

NJMA NEWS

THE OFFICIAL NEWSLETTER OF THE NEW JERSEY MYCOLOGICAL ASSOCIATION
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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!



Calistoma cinnabarinum
Stalked Puffball-in-Aspic

One of the more unusual puffballs, this one resembles a large berry on a stalk with many smaller fruits alongside it suspended in a slimy jelly-like mass. It's most often seen in the fall, although it may appear at other times.

PHOTO BY JIM BARG

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PRESIDENT'S MESSAGE

Hello everybody, and welcome to spring, my favorite time of the year, as the forest wakes up and we start to see the reappearance of bigger fleshy fungi. It is a great time, full of very seasonal mushrooms. Not just the obvious ones like morels, but also other interesting fungi like *Puccinia* rusts that are specific to spring ephemeral flowers and the spring wood decayers like *Agrocybes* and *Psilocybes* that show up in our mulched garden beds. Whatever your interest is in fungi, there are many mushrooms that only fruit in spring, and we won't see for the rest of the year. Like the season of spring itself, many of these species are very fleeting and will only be around for a few weeks. So you had better get out there and see them for yourselves!

It is also a transition time for NJMA, as we move from our winter lecture mode into foray season. I tend to think that the forays are the backbone of the club, as that is the best place to really learn about fungi. It is hard to beat hands-on experience! Watch out for some special "pop-up" educational events happening at our forays this season.

See you all out in the woods!!

– Luke Smithson
President, New Jersey Mycological Association
njmaprez@gmail.com



*Stropharia
rugoso-annulata*

PHOTO BY DOROTHY SMULLEN



EDITOR'S NOTES

I should probably call this a "To Do List" or a "Wish List" rather than "Notes". There are a number of projects that I anticipate making progress on before Fall and Fungus Fest arrives.

I hope to get a scholarship program established for the purpose of helping our members attend mycological events. The recipients would be expected to contribute a newsletter article or club event in exchange for the grant. I have already suggested this idea to the Board of Directors and many of the Committee chairs. While most are in favor of the project, there are a few who have expressed concern about its funding. Details will need to be worked out so that it can be in place for 2020.

The Robert H. Peabody Library is undergoing major progress. Bob's collection has been moved from Graham's home to the Burghardt's and my place. The next step is to determine the condition and value of the books. If you are interested in helping us, please contact me at njmalibrary@gmail.com.

Starting checking your recipes for mushroom dishes. I will be making some interesting changes for Mycophagy 2020. And remember to keep checking garage sales, book sales, flea markets, etc. for mushroom-related items for next year's Myco-auction.

Have a great mushroom-filled summer! Keep the articles and photos coming for *NJMA News*.

And remember, before you send your photos, change their file names/numbers to captions that will identify the subject and photographer. For example, change "DSC12345.jpg" to: "John and Nina collecting LBMs at FPP on July 4th-Jane Doe.jpg". (Don't use quotation marks, though!)

Deadlines for the summer newsletters are June 10th and August 10th.

– Jim Richards
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Visit the NJMA
Discussion Group



facebook

<http://tinyurl.com/jjualgz>

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 **blue** 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 an instant email. Just look for the "click finger" when you hover your mouse over these items.

UPCOMING NJMA EDUCATIONAL WORKSHOPS AND EVENTS

Keep your eyes open for the next issue of *NJMA News*, which will contain full details on these and other events for our members!

July 20 (after the Meadowoods foray)
OYSTER MUSHROOM CULTIVATION
with Frank Kushnir

FORAY FEATURES (after various forays, TBA)
Info on special species
with Luke Smithson

November 10 (before the regular meeting)
12:00pm to 1:00pm
**MYCORRHIZAE,
MYCOHETEROTROPHS,
AND MYCANGIA**
A few fungal connections
An illustrated lecture by Dorothy Smullen

TWO NEMF 2019 POSITIONS STILL NEED TO BE FILLED FOR THE AUGUST FORAY AT LOCK HAVEN UNIVERSITY

Vendor assistant

Duties:

- Set up tables, which are already on the floor (and on wheels) and put them away on Sunday.
- Collect prizes for best mushrooms contest

Best Mushroom Finds Photographer

Duties:

- Photograph the best mushrooms, brought in from forays, as determined by ID mycologist
- Show the photos during the evening program

Contact Frank Marra, NEMF 2019 Chairperson,
nemfchair@gmail.com
if you're interested.



