. All copies of *The Audubon Society Field Guide to North American Mushrooms* were sold out...surprise? Not really, since Gary authored the book and some took the opportunity to get his autograph.

Surprise! Surprise! Gary Lincoff made an appearance in the afternoon and led a walk. He is very engaging and entertaining if you have ever



Ursula Pohl showing off dyed mushroom crafts

We can't thank Dr. Gene Varney enough for bringing in many books and display items for the cultivation and medicinal tables. Thank you, Gene.

Cultivation was manned by our new members Ray and Gemma, who also brought in Shiitake logs and mushrooms to sell, were busy all day and agreed to come back next year to do the cultivation exhibit next year. More music to my ears! Our “regular” cultivation guy, AJ, was busy getting married that weekend. The Tomat-Kelly gang

showed up and rolled up their sleeves to make mushroom papers too.

A BIG Thank You to all our “seasoned and mature” members (there is really no good way to say this), who generously gave of their time and knowledge once more: Dorothy, Ursula, Herb, Rhoda R., Bob H., Don R., Nina, John, Ben, Phil, Artie, Jim R., Margaret, Mike R. and Randy.

And thanks to Mike M., Judy M. and Fran for their

never-ending enthusiasm greeting guests and signing up new members. By the way, I think Steve Sterling must've taken about 200 pictures (we present a few for you here). We thank Phil and Lorna for their help and expect to see more of them. We missed seeing Pete, Katie, Lynne and Paul this year.

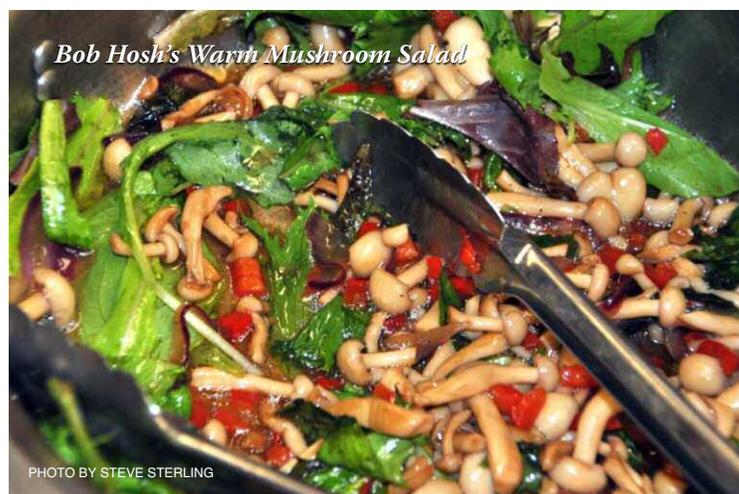


Oh, and our tummies thank Jim Richards for the delicious breakfast baked goods...he sure can bake!

Til next year! Mark your calendar now – September 26, 2014 – the last Sunday in September. We are counting on you again.

– Terri

P.S. My sincere apology if I omitted your name. You know you are important to us.



Bob Hosh's Warm Mushroom Salad

PHOTO BY STEVE STERLING



Liz Broderick shows off a *Grifola frondosa*

PHOTO BY STEVE STERLING

INTEREST GROWING FOR MEDICINAL MUSHROOMS

by Nathaniel Whitmore

While the use of mushrooms as medicine is generally regarded as ancient practice, interest in the modern United States is only beginning to “mushroom”.

Mushrooms are among the most revered medicines of the traditional Far East. Even Oetzi (the Ice Man) carried some. And the first and most famous of modern antibiotics, penicillin, came from the fungal tradition. Still, the mention of medicines from mushrooms will raise many an eyebrow; people wondering if you are serious, or crazy ... and why you would have an interest in fungus!

People do have an interest in fungus. Even after a dry late-summer and early-autumn hundreds showed up at Fungus Fest to mingle with those who have gone beyond a passing interest in fungus and have truly caught the “fungal fever”, possibly thinking about mushrooms and fungus almost constantly. I manned the Medicinal Mushroom table and was surprised by the amount of interest. People were especially intrigued by the notion that mushrooms are used for cancer patients.

As an herbalist, I am well acquainted with the medicinal virtues of mushrooms. I have seen *Reishi*, *Chaga*, and others work wonders; have heard miracle stories about *Maitake*; and have read about ancient uses and modern research of medicinal mushrooms. Like many, I regularly consume mushrooms with the belief that they are generally good for me as well as take specific mushrooms for specific reasons. But this is America, not East Europe nor East Asia where such beliefs have been part of the culture for generations, and I do not run into many neighbors while hunting for medicinal mushrooms.

It seems, though, that this could change. One man came to the table with several chunks of *Chaga* in his backpack. Besides curiosity regarding mushrooms for cancer, heart disease, and the immune system, people seemed particularly intrigued to learn that mushrooms they had been eating such as Sheep's Head or Hen-of-the-Woods (*Maitake* or *Grifola frondosa*) might have been benefiting their health.



IMPRESSIONS OF FUNGUS FEST 2013

by Luke Smithson

This year's Fungus Fest was the second fest that I've attended and the first that I had the opportunity to help out with. I spent the day manning the "Mushroom Farming" table, complete with samples of cultivated mushrooms, a mushroom slide show and a large diorama with photos of mushroom farming. Phillips Mushroom Farm was very generous in donating quite a large number of exciting mushrooms to NJMA for this event.

Perhaps the most notable reaction from the crowd was amazement that all of the mushrooms on the display table were grown for food. We had samples of Portabellas, Cremini (Baby Bellas), White "Champignon" Mushrooms, Pom Poms, Maitakes, Oysters and Shiitakes. We had several actual grow-bags with large flushes of various edibles, which were quite crowd pleasers. Many people were asking to buy them.



I spent much of my time describing the different types of cultivated mushrooms and their culinary uses. There were many thoughtful questions about the mushrooms; some of which I was able to answer and others that I could not. Many people were interested in the technical aspects of cultivation and how they could do this at home. Most of these questions I steered towards Ray Peskovich, the shiitake grower, who was at the Cultivation Table and directed the conversation back to my area of expertise: cooking the mushrooms! Phillips had also sent along several different pamphlets describing the uses of these mushrooms along with some recipes and nutritional information, so I felt well armed to talk about cultivated mushroom for the day.

I was able to spend my lunch break browsing the other displays and checking out the books for sale. I also had a very enjoyable conversation with Gary Lincoff, who directed me towards a field guide (*McIlvaine's One Thousand American Fungi*) that was written in Philadelphia, which is where I live. This was certainly a highlight for me.

My seven-year old daughter accompanied me for the day and certainly seemed to enjoy herself; playing with the other kids who were attending and not being too shy about hitting the breakfast pastries!. She took it upon herself to show some kids around the fest, explaining to them about different types of mushrooms. She often complains about tromping around in the woods with me, but she is soaking up the information that she is being exposed to! Last, but not least, she made a friend with another club member's daughter and spent a good part of the day playing with her.



