

NJMA NEWS

THE OFFICIAL NEWSLETTER OF THE NEW JERSEY MYCOLOGICAL ASSOCIATION
VOLUME 47-4 JULY-AUGUST 2017

NJMA OFFICERS

President - John Burghardt
Vice-President - Luke Smithson
Secretary - Sharon Sterling
Treasurer - Igor Safonov

DUES

Payable for calendar year
Individual: \$10.00 (online newsletter)
\$35.00 (hardcopy newsletter)
Family: \$15.00 (online newsletter)
\$40.00 (hardcopy newsletter)
Mail checks (payable to NJMA) to:
Igor Safonov
115 E. Kings Hwy., Unit #348
Maple Shade, NJ 08052-3478

NJMA WEBSITE

www.njmyco.org
Jim Barg, Jack Barnett, Bob Hosh

NJMA NEWS

Editor:
Jim Richards
211 Washington Street
Hackettstown, NJ 07840-2145
njmaeditor@gmail.com

Art director:
Jim Barg
jimbarg@bssmedia.com

Hard-copy printing:
Castle Printing, Ledgewood, NJ

Deadline for submissions:
10th of even-numbered months.

Send newsletter submissions ONLY
to the Editor.

All other correspondence should be
sent to the Secretary:
Sharon Sterling
9 Fir Court
Flemington, NJ 08822
sterlingsharon6@gmail.com

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!



ILLUSTRATION BY KATY LYNESS

BEHOLD THE BOLETE

One of the most beloved groups of fungi of the summer and fall months are the spongy-pored boletes, which fascinate us with their range of colors, elegant forms, fragrances, and (in many cases) sheer size and bulk.

Caps of some species have been reported to attain 12 inches or more in diameter.

You can distinguish boletes from other pored mushrooms (which are usually polypores) by the ability to peel the pore surface away from the underside of the cap while leaving the flesh above mostly intact.

WHAT'S INSIDE:

President's Message	2
Remembering Jane Bourquin	3
NJMA Nominations and Elections	3
Bytes, Bits, & Bites	3
Mushroom Toxins Lecture with Denis R. Benjamin	4
Who's In A Name?	5
New Foray Sites	6
Calendar of Upcoming Events	7
Outreach Update	8
Book Review: <i>Northeast Foraging</i>	10
COMA's 2017 Clark Rogerson Foray	11
In Memoriam: Barbara Ecker	11
Cooking Mushrooms the "Best" Way	12
A New Medicinal Mushroom Product	12



PRESIDENT'S MESSAGE

Every year as March ends, it seems spring will never come. This year, as I write this in mid-June on an afternoon too hot to go outside, I am left to wonder "What happened to spring?" We found less time than usual this spring to enjoy the woods and look for mushrooms.

But Spring 2017 brought an exceptionally long and productive season for morels in our area. We had morels in Mercer County as early as the third week in April, and I heard reports of good collections in Warren County near the end of May. Best of all, participants at the Princeton Institute Woods foray on May 7 collected over 150 morels. (Thanks to Maricel Patino for reporting on her informal survey of Princeton foray participants.) This is more morels than I can remember seeing in all of the 15 years I have attended the Princeton foray. I often wonder why a certain species fruits in large numbers at a specific location in some years but not others. Of course, temperature, moisture, and soil condition all play a role. Not being the most expert morel hunter, I have come to believe luck matters most of all.

I am looking forward to our forays over the summer and through the fall, and especially to our forays in several new locations. (See article on [page 6](#).) I wanted to draw your attention to two new locations that are really old ones. The foray on July 23 to Thompson Park/Helmetta takes us back to a unique area where our members documented macrofungi nearly 40 years ago. Helmetta, located in the heart of Middlesex County, contains a small undeveloped area that possesses all the characteristics of the Pine Barrens. The soil is sandy and nutrient poor. The forests are pitch pine and pine-oak, with stands of Atlantic White Cedar. Wild cranberries fruit in the fall. But Helmetta is well outside the New Jersey Pinelands Preserve; it lies 25 miles to the north in the heart of Middlesex County.

According to the August 1979 *NJMA News*, NJMA held its Second Annual Sam Ristich Foray at Helmetta on August 5, 1979. Members documented 26 specimens from this foray and placed them in the NJMA Herbarium at Rutgers. Another 16 have been added over the years. Current members Melanie Spock, Dorothy Smullen, Jim Richards, and Aaron Norarevian contributed collections from Helmetta. Not surprisingly, the Helmetta fungi in our herbarium are typical of what we find in our Pine Barrens foray locations. I have been curious about this location since Nina and I first started visiting the Pine Barrens frequently, but could never figure out where it was. Finally, last November, Betty Wise, Nina and I searched it out in preparation for the upcoming foray. If you have always been interested in Pine Barrens fungi, but have not been able to make the trip south or if you live in the South and want to see a slice of the South in the heart of North Jersey,

this is your chance.