LEARN ABOUT MUSHROOMS
DURING FOUR DAYS OF:

- LECTURES
- WORKSHOPS
- FORAYS
- MUSHROOM IDENTIFICATION

AUGUST 1 - 4, 2019

**LOCK HAVEN
UNIVERSITY**
Lock Haven, PA

For more information, visit www.nemf.org
or email nemfchair@gmail.com

NEMF
2019
SAMUEL RISTICH FORAY

The poster features a background image of a forested hillside overlooking a lake. On the right, there is a logo for NEMF 2019, which consists of a stylized mushroom shape with a yellow and red striped pattern, and the text 'NEMF 2019 SAMUEL RISTICH FORAY'. Below the main text, there are two small inset images: one of a building with a red roof and another of a dining room with round tables.

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Views expressed herein do not imply New Jersey Mycological Association endorsement.

FUNGI AND FIRE IN THE PINE BARRENS

by Nina Burghardt

2019 will be the twelfth year that NJMA has been documenting fungi in targeted areas of the Franklin Parker Preserve in Chatsworth NJ.

When we first started collecting, there had not been a fire in the preserve for quite a while. In 2016, a prescribed burn was conducted in the area across from the South Gate in Speedwell. The fire was extensive but not very hot. Even so, we documented polypores that had not been in abundance before, growing on the burned oaks. The next year, there was a hotter fire across the highway between the South Gate and the Wading River. There was a second burn in an area near Pine Crest, not far from Apple Pie Hill; a hard to get to area that requires driving on a rough sand road. In March 2019, burns were conducted at the North Gate entrance and west of Chatsworth Lake. These areas were burned in a typical mosaic pattern with some areas burning very hot and others less so. There might be an even larger burned area but we have not had a chance to check it out.

So why did the New Jersey Conservation Foundation conduct these prescribed burns?

1. The first reason was to reduce the potential fuel so that the town of Chatsworth would be less vulnerable to fire.
2. Fire is part of the Pine Barrens ecology. Native Americans used to burn the area on a regular basis. Many times lightning sets off fires. When the railroad was the main mode of transport, sparks from the engines would often start fires. In recent times, campfires, cigarettes and bombs have ignited fires.
3. Plants and animals have learned to adapt to fire.
4. Fire favors pines over oaks. Oaks need duff for their acorns to take root. Pines need heat to open their cones and their bare seeds need open soil to germinate. The pines also have thick bark so they do not burn as easily as the oaks. Without fire, the pine barrens would become oak barrens.
5. Fire burns the shrubs so more light can reach the forest floor, which allows wildflowers and ferns to grow.

The role of fire in the pine barrens has been studied from the point of view of the animals and plants but there is no mention of fungi (that I could find). NJMA has documentation of what fungi have been found where and at what time before the fires. Now we will be able to compare the same areas after fire. We will continue going to Franklin Parker Preserve on a regular basis.

If you are interested in visiting the preserve with your family and see an interesting fungus, photograph it (top, side, base and under the cap), note the GPS coordinates, dry the specimen if you have a drier, and contact John (johnab190007@gmail.com) or Nina Burghardt (jnburghardt536@gmail.com) so it can be added to our list. You can also post it on the internet.



**ATTENTION ALL:
PLEASE RETURN YOUR
BORROWED BOOKS FROM THE
NJMA LIBRARY BY JUNE 2ND**

We are in the process of reorganizing NJMA's Robert H. Peabody Library, so we request that you return your borrowed books before or at the June 2nd Bob Peabody Wild Foods Foray and Picnic so that we can account for all books that we have.

If you are not able to attend this event, Contact Jim at njmalibrary@gmail.com for the address to be used to return the books via USPS Media Mail. Books will be available for borrowing some time later this summer.





PHOTO BY DOROTHY SMULLEN

Setae of Marasmius

REPORT ON THE NJMA MICROSCOPY WORKSHOP MARCH 30, 2019, RUTGERS UNIVERSITY

by Mike Rubin

NJMA held an introductory microscopy workshop at Rutgers led by Mike Rubin and Dorothy Smullen. First, we would like to give a big thanks to Dr. Jim White who was kind enough to allow us to use his laboratory and microscopes. We had 16 attendees, with more people interested than we had microscopes. Maybe we can run another workshop during the summer!

The class focused on the basics of setting up a microscope in order to get the best image possible through the use of Kohler illumination. Next, we gave everyone the chance to calibrate their microscopes using a stage micrometer and eyepiece reticle. A few attendees even brought in their own scope with the hope of being able to set them up and calibrate them.

We taught basic sectioning techniques and sample preparation by using various fungi that included dried specimens, fresh store-bought mushrooms, and some prepared slides that Dorothy was kind enough to supply. The class experienced viewing microscopic features of fungi that included the asci and ascospores from morels as well as spores from “porcini” mushrooms, *Pleurotus*, and the septate spores of the Earth Tongue, *Trichoglossum*. We even viewed the cystidia of *Pluteus* and the setae of *Marasmius cohaerans*.