Richard Tomat demonstrates mushroom papermaking

We both had a really good time at the festival and I was quite honored to have been able to be part of it. The event seemed to be well attended, the crowd seemed enthusiastic about what they were seeing and the various displays were quite impressive! I am certainly looking forward to next year!



John Burghardt with Gary Lincoff



NJMA artists displaying and selling their works

FORAY REPORTS AUGUST 17 - SCHIFF NATURE PRESERVE

report by Dorothy Smullen

There were fewer than usual participants for the Schiff foray because conditions were dry and it was a Saturday. But it was a nice mix of long-time members and newer members as well as Schiff visitors. 56 species were found.

Our Taxonomy chair, Nina Burghardt, set up the club microscope for work after the foray. One of the benefits of having the 'scope there was identifying to species one of the black earth tongues. It was a *Trichoglossum*, but not *Trichoglossum hirsutum*, which has long, narrow spores that are divided by 15 septa. The *Trichoglossum* identified had 7-septate spores and is *Trichoglossum walteri*. 

Nina, mushroom, and 'scope at Schiff



PHOTO BY STEVE STERLING

AUGUST 25 - MANASQUAN RESERVOIR

report by Patricia McNaught

The day was beautiful: clear and crisp, more like September than August. Despite the traffic snarl-up on the Parkway that morning, we had a large group of people. Monmouth County is on the “dividing” line in New Jersey for chiggers, and people don’t usually encounter chiggers at the Reservoir. But since we were going off-trail, the staff recommended we spray up. As always at Manasquan, we had a large number of foray participants who were novices, including several children. Their enthusiasm made up for any lack of experience. It was particularly gratifying to see the delight of the children when they spotted specimens. We had an impressive number of fungi on the identification table – remarkable for its variety. Many of the participants stayed for the identification session to learn some skills. We usually try to spare novices the frustration of working with a guidebook with either no entry for, or an unrepresentative picture of, the fungus they are working on. But there were so many novices working on ID, we ran out of ‘easy’ mushrooms and some novices ended up working with more challenging specimens. 

AUGUST 31 - HOFFMAN COUNTY PARK

report by Terri Layton

Yes. You know, I know, and we all know. It’s been a strange mushrooming season. We had plenty of rain, but mushrooms didn’t cooperate.

We struck out on our usual spots that generally yield Boletes and Chanterelles, but we scored big by the pond. We saw troops of glowing *Ramariopsis/Clavaria* to feast our eyes on. There were few *Amanitas*, but lots of *Russulas* kept us busy by the pond. Several types of *Hypomyces* were seen as well. It was hot and muggy when we finished collecting and got back to our ID table. We decided to abandon the picnic tables (which are set smack in the middle of the field under the blazing sun) and instead to sit under an old oak tree and sit on blankets eating lunch as we looked over the collection.



PHOTO BY STEVE STERLING



They did say that these things get big!

PHOTO BY STEVE STERLING



Cantharellus cibarius
at Hoffman

PHOTO BY STEVE STERLING



PHOTO BY STEVE STERLING

Patricia McNaught leads a group at Hoffman



PHOTO BY STEVE STERLING

The Hoffman Park foray: It's almost like Fungus Fest! Well, kind of.

SEPTEMBER 8 - WASHINGTON CROSSING STATE PARK

report by Virginia Tomat

The Washington Crossing foray was conducted on a beautiful late summer day. A few days prior to the foray, I was asked if I would lead it and I accepted conditional to my husband's assistance. The weather was just right with a crisp breeze moderating the heat. The event was well-attended, with many new faces observed. The majority decided to follow the Forest Blue Trail while others explored the river-edge Theater Trail.

Surprising finds are at the heart of the enjoyment of forays. This enjoyment was experienced by all at the very outset of the foray. Heading for the trails from the parking lot, foray participants ahead of us stopped and fixed their gazes upon the ground before them. This caused me to believe an interesting mushroom had been discovered...It wasn't. Instead, they had crossed the trail of a giant caterpillar. Never before had I ever seen a caterpillar of such dimensions. Investigation led to the conclusion that it was a "Hickory Horn Devil" caterpillar that had, without injury, been stumbled upon. According to the referenced internet source, this



PHOTO BY STEVE STERLING

Sparassis crispa at Hoffman



Wow, more than one mushroom at a time! How strange for the summer of 2013!

PHOTO BY STEVE STERLING



PHOTO BY VIRGINIA TOMAT

Scary-looking Hickory Horn Devil Caterpillar

type of caterpillar, while common in southern states, is only sporadically found in the northeast. It is the caterpillar form of the *Citheronia regalis* moth. The adult moth is the largest (by mass) in latitudes north of

Mexico. It burrows into the ground to pupate in an earthen chamber rather than spinning a cocoon. What an unexpected treat to have had the opportunity to view this interesting creature.

Mushroom finds included several tall mushrooms identified as *Xerula furfuracea*. During the scouting of the grounds on the Blue Trail the previous day with Richard, our youngest daughter Aluen and one of her friends, I spotted this mushroom. This was a first for us. They were left untouched so that the pleasure of their discovery could be experienced by others during the foray. When that happened, John and Luke dug deep



PHOTO BY VIRGINIA TOMAT

John and Luke digging a Xerula furfuracea. Look at the long underground stem.

when collecting it to demonstrate that one of the species' distinctive characteristics is its long subterranean stem. Other examples of this species were found on the Theater Trail.

Pycnoporus cinnabarinus, later used in the paper-making demo at Fungus Fest, were also collected.



PHOTO BY VIRGINIA TOMAT

Pycnoporus cinnabarinus

Another surprise was in store for us when all gathered at the picnic table to attempt identification. Scouting the grounds had led to the disappointing conclusion that foray participants would at best return with a small

number of mushrooms. The weather had been void of rain and the ground appeared too dry to support much fungal life. Our conclusion was, however, delightfully proven to be greatly in error. The IDers were kept busy with Nina and John reporting 71 collected species.

So, it should be no surprise that all who attended had a good time. It was a beautiful day for a day of foray surprises.

Washington Crossing Foray Taxonomy at the Lawrence Nature Center

Several of the species that were not fully classified during the Washington Crossing foray were brought by Nina to the Lawrence Nature Center the following day to give the public the opportunity to be introduced to mushroom taxonomy. This was the first time NJMA used this facility for this purpose. The participants, though few in number, were very appreciative of NJMA's gift of time and service.

Nina and John reported 71 species in total, including a new *Amanita* species named M-50, as having been classified at Washington Crossing and the Lawrence Nature Center.



PHOTO BY VIRGINIA TOMAT

John Burghardt's statement

The biggest remaining mysteries are the large specimens with soft brown caps and decurrent gills – this one had odd, angular, pinkish spores which Nina thinks is a *Clitoprunulus* but can't find a species name that fits – and the large, hard polypore with very tiny pores. Nina dried the little *Amanitas*, which looked very unusual, and took them to Rod Tulloss on Tuesday. Rod identified them as *Amanita* species M-50, which is one he has seen two or three times before but is unnamed. It is an interesting list.