On August 20, we will revisit a second location where NJMA held a foray in 1979. Bob Peabody and Jim Richards organized a foray at the Weis Ecology Center in Ringwood, NJ (Passaic County) in August 1979. The center is now the New Weis Center for Education, Arts, and Recreation. It is located in Passaic County, just west of the Wanaque Reservoir, near Norven Green State Forest. I am curious to compare the fungi from this area with those from Wawayanda State Park, which is a few miles to the northwest and at a slightly higher elevation.

Our other new forays are at Teetertown Ravine and Crystal Spring Preserve, in Lebanon Township, Hunterdon County on August 13, and Ocean County Park at Lakewood on October 1.

Whether we find many or few mushrooms, I always enjoy our forays because they offer a chance to visit surprising places in the company of interesting people. I hope to see you in the woods.

— John Burghardt

President, New Jersey Mycological Association
609-651-2728

Visit the NJMA
Discussion Group



<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.



ARE YOU DRAWN TO DRAWING MUSHROOMS?

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.

REMEMBERING JANE BOURQUIN

by Nina Burghardt

Jane Bourquin died May 9 at the age of 96. She had been a member of NJMA for twenty-two years. Jane loved PEEC, attended most Pine Barren forays and Fungus Fest, and seldom missed a NJMA Holiday Party. She was an active participant in our survey of the macrofungi in the Franklin Parker Preserve until last year.

Jane was a person of many talents and interests. She had a great sense of humor. She was a chemist by occupation. While her husband was alive, they would go hunting and explore hidden areas in the Pine Barrens. She also helped him run a hunting business.

She played the cello, collected rocks with the rock club, belonged to trail clubs, studied birds, butterflies and history, followed celestial events on the internet, led wildflower walks, promoted raw milk and organic foods and, of course, studied mushrooms.

She loved her Pine Barrens and was fierce in her advocacy.

Jane and I attended Lunch'nLearn lectures at Tuckerton seaport until a month before she died. She always had good insights about the topic at hand, be it sea level rise or Pirates of Chestnut Neck. I will miss her very much. The only thing I won't miss is her driving!



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

from the Editor:

Crispy mushrooms (plus a lot more things to do with 'shrooms) from *Bon Appetit*

<http://tinyurl.com/y8oakltf>

from Judy Glattstein:

I eat mushrooms because I like the way they taste. Never thought of them as a nutritious source of vitamins, minerals, proteins.

Now "they" are saying microwaving or grilling should be the preferred method. Oy!

<http://tinyurl.com/y87rspez>

To continue the discussion on microwaving mushrooms:

<http://tinyurl.com/u5q8ot6>

from the Editor:

Poaching ancient trees (from *Smithsonian*):

<http://tinyurl.com/y7c2ajgt>

(more BBB on page 9)

ANNUAL PROCESS FOR NOMINATING AND ELECTING NJMA OFFICERS AND TRUSTEES

NJMA Officers and Trustees govern the affairs of the Association. Officers (President, Vice President, Secretary, and Treasurer) stand for election annually. The President, Vice President, and Secretary are limited to two 1-year terms; no term limit exists for the Treasurer. Five trustees each serve a 5-year term. The terms are staggered so that one trustee position stands for election each year. Elections are conducted at an annual meeting of the membership held in November. Members are persons age 18 or older who have been Provisional (nonvoting) Members for at least 12 months on the date of the election.

Following are the steps in the nomination and election prescribed in our by-laws:

1. A Nominating Committee consists of the Chair plus one Member who are both appointed by the Board of Trustees plus the current past-President. This committee selects and recruits nominees for each officer position and for the trustee position up for election in the current year.
2. Candidates for open positions can also be nominated by petition. Petitions nominating a Member must be signed by no less than 30 current Members in good standing and presented to the Chair of the Nominating Committee.
3. The Chair of the Nominating Committee will notify the Editor of the Association Newsletter of the time, place and eligible candidates for each open position in time to be received by the membership prior to the election.
4. A vote on each open position will be taken at the annual membership meeting in November. Members may vote in absentia by requesting a proxy ballot from the Nominating Committee Chair. Votes received by the Nominating Committee Chair before the vote will be counted.

The schedule for 2017 is as follows:

1. The annual NJMA membership meeting and election of officers and trustees will be held on November 12, 2017 at 1:30 PM at the Education Building of the Frelinghausen Arboretum in Morristown, NJ.
2. Nomination petitions must be submitted to the Nomination Chair no later than October 12, 2017. Contact Jenifer Nina Burghardt to receive blank nominating petitions and instructions on submitting completed petitions (jnburghardt536@gmail.com)
3. An announcement of the slate of candidates will be sent to all Members via email not later than November 2, 2017.