Some of our summer forays feature microscopy sessions in the afternoon after the collections are brought back. The club encourages members to stay and learn from these sessions by asking questions and preparing samples of their own (with assistance from more experienced microscopists).

I thoroughly enjoyed teaching the class with Dorothy’s help and want to thank all the attendees for participating.

Happy hunting!



BYTES, BITS, & BITES TASTY LITTLE TIDBITS FROM OUR MEMBERS

from the Editor:

Recipes for that springtime delicacy - the Morel

<http://tinyurl.com/y5h7xr3m>

from Judy Glattstein:

The unexpected magic of mushrooms:

<http://tinyurl.com/y2b7ychv>

from Jim Barg:

Truffle Tree – English Oak Trees Inoculated with
Bianchetto Truffles:

<http://tinyurl.com/y49cbnyl>

from the Editor:

Mushrooms could protect the aging brain:

<http://tinyurl.com/y334x9wu>

from *The New York Times* via Judy Glattstein:

Injecting Marshmallow Peeps with fungi, for science:

<http://tinyurl.com/y5hnambp>

from the Editor:

Mushrooms are the Official Ingredient for Earth
Day, April 22:

<http://tinyurl.com/y3y5t3tb>

from the Editor:

Kuwait’s Desert Truffles:

<http://tinyurl.com/y5npw9sn>

from the Editor:

A Ray Fatto Scholarship was awarded in 2018 for
studying this problem:

<http://tinyurl.com/y3vqxvt9>

from Judy Glattstein:

Mushrooms and Fungi in China:

<http://tinyurl.com/yyuh6yh9>

from the Editor:

This Engineer Is Preparing to Feed a World Without
Sunlight. How do you feed eight billion people during a
nuclear winter?:

<http://tinyurl.com/y2yrl99>

from the Editor:

Spending Just Five Minutes in Nature Could Improve
Your Mood:

<http://tinyurl.com/yynub9y6>

(continues on page 12)

"THE MUSHROOMS I HAVE EATEN"

by Denise Bluhm (reprinted from *Mainely Mushrooms*, newsletter of the Maine Mycological Association, Volume 35, Number 2. April - June, 2019)

A good crowd was in the audience to hear Denise's program in exchange for her 2018 Eagle Hill scholarship. Well done. Denise! A great pleasure of Denise's presentation was all the photos of her family and friends, with huge smiles as they found or held some of the mushrooms that Denise has eaten. Her photos also showed, and she talked about, identification characteristics, habitat and how she preferred to prepare them. In general, Denise prefers to cook in oil, on high heat to brown them a bit. Here are the mushrooms that she presented, with cooking tips, and a caution for some that have confusing, potentially toxic, similar species. Please look at your field guide for identification details and similar species. Attend our summer outings for hands-on instruction!

Cerioporus (Polyporus) squamosus: "pheasant back," "Dryad's Saddle," the harbinger of spring, found on elm; thinly slice and saute on high heat in olive oil and salt. For best edibility they must be young and easily sliced through with a knife.

Ganoderma tsugae: "Reishi," "hemlock varnish shelf"; edible in the pure white stage; slice mature caps thinly and saute in olive oil; for medicinal tea thinly slice right after you pick it (while still moist), dry on rack in the sun, keep tossing until crispy dry. The medicinal tea smells like bile vomit, but is worth it for its benefits. Throw a handful into a liter of water, simmer an hour or two. Add a sweetener.

Laetiporus sulphureus: "chicken mushroom," "sulfur shelf"; on oak, ash, cherry, but toxic when found on conifers, caution recommended as some people are sensitive to it, ; can be found June-October; best to harvest young and soft, when oozing moisture; cook in oil or butter, finish with Riesling: lemony flavor.

Cantharellus cibarius complex: "chanterelle"; most commonly collected edible mushroom in the northeast; requires caution: has toxic similar species; July through September in a wide range of habitat; best cooked in butter, browned a bit, finished with cream, over eggs. For some has a strong fruity fragrance, some need a full bag of warm mushrooms to find a scent.

Craterellus tubaeformis: "winter chanterelle"; and *C. ignicolor*: "flame colored chanterelle"; indicator for *Craterellus fallax*: "black trumpets"; dehydrate well; cook with butter and eggs, mild flavored food.