SEPTEMBER 21 - STOKES STATE FOREST GRETE TURCHICK FORAY & PICNIC

report by Jim Barg

I'm sure that I'm echoing many of the other foray reports printed here...it was one *dry* ending to summer! Often, despite lack of rain, our forays at this location in Stokes don't disappoint (just look at last year; it was also quite dry). On this cool, crisp September morning, about 20 old and new NJMA members assembled at the Kittle Field picnic area and embarked on what seemed to be an early fall Easter egg hunt: Find the mushrooms that managed to come up even when moisture was at one-sixth of the average for September. I can report that, as always at this location, it was successful – largely due to the sharp eyes of those who are determined to find the fungi “no matter what”!

Our final list of finds included nearly 70 species, although there were few that were in any degree of abundance. Even one of the most common for this foray, *Cortinarius armillatus*, was in meager numbers. Also strangely scant was *Hydnum umbilicatum*, which often grows in large numbers near the stream.

But, we did find some very interesting species nonetheless. Among them was *Lactarius ovidus*, which is a small milk mushroom with cream-colored latex that stains the gills lilac, then brown. (We also found this last year, but no one was able to identify it at the time.) Another interesting find was the Jelly Tooth, *Pseudohydnum gelatinosum*, which was happily growing in fairly large numbers on an old decaying moist Hemlock log. Nearby, an egg-stage *Phallus ravenelli* disguised itself as an emerging *Amanita*, but someone with eagle-eyes was sharp enough to collect it. And Dorothy Smullen delighted in the find of the rather rare *Coltricia montagnei* v *greenei*, a mushroom with strikingly-unique concentric-patterned pore surface. It was a fascinating find, and one which we don't often see here in New Jersey.

At the beginning of the foray, I had offered a “prize” to the person who found the biggest *Grifola frondosa*...free food after the foray! Well, in reality, everyone got free food no matter what they found, but it's rumored that one person did find a *G. frondosa* and spirited it off to their car before we had a chance to catalog it. Thus, our species list doesn't show this mushroom. Remember, these forays are scientific endeavours, and if you find a mushroom that you want to keep for yourself, please be sure to put it out on the table before stowing it away!

After the foray, we were all treated to the culinary talents of our members with a nice spread of all kinds of potluck goodies. It was quite obviously enjoyed by all, since very little remained as the event was coming to a close. This foray is definitely one of our best every year, and not having much rain didn't dry out our spirits!



OCTOBER 6 - BRENDAN T. BYRNE STATE FOREST

report by Bob Hosh

Rather dry conditions prevailed at Brendan T. Byrne State Forest on October 6, 2013. However, we did find mushrooms. The foray is held on trails surrounding Pakim Pond, so there are damp and bog-like areas available to investigate. About 25 people attended the foray and many of them were newcomers to mushrooming. Among the species brought to the table for identifying were *Amanita vaginata*, *A.citrina*, *Cortinarius gentilis*, and *Inonotus hispidus*. Among edible species found were *Armillaria mellea*, *Laetiporus sulphureus*, and *Grifola frondosa*! The most plentiful edible find was *A. mellea*. We certainly found more mushrooms than we expected.



Armillaria mellea growing from beside a stump
at the Brendan Byrne foray

OCTOBER 13 - CHEESEQUAKE STATE PARK

report by Bob Hosh

It was a beautiful crisp, fall day for the Cheesequake State Park foray! Conditions were still dry, but mushrooms were found, some in quantity such as *Grifola frondosa*, *Laetiporus sulphureus*, and *Amanita citrina*! About 25 people showed up for the walk, and many of those were new members, some of whom had never been on a mushroom-gathering walk. Among the more interesting specimens found were *Amanita bisporigera*, *Gymnopilus spectabilis* (*G. junonius*), *Agaricus placomyces*, *Hypholoma fasciculare*, and *Schizophyllum commune*. The identifying session after the walk was very enjoyable for the newcomers who thanked the identifiers Bob, Nina and John for their teaching abilities.



One of several *Grifola frondosa* found on the Cheesequake foray

OCTOBER 21 - JAKE'S BRANCH COUNTY PARK (LAST FORAY OF 2013)

report by Bob Hosh

The Jake's Branch County Park foray was our last scheduled foray of 2013. The park habitat is typical Pine Barrens, with pitch pine and oaks being the dominating trees. The soil is very sandy. I would estimate that about 25 people showed up to go on the mushroom walk and half of them were newcomers to mushrooming. The park naturalist also joined us on the trail. Conditions were dry, so there weren't a large number of mushrooms found, but the following genera made it to the identifying table: *Cortinarius*, *Agaricus*, *Russula*, *Lactarius*, a couple of slime molds, and, of course, several *Amanitas*. Only two edible specimens were found, *Cortinarius caperatum* and *Leccinum aurantiacum*.

The newcomers were quite happy learning about mushrooms in such a hands-on manner.



PHOTO BY BOB HOSH

An experienced collector, Tom Bigelow, smelling a very robust *Amanita citrina* look-alike specimen. It did indeed smell of raw potatoes. He is backed up by Ann Lang, naturalist at Jake's Branch.

BYTES, BITS, & BITES (continued from page 5)



Alen Kalati and his giant puffball, *Calvatia gigantea*.

from Lorna Wooldridge:

I listened to this excellent program on NPR the other day. I'm sure you have already heard it, but just in case I thought I would share the link and it might be of interest for the NJMA newsletter:

<http://tinyurl.com/lv9rkvp>

from *The New York Times*:

CHEMULT JOURNAL

Faded Dreams of Riches Drive Pursuit of a Celebrated Fungus

BY KIRK JOHNSON

Each fall, drawn by economic need or family tradition, an army of buyers and pickers descends on Chemult, Ore., to hunt matsutake mushrooms, which no longer fetch the high prices they once did. Link to article:

<http://tinyurl.com/m5qkrxx>

from *Food and Wine*:

Mushrooms – <http://tinyurl.com/ovnxhdo>

from Judy Glattstein:

A David Tanis article with recipe from the *NY Times*:

<http://tinyurl.com/o6q5do2>

(continues on the following page)



from Norbert Rousseau:

i found those mushrooms in my back yard
could you identify them
as the summer piking this year
not too good around here
have a nice day



reply from Dorothy Smullen:

It looks like *Ganoderma lucidum*...just a guess. Need more info than just a photo.

reply from Gene Varney:

Look like the fruiting bodies of Ling Chi, *Ganoderma lucidum*, growing on stump or wood below grass surface. This is a major medicinal mushroom but not much good for food.

email back to Norbert from Jim Richards:

Norbert, I received two replies to your inquiry – and Dorothy and Gene agree. It has been a very poor year for mushrooms on most of the east coast.

from Norbert:

thank jim
this year's everything is upside down???
have a nice day

reply from Nina Burghardt:

If it had teeth it could be *Phellodon confluens*. If so, it would smell of fenugreek and stain greenish with FeSO_4 when fresh. Nina