Tricholoma magnivelare: "matsutake"; found under hemlock in Maine; strong, spicy fragrance; simple preparation is best to highlight flavor; throw slices into a pot of rice; look at the cookbook 'Shroom: a descrip-

tion likening the flavor to a mullet: business in the front of the mouth, party in the back!

Craterellus fallax: "black trumpet"; Denise's "gateway mushroom" and her favorite, found July-October in moist woods, intermittent washes; cook in oil, browning 'til it crackles, good with mild food, makes a great fettucine alfredo. Make this the highlight of your dish! Dehydrates well.

Hypomyces lactilurum: "lobster mushroom"; the color of cooked lobster; a parasite of *Russula* family, perhaps no longer recommended due to recent poisonings, one severe; under hemlocks; use when flesh is firm, dense and white; excellent in Amy's Thai soup.

Dendropolyporus (Polyporus) umbellatus: "umbrella polypore"; midsummer to fall, grows from a sclerotia in hardwood forests; a wonderful strong floral scent; tender; cook in oil, browning a bit.

Stropharia rugosoannulata: "wine cap"; wild or cultivated on hardwood chips; May-November, but mostly cooler spring and autumn; strong flavor, use buttons, tastes like peanut butter, potato chips or just nutty; brown a bit in oil, finish with lemon juice and/or white wine.

Amanita jacksonii: "American Caesar's"; July-August, hardwood forests; very disappointed when sauteed, has a chemical-like flavor; will not try again.

Baorangia (Boletus) bicolor: "bicolor bolete"; under oak, late June through September; delicious cooked in butter or marinated and grilled; requires caution: has toxic similar species.

Cortinarius (Rozites) caperatus; "the gypsy"; mixed forest, August- October; looks a bit like an *Amanita*, use caution; brown a bit in butter and salt.

Harrya (Tylopilus) chromapes: "yellow foot bolete" mycorrhizal with many conifers and hardwoods, usually find 1-2, not in large groups; saute in oil or butter, nice mild flavor.

Hemileccinum (Boletus) subglabripes: "lemon bolete"; mostly under birch most of the summer into early fall; hint of acid/lemon flavor, but a good edible cooked a bit brown in oil.

Phallus ravenelii: "Ravenel's stinkhorn"; on wood chips or rotted wood; August-November, use in button stage, thinly slice, cook on high heat; tart flavor, crispy, crunchy. Make sure not amanita egg. Hold your breath when taking a bite, stinks a bit .

Suillus spraguei (pictus): "painted bolete"; July-October; under white pine; turns black when cooked, pick young, a utility mushroom when there's not much else out.

(continues on [next page](#))

"THE MUSHROOMS I HAVE EATEN"

(continued from [previous page](#))

Suillus americanus: "chicken fat bolete"; August-October; under white pine in grassy areas in large groups; good flavor, pick young, not too beat up. Viscid cap occasionally causes contact dermatitis for some.

Suillus weaverae (*granulatus*): June-October; under white pine; harvest young, perfect ones, peel the sticky cap surface; mild flavor, a good utility mushroom.

Agaricus arvensis complex: "horse mushroom"; in grassy areas; almond/anise aroma; caution for toxic similar species and environmental conditions; strong flavor, good browned a bit, eaten with steak.

Hydnum umbilicatum and *H. repandum*; "hedgehogs"; under hemlocks, September-October; umbilicatum is smaller but preferred; repandum, though larger, can be bitter; good with eggs, in curries and soups; mild flavor similar to chanterelles, freeze to preserve.

Hericium coralloides and *H. americanum*: "comb tooth", sometimes hard to tell the species apart; beech, maple, birch; late August- September; brown in butter, seafood flavor and texture; good in chowder.

Boletus edulis complex: "King bolete"; June-September; hardwood and conifer forests; requires caution, has toxic similar species; grill for a nutty flavor, dries well, the flavor becomes very intense, use sparingly. I add a couple dried slices to rice as cooking for flavor.

Grifola frondosa: "Hen of the Woods," Maitake," mildly parasitic on oak, best found next to water; late August-November; nutty, earthy flavor; expose to sunlight to develop increased Vitamin D content; dehydrates well. Excellent sauteed with butter, garlic, thyme, shallots, and salt.

Entoloma abortivum: "aborted entoloma", "shrimp of the woods"; on wood where honey mushrooms grow; September-October, use when white and firm; mild, nutty flavor; cook on high heat, browning well.

Pleurotus ostreatus: "oyster mushroom"; generally October-November but after a droughty 2017, Denise found some June 18, 2018; on sugar maple; harvest when young, they smell fishy when older; they're chewy if not cooked crispy; good utility mushroom and good dried.

Hygrophorus flavodiscus: "butterscotch waxy cap"; late October-November, last of the season; under white pine; tastes like Apple Jack cereal to Denise; brown in oil with salt, the thick slime on cap and stem cooks away.

Inonotus obliquus: "Chaga"; not a fruiting body, but a sclerotia; year round, but best looked for on living birch in winter, caution required for toxic similar species; medicinal, break off a hand sized piece, add to a liter of water, bring to a boil, simmer for an hour or two, strain, add almond extract, agave syrup or another sweetener to taste.

(Editor's note: All comments regarding edibility are those of the author and are not endorsed in any way by NJMA)

COOKING WITH MORELS AND A RECIPE FOR MORELS AND GIANT WHITE BEANS

by [Luke Smithson](#)

For much of the country, morel season is fast approaching, or even here if you live in the deep South or California. Here in Pennsylvania, as the trees leaf out and trout lilies bloom, I begin to find the elusive morel in April. We actually have several species of morels on the east coast, with *Morchella americana* being the most prominent species in my experience. *M. diminutiva*, *M. angusticeps* and *M. punctipes* also make appearances in Eastern North America during the spring months, and all are good from a culinary standpoint.

The most important thing to remember with all *Morchella* species is that they must be thoroughly cooked. Failure to cook your morels will result in severe gastric upset. Other than that little caveat, morels are delicious mushrooms.

I do enjoy eating morels fresh, but morels are really an ideal mushroom for drying. I usually eat a few meals with fresh morels, especially when I find big ones that I can stuff and bake, but the majority of my morels end up in the dehydrator. I do this for two reasons:

Reason #1: Dehydrating concentrates their flavors. Morels are a mild flavored mushroom in the first place, so removing the water content from them concentrates their flavors. The re-hydrating liquid becomes liquid gold in terms of flavor.

Reason #2: Fresh morels are quite brittle. Stir them in the saute pan a little too much and they crumble apart. After drying and re-hydrating, they toughen up a little and hold their shape better, but are quite tender again after a good soak and cooking.

Being such a mild mushroom, you have to be careful not to overwhelm their flavor with other ingredients. Garlic is good with them, but not too much. Other mushrooms and lots of heavy seasonings will drown out their subtle but amazing flavors. They pair exceptionally well with mild dairy products like butter, cream and fresh (but mild) cheeses. Light meats such as chicken, veal or white fish work well with them.

My dish (on the next page) pairs Giant White Runner Beans (*Phaseolus coccineus*) with dried *Morchella americana* and Northern Bayberry (*Myrica pennsylvanica*). If Giant White Runner Beans are unavailable, I would substitute a dried white lima bean or any other creamy white bean that you like.

(recipe follows on the [next page](#))



Morels with Giant White Beans

A recipe by Luke Smithson

(See introductory information on the previous page)

1 cup dried Giant White Runner Beans

Kosher salt

1/2 teaspoon dried thyme

*8 Bayberry leaves (substitute
with bay leaf if needed)*

1 cup dried morels

2 cups water

1 tablespoon cooking oil

1/2 clove garlic, minced

1 tablespoon butter

Chives, for garnish



PHOTO BY LUKE SMITHSON

Soak the beans in cold, salted water overnight. (*Don't worry about the old wives' tale of your beans becoming tough in salt. This is not true, and your beans will be more thoroughly seasoned if you allow them to soak in seasoned water.*)

Discard soaking water and cover beans in fresh water with thyme and bayberry. Boil until tender, about 1-2 hours. Add water as needed to keep covered, but allow water to cook down so that the beans are in a thick gravy when done cooking. Remove bayberry and discard.

Soak morels in hot water for 30 minutes. Strain the morels, squeezing the excess liquid from the morels and save the soaking liquid.

Heat the oil in a sautee pan over medium-high heat and add morels. Season with salt and cook for about 5 minutes, stirring often, until they brown.

Add garlic, stir for 30 seconds, then carefully add the reserved morel-soaking liquid. Turn heat down to medium and allow to simmer for 20 minutes. Add a little more water if needed so that the morels are covered

At the end of the cooking time, let the water cook down so that the morels are just a little wet and add the cooked beans (including bean cooking liquid). Allow this mixture to simmer until all liquid has reduced to a thick gravy, but don't let it dry out.

Stir in butter, taste and add additional salt as desired.

Sprinkle with chives and sop up the rich morel gravy with a good crusty bread!