(Editor's note: Norbert replied that they did not have teeth.)

from Stephanie Ritson:

Hi Jim. I was wondering if you had any ideas on this one. I'm having trouble identifying it. I know it's tough sometimes from pictures but was hoping potentially you could point me in the right direction. I found this in my yard. A very similar mushroom fruited there several months ago and a deer ate it before I had a chance to identify it. To me it looks a lot like an angel wing but it's

growing in the grass? I thought maybe some kind of clitocybe. It was singular. White spore print. Pleasant smell almost like a chanterelle. Thanks :) steph



reply from Dorothy Smullen:

Looks like an Oyster mushroom...coming from buried root.

reply from Igor Safonov:

These look like oysters to me.

reply from Jim Barg:

I'd almost concur with the ID as an oyster, but the description of the odor isn't particularly consistent with what an oyster would smell like. I would want more information. Sticking with the edible mushroomer's creed, "When in doubt, throw it out" might be appropriate here unless the person who found it had said "smells like anise or licorice". As we all know, ID from pictures is risky, at best. Members should try to physically bring specimens to other members who are expe-

(continues on page 18)

EUGENIA BONE / JOHN CAGE GALA *(continued from page 3)*

York City: fresh pizza dough for \$3 a ball, right around the corner.

I set out the entrees next: a pork shoulder I'd roasted for hours the day before, slathered in garlic, salt, mustard, and lemon juice, and served with a huge batch of porcini mushrooms cooked with duck fat and fresh thyme. The porcini were found in the West Elks, near my cabin in Colorado. Half were sauteed and frozen, and the other half were grilled and frozen. This is a winning combination as far as I am concerned. You get the best texture and flavor for your effort. I also made a fresh plum sauce, very simple, with sugar and white wine vinegar, and offered little flour tortillas to go with. I put out a fabulous rare beef tenderloin that cost a fortune but I have to say it was so gorgeous that I kissed it a few times before putting it in the oven. I served it room temperature with baguettes and homemade creme fraiche flavored with my own cured horseradish (highly recommend you use goggles when preparing homemade horseradish). I also made a large platter of zucchini carpaccio, zucchini cut into very thin planks on my mandolin, garnished with thin cut red onions and a sprinkle of feta cheese, and dressed with good oil, lemon juice, salt, and freshly ground black pepper.

Marc Hollander, whose father Irwin was the publisher of John Cage and Lois Long's *The Mushroom Book* (which was also in the exhibit at the Cooper Union) donated one of the few remaining copies of the book to the club and we had a brief, moving little ceremony where the group got to enjoy first hand this glorious document. Then I shoved spicy chocolate chili cupcakes in their hands (the trick, it turns out, is a mixture of chili powders: ancho, chipotle, and cayenne) and off they went, loaded into cars to take them to Gary Lincoff who toured them through the exhibits, and the show.

I stayed behind to put the leftovers away, but my husband Kevin shooed me off to join the club members, and heroically, did the clean up himself. I think the buffet went well. I never know for sure when I am in the fog of cooking, though I did have to shoo everyone out in order to get to Cooper on time. But the truth is, I could have made something very humble and everyone would have been happy. This group attended out of love for John Cage and our club. And honestly? That realization was the most delicious part of the dinner. Here's how I do the pork shoulder for a large group:

Neni's Roasted Pork Shoulder

Serves 25

- 1 Boston butt pork shoulder, about 18 pounds
- 2 heads of garlic, peeled, with the cloves cut in half lengthwise, about 40 pieces
- $\frac{2}{3}$ cup kosher salt
- 6 tablespoons ground black pepper
- 1 $\frac{1}{2}$ cups Dijon mustard
- 1 $\frac{1}{2}$ cups lemon juice

- 6 tablespoons duck fat
- 6 cups chopped porcini mushrooms
- Up to 2 cups beef stock
- 4 tablespoons chopped fresh thyme

Preheat the oven to 450°F.

Score the skin clear through the fat. Combine the garlic, salt and pepper. Shove the garlic into the slits and rub the salt and pepper all over the shoulder.

Then slap on the mustard, covering the whole roast.

Place the shoulder skin side down in an oiled roasting pan and roast for 20 minutes. Then turn the roast over, skin side up, and roast for another 20 minutes or so. Pour the lemon juice over the shoulder.

Lower the heat to 325°F and cook the roast, uncovered, for about 4 to 5 hours, basting periodically. You can tell when the roast is totally soft and pliable because the tip of the bone will become exposed and the meat will just sort of collapse off the bone. The skin should be very brown and the fat mostly rendered.

Cook the porcini in batches so the mushrooms do not steam. Heat 2 tablespoons of duck fat in a large skillet over a medium heat. Add 2 cups of porcini. Cook until the mushrooms lose their water and begin to caramelize, 10 to 15 minutes. Dump the cooked porcini in a bowl and continue with the remainder.

Remove the shoulder from the oven and pour off the drippings. They will be 50% fat, which is very tasty, but I like to strain the fat off the drippings and combine the strained drippings in a saucepot with an equal amount of beef stock and chopped thyme. Add the porcini. Reduce by about 25%.

You can't really cut the pork off the bone in any tidy way – I mainly tear and chip the meat, and pour the sauce over.

Serve with flour tortillas. Fork about a quarter cup of meat into a tortilla and add a spoonful of the porcini sauce. On top of the meat I sometimes add coleslaw. Here's the recipe:

Marilee's Cole Slaw

Serves 25

- 2 large heads green cabbage
- White vinegar
- Salt
- Sugar

Shred the cabbage using a mandolin. The cabbage pieces should be very fine and thin. Add about 1 cup of vinegar – this recipe needs to be to your taste. The vinegar should be present but not super tart. Add sugar and salt to taste – for two heads of cabbage, I used about $\frac{1}{2}$ cup salt and $\frac{1}{2}$ cup sugar. Toss. Do not dress the cabbage ahead of time – this has to be done no more than 20 minutes ahead of service, otherwise the salt pulls the moisture out of the cabbage and the dish becomes soggy.



FAR EAST FUNGI

by Eric Multhaup. Reprinted from *Mycena News*, newsletter of the *Mycological Society of San Francisco*, October 2013

I recently spent some quality time in Hong Kong, and my wife and I did our best to explore the current role of mushrooms in Cantonese cooking. In a nutshell, mushrooms are everywhere and are enjoyed in a wide range of preparations. Many restaurants offer a seasonal mushroom tasting menu, or at least a separate menu section that features mushroom dishes. Here are some of the more distinctive items I discovered:

Tofu sheets with featured mushrooms and sauce - This dish is composed of very thin and light tofu sheets topped with a mushroom preparation. The tofu sheets function much the way that pasta does in many Italian mushroom dishes, but here they are lighter and serve as a neutral vehicle to distribute the mushroom flavor. Our particular dish was made with mushrooms called miyaki(?) from China's interior and morels from Perigord – thanks to Air France – Bitter melon soup with selected mushrooms – Bitter melon soup is a standard showpiece in Cantonese restaurants and it has countless variations. Our Hong Kong version of this soup was restrained and subtle in comparison to others we've tried in California, but we found it addictive nonetheless. Its made by double boiling the bitter melon and cooking it down to a light broth, and then adding accent items, mushroom-based or otherwise. Ours featured matsutake mushrooms from Yunnan. In addition, there was a supporting role played by a yellow *Tremella* that strongly resembled our *Tremella mesenterica* the “witch's butter” seen growing on downed wood. This Hong Kong *Tremella* was added for some color and texture and was itself fairly low-key. This soup, while served at a high-end restaurant, was deceptively simple. But it was so addictively delicious that we could barely restrain ourselves from ordering additional servings.