Yield: 4-6 servings



BOOK REVIEW

GOURMET MUSHROOMS OF THE NORTHEAST

(BOOK AND CALENDAR FOR 2019)

a review by Beverly Saunders



Gourmet Mushrooms of the Northeast

(Book and Calendar for 2019)

by Ryan Bouchard

Published by The Mushroom Hunting Foundation; 2019 edition (2018). (48 pages)

ISBN 10: 1532310234

ISBN 13: 978-1532310232

Upon unpacking this item from its cardboard container, my first reaction was “Wow! Splendid!” Such beautiful photography, such interesting analyses/descriptions of many types of mushrooms. Being a beginner, I needed a photograph with each description. The verbiage was simplistic enough that a layperson, such as I, could be both educated and entertained.

When I came across the June feature, Hemlock Reishi, I thought, my goodness, my neighbor has these trees planted as a border; I’ll have to look for this species. After all, the Japanese have proclaimed this mushroom to be a virtual fountain of youth. Sip Reishi tea...live to be 100.

The December featured species, Chaga, has been recommended for anti-cancer properties. Perhaps we can compete with 21st century medicine by sipping this tea.

I greatly appreciated the “Hunting Safety Rules.” For now, I’ll buy from supermarkets or mushroom farms, but foraging in the woods might be a future sport for me.

The “Fine Dining” page was very special because I enjoy cooking/baking and I’ll be incorporating mushrooms into my cuisine. “Savory Wild Mushroom Bread Pudding,” on page 43, will be my first and very special dish.

On page 38, the list of clubs that are registered under the two larger regional organizations provides the next step for a serious forager; join a club and meet other people with lots of enthusiasm.

A wonderful convergence of art, education, reference, and delightful stories in this book calendar, and I highly recommend it. Thank you, Ryan and Emily. I feel as though I met you in person.



Editor’s note: Beverly Saunders is a long-time friend and avid reader who has just begun to be interested in mushrooms.



Amanita stages (illustration by Benjamin de Buort)

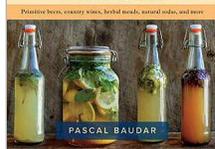
BOOK REVIEW

THE WILDCRAFTING BREWER: CREATING UNIQUE DRINKS AND BOOZY CONCOCTIONS FROM NATURE’S INGREDIENTS

a book review by Mike Rubin



The Wildcrafting Brewer
Creating Unique Drinks and Boozy Concoctions
from Nature's Ingredients



The Wildcrafting Brewer: Creating Unique Drinks and Boozy Concoctions from Nature's Ingredients

by Pascal Baudar

Published by Chelsea Green Publishing
(February 12, 2018). (304 pages)

ISBN 10: 1603587187

ISBN 13: 978-1603587181

Warning: some of the ingredients recommended in this book can have some serious health effects, especially in pregnant women (e.g. horehound, wormwood, yarrow, mugwort).

Spring is upon us here in NJ, and many of our members are getting ready to start harvesting nature’s bounty to supplement their larder. This book offers an alternate use for wild foods; making primitive beers, wines, and sodas. Turkey Tail Soda and Chaga Beer are just two of the interesting recipes detailed in this book that might catch a mycologist’s eye. I have tried chanterelle-infused vodka at some of our regional forays but this opens up another avenue to enjoy mushrooms and other wild foods that we harvest from the forest.

The book starts off with recipes for making simple syrups from elderberries, raspberries, dandelions, etc. that are the basis for alcoholic beverages. These syrups are the source of sugars that will be fermented into the wines and beers that are being described. He encourages experimentation with ingredients but lays out very reasonable recipes for the reader to explore. The process is straight-forward and can easily be carried out in the comfort of one’s own kitchen.

In my opinion, one of the most interesting aspects of this book is the hunt for wild yeasts. Yeasts are, as many of you already know, single cellular fungi. They occur naturally where any sugar source is located; for instance, on the outside of grapes, berries, or even green pinecones. Yes, I said green pinecones. Mr. Baudar attributes the unique flavors he extracts from his recipes equally to the combination of ingredients and the wild yeasts that ferment the sugars to yield beer and wines. Of course, one can always use brewer’s yeast, *Saccharomyces carlsbergensis*, in lieu of trying to use the wild yeast strains. Just don’t use baker’s yeast, *Saccharomyces cerevisiae*, as it doesn’t ferment as efficiently as the brewer’s yeast.

The bottom line is that the book outlines simple procedures for creating one’s own libation out of a variety of fruits, herbs, and vegetables that can be found in nature as well as the local market. Enjoy!



CALENDAR OF UPCOMING EVENTS

Sunday, June 2
10:00am

BOB PEABODY WILD FOODS FORAY AND POTLUCK PICNIC

Deer Path Park, Readington, NJ

Leader: David Stiller

The foray is open to all, but **the potluck is for members only**. Bring a food dish to share and provide your own picnic gear (plates, napkins, utensils, etc.)