As an aside, we discovered that there is extensive use of *Tremella* here in a wide variety of dishes. One in particular was “morning conge” (con-gee), a rice broth served warm like oatmeal – but without the oats, brown sugar or raisins. Most Hong Kong hotels offer two or three types of morning conge. I was stumped by one that had a sign clearly printed in English describing it as “conge with *Tremella*”. To my California palate, this *Tremella* was so unassuming (dare I say insipid:) that I could detect no identifiable texture, color or flavor that it might have added to the broth. I'm willing to be educated, but this concoction had all the pizzazz of sipping weak tea. Except without the tea. Or lemon. Or sugar. No offense. Once I got home, I cross-checked my *Tremella*-eating experience with that of David Arora in his book, *Mushrooms Demystified*; his was not all that different.

Superior vegetables - Most menus had a dish described in English as wok-fried “superior vegetables”, but the

dominant ingredient was mushrooms, often a kind that grows on trees. They were gathered from Taiwan, the Hong Kong area and from the mainland. These dishes were very healthy and pleasing, but they lacked any specifically identifiable flavor profile and could be more accurately described as a “mushroom medley” than “superior vegetables”.

Sago palm pudding dessert with chestnuts and black truffles - Better quality Hong Kong restaurants offer a dessert pudding that straddles the line between sweet and savory. Sago is a starchy product, kind of like tapioca. It is extracted from the pith of certain palm trees and had been a staple in China's interior before that region developed a rice culture. It is still used throughout southeast Asia. Our first version of this dish was enriched with chestnut puree. It was delicious, warm and inviting. For those of us who grew up on Death by Chocolate, Apple Pie a la Mode, and other hecka-sweet desserts, many Chinese desserts seem underwhelming by comparison (how fired up can you get about “dumplings with red bean paste”?). This sago pudding however, was much more accessible.

We had another version of sago pudding that included black truffles, again thanks to Air France. I was initially dubious about truffle dishes in Hong Kong because truffles are not apart of indigenous Chinese cooking. I was concerned that restaurants might fleece tourists like me by shaving some truffles over a basic fried rice dish, and adding \$100 to the tab. With some trepidation, we tried the sago and chestnut pudding with black truffles at the iconic Hone Kong restaurant. Lung King Heen (“View of the Dragon”); the only Michelin 3-star restaurant in the world serving Cantonese food (or any kind of Chinese food for that matter). Apart from the flagrantly excellent preparation, the ingenious addition of the black truffles was fantastic, with the truffle flavor keeping the dish right on the intriguing cusp of sweet and savory. Not surprisingly, we paid a princely sum for this dessert, and enjoyed it, royally.



Tremella mesenterica

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

rienced in ID before concluding anything (except in very obvious cases like members of the Foolproof Four). That said, this looks like an oyster, but I'm not endorsing it as being one.

reply from Gene Varney:

I go along with Dorothy's conclusion.

reply from Jim Richards:

Thanks, Gene.

I think we all came to the same conclusion. I got further confirmation from Steph (the member who sent the photos) that she picked them near a tree that she has collected oysters on in the past.

from Judy Glattstein:

Apparently October 13 is National Fungus Day over there. Who knew?

<http://tinyurl.com/kqyoua9>

And visit her BelleWood Gardens website, too, for her summary of Fungus Fest 2013:

<http://tinyurl.com/opnjje8>

from Patricia McNaught, Education Committee Chair:

Thanks to our workshop leaders: I was surprised recently to learn that an NJMA member thought that the registration fees for NJMA workshops go towards paying the workshop leaders. Our workshop leaders who are NJMA members are all volunteers, although they may be reimbursed for their out-of-pocket costs for materials. They are experts who in other settings would be paid for their time. They have done a lot of preparation (and sometimes a lot of driving!) for the workshop. They are motivated by their passion and enthusiasm for the topic and their desire to share it with others. And those registration fees? They cover materials and the cost of renting space. We may be a non-profit organization, but we still need to pay the rent.

from Lorna Wooldridge:

Thought this might be of interest to NJMA members:

<http://www.jeniferbunnett.com/magic-of-mushrooms>

from Pete Bohan:

A few weeks ago, I visited Montreal for the first time and was able to walk through Jean Talon market, which may be the best food market I've ever seen. Borough Market in London is the only other one that comes close, and that is extremely high praise. Beyond all the amazing butchers, seafood purveyors, charcuterie makers, and cheesemongers, it had an amazingly expansive and beautiful collection of produce that had my jaw on the floor. While browsing the labyrinth of food stalls, I stumbled upon a mushroom vendor, and I had to rub my eyes to make sure I was seeing what I was

seeing. It was a vast array of foraged wild fungi. I assumed they had to have been importing some of it, but they insisted everything there was found locally in Quebec, and they seemed to have a little bit of everything. Hard to believe they were having such a great season considering the slim pickings we've had this year.

From what I remember, they had lots of fresh *Boletus edulis*, both types of hedgehogs, the chanterelles, *Cantharellus cibarius* and *Cratarellus tubaeformis*, a huge puffball and hen of the woods, as well as smaller maitakes, oysters, blewits, lobsters, what looked to be a lactarius and others I couldn't identify in their "mixed basket." Most surprising to me was the large number of matsutakes in all sizes and stages of growth. It was truly a mind-blowing selection, and instantly made me want to go foraging up there if and when I return to Montreal.

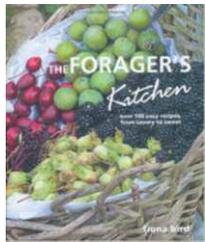
Overall, I was really impressed with the city – it really felt like I was in Europe, and the food was amazing. If you're ever there, do not miss Jean Talon Market. Plus, it's only a 60 minute flight from Newark! 🍄



BOOK REVIEW

THE FORAGER'S KITCHEN

a book review by Judy Glattstein



The Forager's Kitchen

Over 100 Easy Recipes from Savory to Sweet
by Fiona Bird

ISBN 978 1 908862 61 7
Cico Books, London and New York, 2013
Hardcover, 144 pages, Illustrated, \$24.95

At last, a foraging book with a focus on consumption! Those that have come my way previously are primarily about foraging, with recipes secondary. Perhaps the foraging is in one part of the book and the recipes in another. That leaves you to flip back and forth while trying to decide A) if you want to gather, and B) if yes, how much will you need. *The Forager's Kitchen* is obviously a cookbook first. Let me get a couple of quibbles out of the way. The author is Scottish, thus some purchased ingredients are different from what we would buy. Self-rising flour, for example, is common in the UK, less widely available or used here. (*Editor's note: for every cup of self-rising flour that your recipe calls for, measure out one cup of all-purpose flour and add 1/4 teaspoon salt and 1 1/4 teaspoons baking powder*). Second, she spends time on the island of Uist, so there are seaweed recipes I'd love to try, but for me they're just not available fresh.

One method I use to assess a book on gardening or cooking, or foraging for that matter, is to see what's written about something that I already know about for comparison. A favorite flower, especially for cordials, is elderflower. One point Fiona makes earlier in the book is to put up cordials in one-pint bottles. They defrost more quickly if frozen, and will be consumed more quickly; and so they are less likely to go off. There's a page of information on finding, foraging and gathering both elderflowers and elderberries, and how to use each, plus some folklore. The first recipe is for Elderflower Scotch Pancakes, which has the tiny white flowers removed from their stems and mixed into the batter. This is a pleasant riff on Elderflower Fritters. Next is Elderflower Vinegar. Interesting. I make other infused vinegars but never thought of this. The Wild Notes on the page suggest other flowers to use for floral vinegars. There's a simple recipe for a soothing drink to treat a cold: elderflower vinegar, honey, and some boiling water. Then there's a recipe for Elderflower and Gooseberry Curd, and another for Elderflower Cordial.

I like her "voice," it's not preachy, didactic, or childish. She's writing about what she knows in a simple, enthusiastic manner; clearly with the intention of introducing the reader to the pleasures of using these ingredients.

Honeysuckle, sweet violets (lots of recipes here), wild cherry, wild rose, dandelion, clover, and more. Recipes

range from dessert tarts to syrups, flavored gin, Poached Salmon with Wild Honeysuckle, Couscous and Chicken with Linden Flowers. Options and possibilities, alternative flowers, are suggested for some recipes such as the panna cotta, for example.

The next chapter, Woodland and Hedgerow, takes us into familiar territory. Skipping ahead beyond fir needles, nettles, and hazelnuts I eagerly flip to the pages on fungi. The discussion and recipes focus on chanterelles, common puffballs, boletes, and field mushrooms. Confusingly, there's a page about chickweed, especially as the facing page has a recipe for Pan-fried Puffball with Carrot and Cardamom Puree. It's only after you've turned the page that the recipe for Chanterelle and Chickweed Puffs is revealed. That's an editorial issue, likely not the author's.

The recipe for Poached Wild Mushroom Mini-quiches sounds interesting, but raises a question or two in my mind. First, the Wild Notes that says "Chanterelles can sometimes be tough, but poaching will soften them." No doubt it will, but I've yet to find a tough chanterelle. Fiona mentions that poaching is a healthier cooking method than sautéing (and she's having us make the pastry with lard.) Lower fat, yes, but I would think less flavorful mushrooms, too. She suggests using a wild herb infusion as the poaching liquid, which might make the flavor difference. Good hot or cold, I need to try this out, also the Forager's Autumn Risotto. (And the October rain we're enjoying as I write this should encourage a nice flush of – dare I whisper it – Hen of the Woods.)

Fruits and berries – Everyone loves fruits and berries. A delicious sounding recipe for Wild Venison with Blackberry Sauce presents me with a conundrum. I have the venison but autumn blackberries are a British hedgerow item. Her alternative is Rowan Jelly. Does anyone in our group have a Rowan tree from which I could glean? Alternatively, I suppose I could freeze the venison and wait for summer. Aha! Read on – there's a red cabbage and venison dish with quince suggested in the notes as an alternative to blackberries.

The point I want to make is that her recipes are clearly written for the home cook. Don't go out shopping to purchase a lengthy list of ingredients (which will be used once and then age in the cupboard.) You've foraged, you've found, you'll cook – and if you don't have this, use that. The country cottager foraged for necessity and cooked with what was available. We forage for pleasure and for flavor and need not panic over making modest changes to a recipe.

This chapter includes the familiar quince, wild plums (Bullace, Damson, Sloe), crab apples, and sea buckthorn.

The next chapter, on Herbs, takes us to wildlings and some outright weeds, going from ramps to garlic

mustard with some stops along the way. Our native ramps are a different species from *Allium ursinum*, but would be a suitable local alternative. And with recipes for *Raitziki*, a dip or accompaniment for curries, New Potatoes with Ramps and Lemon, and several others I can foresee some tasty additions to our summer potluck. Thyme and lovage, borage and mint, recipes for smoothies, savory dishes, soups and salads and bruschetta offer numerous options and possibilities.

I'm envious of the options offered in the fifth chapter, Sea & Shore. Fiona explores seaweeds brown, red, and green, shellfish and mollusks, foraging options from her time spent on the Outer Hebridean Island of South Uist, where her husband is the island's doctor. I could buy some of the shellfish, and samphire is available at a farmer's market which I frequent. Not the same as putting on wellies, perhaps a wet suit, and foraging where the tide comes in. But I will make note of the (commercial) possibilities available to me as they sound very flavorful. Mussels with Dandelion and Burdock Beer – the beer is a local option on South Uist, so I'll need an alternative (root beer, her suggested option doesn't appeal), but the rest of the recipe, ramps included, does.

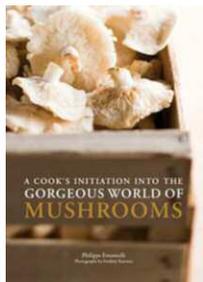
This is a very pleasant book that takes foraging to the next level. Interest began with hunting for wild foods. This pleasant book, with its focus on food, is clearly the way foraging is now developing. The recipes are doable, the techniques uncomplicated, and the author's passion for both the collecting and the eating is obvious.



BOOK REVIEW

A COOK'S INITIATION INTO THE GORGEOUS WORLD OF MUSHROOMS

a book review by Luke Smithson



A Cook's Initiation Into the Gorgeous World of Mushrooms

by Philippe Emanuelli

photographs by Frederic Raevens

Published by Chronicle Books (2013) \$32.50

"The book is definitely not an exhaustive survey of all the edible mushrooms, but rather a selection of the ones I find most often on display in the markets of Europe..." This is how *A Cook's Initiation into the Gorgeous World of Mushrooms*, by Philippe Emanuelli, starts. It is a cookbook that covers a wide array of both wild and cultivated mushrooms, although it definitely has a European feel to it. Most of the mushrooms in the book are familiar to the American reader, although there are a few that are probably not (Royal Sun / *Agaricus blazei*?).