Ride share: <https://www.groupcarpool.com/t/24p3h8> password: Mycena-2019

Friday, June 28

MEMBERS-ONLY FORAY

New Jersey School of Conservation, Stokes State Forest

Leader: Dorothy Smullen

You will need to email Dorothy Smullen (dsbs@verizon.net) if you are interested in attending.

Sunday, July 14
10:00am

FORAY: LAKE OCQUITTUNK FAMILY CAMPING AREA

Stokes State Forest, Branchville, NJ

Ride share: <https://www.groupcarpool.com/t/70jczv>

August 1 - 4

NEMF 2019 FORAY

Lock Haven University, Lock Haven, PA (<http://nemf.org>)

(Registration form was published in the last issue of NJMA News, #49-2)

August 8 - 11

NAMA 2019 FORAY

Paul Smiths University, Paul Smith, NY (<http://namyco.org>)

Sunday, September 22
10:30am

FUNGUS FEST

Frelinghuysen Arboretum, Morristown, NJ

Mutts



Mutts



WHO'S IN A NAME?

Echinodontium ballouii

by John Dawson (seventy-second in a series)

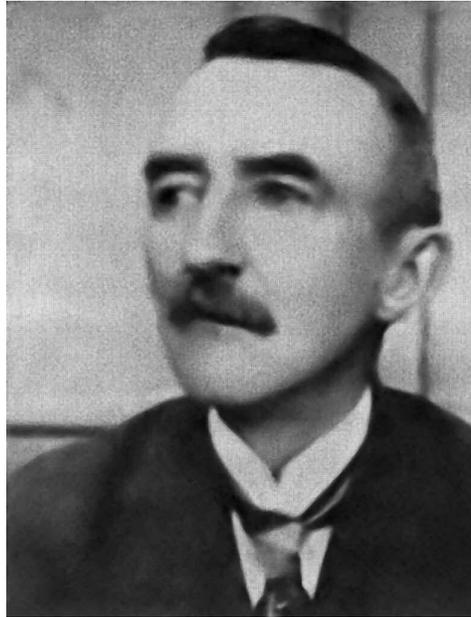
An article by Leon Shernoff in the Fall 2007 issue of *Mushroom the Journal* (“A real American ivory-billed woodpecker”) reported the exciting news that a polypore first described and collected in 1908-09, but not seen since, had been rediscovered by Larry Millman and Bill Neill on an Atlantic White Cedar tree growing in a New England swamp. The mushroom in question was *Echinodontium ballouii*, which had been collected at a single site in New Jersey in 1908 and 1909 by William Hosea Ballou, after whom it was subsequently named. Three specimens that Ballou collected are preserved in herbaria (two at the New York Botanical Garden and one at the USDA in Beltsville, Maryland), and comparison of them with that collected by Millman and Neill confirmed their rediscovery of that species.

Index Fungorum currently lists three other fungi bearing the epithet *ballouii*, in the genera *Gyroporus*, *Polyporus* and *Russula*. But who was William Hosea Ballou? A further article by Shernoff in the same issue of *Mushroom the Journal* (“William Hosea Ballou, man of science — not”) supplies much of the little information about him that has been recorded.¹

Ballou was born in 1857 and died in 1937. His middle name suggests that he may have been a descendant of Hosea Ballou (1771–1852), a prominent early American Universalist clergyman, or of his grand-nephew Hosea Ballou II (1796–1861), another Universalist minister who founded *The Boston Globe* and became the first president of Tufts University. But as one commentator has remarked, if William Hosea was part of that illustrious family of Ballous, he must have been “a black sheep.”²

The lack of published information about Ballou is not because he was unknown to his contemporaries. On the contrary, he became notorious as a hack journalist with bizarre ideas and little regard for the truth. He is best

known as the author of a series of defamatory articles in the *New York Herald*, written at the behest of Edward Drinker Cope, disparaging the achievements and person of Cope’s paleontological rival Othniel Charles Marsh. Ballou also contributed articles to *Popular Science Monthly*, *Scientific American*, *The American Naturalist*, *The Chatauquan*, and *Century* magazine, and wrote three little-remembered novels. A shameless self-promoter, he made many exaggerated or fabricated claims about his own accomplishments, misquoted informants he interviewed, and gave accounts of other interviews he claimed to have held that never in fact took place. A historian, Elizabeth Noble Shore, examined the entry on Ballou in the 1938 edition of *Who’s Who* and found most of the information reported there to be either “unverifiable or false.” In particular, she “could find no convincing documentation” that Ballou had, as he claimed, received “honorary degrees from five colleges and universities” or that he had “served on four government surveys and expeditions.”³ Likewise, Shernoff reported that Larry Millman investigated the claim Ballou made (in a deservedly unpublished autobiography) that he had been a journalist on one of the rescue expeditions sent to try to find out what had happened to the lost Greeley expedition to the Arctic. Millman went through all the ships’ manifests for those expeditions (preserved in the archives of the Explorers Club in New York City) but found no mention of Ballou.