The photographs in this book are what really catch your attention. Photographer Frederic Raevens has put together a spread of pictures that some would call "food porn"! A fair-sized chunk of the introduction is taken up by full-page closeups of various edible mushrooms, both in fresh and dried forms. Roughly half of the book is large color photos of mushrooms and mushroom dishes. The nature of the photos are more artistic than technical, with composition and angles creating pictures that don't necessarily give you a clear idea of what the finished dish will look like, but that are beautiful nonetheless. Call this publication a "coffee table" cookbook.

The book starts with the standard mushroom cookbook introductions: "they can kill you, so don't pick your own", a glossary of (culinary) mushroom basics, basic mushroom anatomy, etc. There are two indices in the book. One is a very nice recipe index, categorized by mushroom species, covering 22 species and about 126 recipes total. The other is a standard, back-of-the-book index.

After looking at a slew of beautiful mushroom photos, we enter the recipe sections. Each recipe has a brief introduction containing Emanuelli's opinion of the mushroom. "Fairy Rings are the most delicious of springtime mushrooms" (p. 80) or "a chanterelle is... just not that exciting to cook with" (p. 95). This is followed by a few factoids, such as how to choose quality specimens, how to clean particular mushrooms, and some general cooking considerations and/or tips.

The recipes themselves are very European as well, although they are written in American Standard measurements (ounces and cups). They include lots of gratins, European cheeses, leeks, endive, etc. Emanuelli's recipes are both inspired and innovative, although they are probably not to everyone's taste. Many recipes use less popular proteins, such as tripe (Yellowfoot Chanterelles with Tripe) and pig's feet (Pig's Feet and Hedgehog Bastillas). Interestingly, Emanuelli has a number of recipes that use mushrooms raw, which is rather unconventional, and, by some accounts, not recommended.

This is not to say that there are not more approachable recipes in this book. He offers "Hot Dogs with Summer Truffles" and a pretty standard "Mushroom Risotto", but I would venture to say that the majority of his recipes are geared towards cooks with more adventurous palettes. There is definitely an assumed level of cooking knowledge with this book, such as already knowing how to blanch vegetables or how to clarify butter. Each mushroom species has anywhere from two to ten recipes (Russulas get the two, dried Porcini get the ten), with the average being around five. His chapters are roughly divided into wild mushrooms, cultivated mushrooms, dried mushrooms, mushroom products (truffle oil, salts, etc.) and a small, but interesting, section on preserves, including a recipe for Candied Chanterelles. Overall, this is an enjoyable cookbook. The highlights

include the photographs, the diversity of mushrooms used and interesting “out of the box” recipes. This book is definitely recommended to the mushroom lover who is looking for new “fine dining” recipes, but it is probably not recommended for the kitchen novice.



ARE TURKEY TAILS INEDIBLE?

by John Saltveit, Reprinted from *MushRumors*, newsletter of the Oregon Mycological Society, September-October 2013

I became really interested in learning about mushrooms when I heard about turkey tails. Paul Stamets had a TED Talk (Technology, Entertainment, Design, www.ted.com) on the internet about how they can fight cancer. My mother-in-law had cancer, and I suggested she learn how to eat them to fight the cancer. My wife, my dad, my mom, both my grandmothers, and my grandfather have already had cancer. I figure I’ve got to do something to decrease the risk. Then I went out to my garden and looked at a branch on the ground and saw turkey tails growing in my own yard! Stamets’ book, *Mycelium Running* had been on my list for a while because so many of my gardener friends had recommended it. I read it and I was on fire. I needed to learn about mushrooms. I joined the OMS, and I checked out books from the library. Many of them described turkey tails as “inedible”.

This perplexed me, because Paul Stamets described them as eaten in China for over 1000 years and among the Native Americans for hundreds of years. Could they really be inedible? Stamets described them as medicine more than as food.

Then I read Robert Rogers’ book, *The Fungal Pharmacy*. He described various ways that people had prepared

them to use as medicine. It was one of the very few mushrooms that I could confidently identify, and there were no deadly poisonous lookalikes, so I followed the procedure. I boiled them for 2 hours to extract the polysaccharides in a kind of soup. Didn’t taste bad or good, but it had a mild mushroom flavor. I decided to add a bit of soy sauce, and it tasted like reasonably good soup. The difference was that it was extremely medicinal and free.

Now I got to the mushrooms themselves. I had read that people ate them while hiking. I tried that and found them very tough and flavorless. In addition, Rogers explained that you’ll get more of the medicine out if you boil them for a while. I noticed that boiling them made them softer, which was good. However, they were large and chewy. I decided to slice them into little strips, about the size of a small piece of chalk or a typical bolt. Now they were chewable, but still relatively flavorless. I decided to add olive oil and soy sauce. Bingo! Now they had good flavor, they had the springy consistency and flavor of beef jerky and I chew them like it. My kids like it too, and we call it turkey tail jerky. One thing to watch out for is when to pick the turkey tails. They should be thin and flexible, with vibrant colors on their zones. When they get thick and with washed out colors, they are nearly impossible to chew.

Some people ask, “Why would you eat turkey tails when there are so many other types of mushrooms to eat?” Good question. I know that most veterans of the OMS have their secret hidden locations of delicious mushrooms that they keep going back to. I do not. Many can easily and positively identify hundreds of mushrooms from each other. I cannot yet do that, but I love learning to ID with the OMS. I love to go hiking with my kids and one of the things that they like is finding mushrooms. They always ask, “Can we eat it?” Turkey tails are one of the very few mushrooms that are very abundant and very easy to find. Do they taste as good as morels, shiitakes, or chanterelles? No, they don’t. However, I can reliably find and identify them and I have found a way to make their outstanding health characteristics taste good, which is plenty good enough for me right now.

MushRumors Editors’ Note:

When we first read John’s article, we asked our son who was visiting from Virginia, “Do you know what TED is?” Needless to say, he did, and once again we ended up looking like Internet dinosaurs.

TED is a nonprofit devoted to “ideas worth spreading,” offering “riveting talks by remarkable people, free to the world.” It started out in 1984 as a conference bringing together people from three worlds: “Technology, Entertainment, Design” and now offers informative web presentations in a wide range of interesting areas.

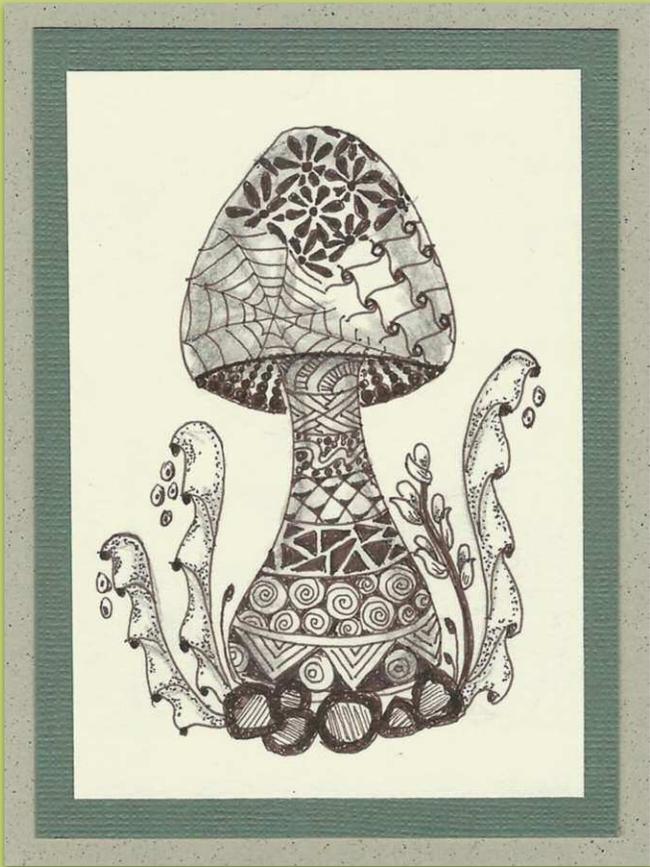
Link to www.ted.com, enter the search terms “fungi” or “mushrooms” and start your journey through yet another website where you can squander lots and lots of time.