William Hosea Ballou

Ballou was at best an amateur naturalist, whose ignorance of science was exposed in some of his popular “scientific” articles. (Shernoff, *e.g.*, mentions Ballou’s absurd beliefs that cancer was caused by “a fungus originating in reptiles and fish” and that the dinosaur Stegosaurus “used the plates along its back to fly”!) Perhaps his only worthy achievements were his discovery and collection of fungi, including *Echinodontium ballouii*, that he recognized as being new to science. He was mistaken, however, in proclaiming that *Echinodontium ballouii* was a deadly parasite responsible for nearly destroying its host, Atlantic white cedar. The near extermination of that tree was, in fact, the result of its being logged too intensively to supply lumber for ships; only the switch to metal-hulled boats appears to have saved it and the fungi obligately associated with it from extinction.⁴



¹ Both articles by Shernoff, together with photos of *Echinodontium ballouii*, are available on line at <https://www.mushroomthejournal.com/ballou-man-of-science/>.

² David Rains Wallace, *The Bonehunters’ Revenge*, p. 211. Wallace’s book, an account of the famous 19th-century feud between the paleontologists Othniel Charles Marsh and Edward Drinker Cope, is the source of the photo of Ballou reproduced here and provides some information about Ballou supplemental to that given by Shernoff.

³ *Ibid.*

⁴ Stands of Atlantic white cedar remain rare. Millman and Neill made a determined effort to visit sites where they survive and found *Echinodontium ballouii* at only one of them. They conducted their searches on snowshoes in the winter, because in summer the few swamps where Atlantic White Cedars grow are, in Millman’s words, “mucky, wet, hot, bug-ridden and impenetrable”

WELCOME TO ALL OF OUR NEW NJMA MEMBERS!

We'd like to extend a warm welcome to the following members who joined us between March 13, 2019 and May 2, 2019. We look forward to seeing you at lectures, forays, and other NJMA events. Happy 'shrooming!

David Barclay	Philadelphia, PA
Gary Bardzell	Midland Park, NJ
Desiree Berger	Montclair, NJ
Mackenzie Boerner	Hackettstown, NJ
Joan Broderick	Jenkintown, PA
Marilyn Can	New Hope, PA
C. Carolonza	Pottersville, NJ
Laura Corichi	Jackson, NJ
Joshua Del Rio	Mendham, NJ
Shawn Delanni	Jackson, NJ
Vincent Esposito	Morristown, NJ
Frederick Gelbart	Landsville, PA
John Gill	Chatham, NJ
Ken Griffin	Kinnelon, NJ
Kasey Griffiths	Gillette, NJ
Mike Haynes	Califon, NJ
Rye Kennedy	Carrboro, NC
Christopher Knoblauch	Langhorne, PA
Jamie Kwiatkowski	Waretown, NJ
Leslie Laufer	Lake Hiawatha, NJ
Dungyang Lee	Morristown, NJ
William & Naomi Murphy	Oreland, PA
Justina Otero	Trenton, NJ
Nancy Peach	Milford, NJ
Joseph Pomisl	Hackettstown, NJ
Carmen Quiles	Millville, NJ
William Ramos	Edgewater, NJ
Pauline Rimoldi	Toms River, NJ
Gail Sanson	Vernon, NJ
Christopher Schaefer	Pipersville, PA
Tyler & Jacquelyn Soblaskey	Bloomfield, NJ
Xiaowei Sun	Park Ridge, NJ
Andrew Tomkovich	Stone Harbor, NJ
Fab Totoli	Kinnelon, NJ
Kenneth Walker	Piscataway, NJ
Roxanne Wolf	Glen Gardner, NJ

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

from Sue McClary:

Springtime Foraging: The Dryad's Saddle

<https://tinyurl.com/y2b8vc36>

from the Editor:

Springtime wild mushrooms you can forage video:

<http://tinyurl.com/y2rkqn5a>

from the Editor:

Mushroom academy free video course:

<https://tinyurl.com/y4s5cvxp>

(This is a commercial operation. NJMA is not endorsing any product).



A FEW PHOTOS FROM THE APRIL LICHEN WALK



PHOTOS BY DOROTHY SMULLEN