PHOTO BY JIM BARG

zenshrooms

Highlighting the artwork of NJMA member Marion Kyle



ABOUT GARY LINCOFF

from his website, www.garylincoff.com

Gary Lincoff is the author or editor of several books and articles on mushrooms, including *The Audubon Society Field Guide to North American Mushrooms*. He teaches courses on mushroom identification at the New York Botanical Garden. He has led mushroom study trips and forays around the world, and he is a featured “myco-visionary” in the award-winning documentary *Know Your Mushrooms*, *The New York Times* front page Saturday, October 22, 2011; also online on the *NYT Cityroom* blog:

<http://cityroom.blogs.nytimes.com/tag/gary-lincoff>



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.

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Holiday Dinner 2013

The NJMA requests the pleasure of your company at our annual Holiday Dinner, Photo Contest, and Election of Officers meeting to be held at the Unitarian Society in East Brunswick on Sunday, December 8, 2012 at 2:00 p.m.

Please bring a favorite dish (sufficient to serve 8 to 10 people) for the buffet table. If you plan to bring a dish containing wild mushrooms **you must get clearance for the dish from Bob Hosh**, who is coordinating the dinner. You may contact him via e-mail at gombasz@comcast.net or by phone at (908) 892-6962. Dishes must be labeled to show ingredients, and should arrive ready for the buffet table with serving utensils. All questions concerning the buffet menu should be directed to Bob. The club provides beverages.

Please note that a donation of \$10.00 per person is required to offset the buffet costs. In order that we may cater the party properly, please respond by DECEMBER 5, 2013!
No reservations will be accepted after December 6, 2013!

Directions to the Unitarian Society are printed on page 3 and are also available on the NJMA website at www.njmyco.org/directions.html

YOU MUST BE A CURRENT MEMBER OF NJMA TO ATTEND THIS EVENT
Because of space limitations, there is a limit of 54 attendees.

NJMA Holiday Dinner Registration Form

Fill out this form, make your check payable to NJMA, and mail both, **before December 5**, to:

Bob Hosh, 209 South Middlebush Road, Somerset, NJ 08873

Questions? Phone: 908-892-6962 E-mail: gombasz@comcast.net

NAME(S): _____

TELEPHONE: _____ E-MAIL: _____

NUMBER OF PEOPLE ATTENDING _____

x \$10.00 each = \$ _____ (Don't forget to enclose your check for this amount)

I will bring sufficient to serve 8 to 10 people (please specify below):

_____ Hors d'Oeuvres	_____ Meat casserole
_____ Vegetable dish	_____ Green salad
_____ Potato or pasta dish	_____ Dessert

I will help with: _____ Setup _____ Cleanup

IF YOU HAVE VOLUNTEERED TO HELP, PLEASE SEE BOB HOSH ON ARRIVAL

NJMA NEWS

c/o Jim Richards
211 Washington Street
Hackettstown, New Jersey 07840

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:

- **2013 HOLIDAY DINNER**
- **FUNGUS FEST REPORTS**
- **WHO'S IN A NAME - PART 39**
- **MEMBERSHIP DIRECTORY INFO**
- **FORAY REPORTS**
- **NOVEMBER 10TH LECTURE**
- **FAR EAST FUNGI**
- **ARE TURKEY TAILS INEDIBLE?**
- **ZENSHROOMS**
- **RENEW YOUR MEMBERSHIP!**

...plus more!

Tremella foliacea **Brown Witch's Butter**

A jelly mushroom which makes its appearance in the cooler days of fall (and sometimes winter), this fragile mass is edible, but tasteless. It is often mistaken to be the Tree Ear, *Auricula auricularia*, but can be used in similar ways.

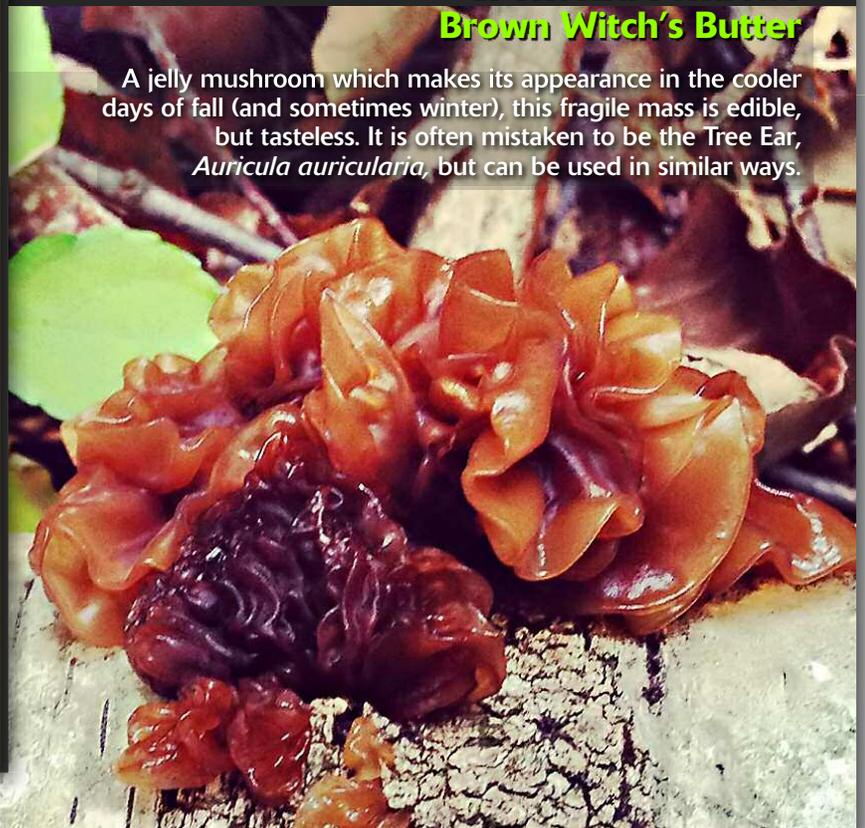


PHOTO BY STEPHANIE RITSON