Thank you for your attention and your participation in this important process.



MUSHROOM TOXINS: COMMON MYTHS AND MISCONCEPTIONS

DR. DENIS BENJAMIN'S LECTURE OF APRIL 2, 2017

by Mike Rubin

Dr. Benjamin is best known for his book *Mushrooms: Poison and Panacea*, however this lecture was not so much about mushroom poisoning as it was about critical thinking. We are inundated these days with information from a wide variety of sources, the internet being a huge player in information and misinformation. We get advice from friends, books, and websites. Every so often newspapers and magazines publish articles about mushrooms and mushroom poisonings.

There appears to be a disconnect between science and reality. Why is this? Primarily it's because we were not taught to evaluate what we are being told. We have a tendency to believe what we hear without taking a closer look at the information being presented. There are many sources of information that are not evidence-based; patent applications, magazine articles, approval for clinical studies and (my favorite) proclamations from self-proclaimed mushroom experts. Sites like *Wikipedia* are open-sourced and can be manipulated by anyone with incorrect information. Even the prestigious *Encyclopedia Britannica* has published errors concerning mushrooms.

Let's explore a few of these myths:

- **Milk thistle as a proven antidote to mushroom poisoning.** While this is a promising technique for counteracting some toxins, it has not been born out via a controlled clinical study. Also, the active must be administered intravenously, not orally. Hyperbaric oxygen chambers and penicillin treatments have also been espoused but not clinically proven for treatment of *Amanita* sp. poisoning.

- **Alcohol and shaggy manes will make you ill.** This is a misperception; it is *Coprinopsis* (*Coprinus*) *atramentarius* not *Coprinus comatus* that contains the coprine, the chemical that causes vomiting when combined with alcohol.

- **Morels are harmless.** This was an eye opener for me. According to Dr. Benjamin, there are more poisonings caused by morels than any other mushroom. This is primarily due to the consumption of undercooked or raw morels. Symptoms include tremor or dizziness/inebriation or unsteadiness/ataxia +/- associated with gastrointestinal symptoms or isolated gastrointestinal syndrome¹. Morels contain hydrazine; as do button mushrooms (*Agaricus bisporus*). Eating large quantities of undercooked morels can lead to exposure to enough hydrazine to cause these symptoms. Cooking large quantities of morels can also lead to a similar symptoms via inhalation.

Dr. Benjamin went on to discuss other misconceptions


in the world of mushrooms. The bottom line is to be vigilant and critical of the information we are receiving. Mushroom edibility is somewhat subjective. Each individual is more or less sensitive than the next person. Some of our club members are more adventurous than other when it comes to consuming mushrooms [I don't recommend eating *Amanita phalloides*; as I am 100% sure you will have a problem after consuming this particular mushroom]. Do your own research into the food you are about to consume.

Dr. Benjamin makes the following recommendations when it comes to consuming wild mushrooms:

- Be 100% sure of the identification of each mushroom.
- Only eat small amounts the first time.
- Wait at least 24 hours before trying the next species.
- Never mix species.
- Save a specimen for the poison control center (800-222-1222).
- Eat a new species early in the day, as late night visits to the emergency room can be problematic, especially if they are trying to locate one of our club members to identify the mushroom that was consumed.
- Cook all mushrooms well.
- Don't feed wild mushrooms to your guests without telling them beforehand.²

This lecture was quite timely as we are entering into the prime mushroom picking season. It's important that we remain vigilant and critical of that which we are consuming.

I would like to thank Denis for presenting this informative lecture to NJMA.

By the way, he is an excellent artist and conducts workshops teaching watercolor painting of mushrooms. 

¹ *Clin Toxicol* (Phila). 2010 May; 48(4):365-72

² *Fungi*, 2014, 75(5):1-16.



According to Dr. Denis Benjamin, it's OK to drink alcohol if you eat *Coprinus comatus* – but these are past their edible stage anyway!

WHO'S IN A NAME?

Metasphaeria carveri

by John Dawson (sixty-first in a series)

Metasphaeria carveri Ellis & Everhart, is one of at least five plant pathogenic fungi named after the renowned African-American scientist George Washington Carver,¹ whose botanical work, especially in developing myriads of products from peanuts and sweet potatoes, is well known. The importance and extent of Carver's mycological collections and writings has, however, only recently received widespread recognition.²

The exact date of Carver's birth, sometime in the period 1861 to 1863, is not known. His mother was a slave who, in 1855 at age thirteen, was purchased from a neighboring farmer by Moses Carver, a landholder in Diamond Grove, Missouri. Sometime before George's birth his father, also a slave on that neighboring farm, was killed in a farm accident, and just weeks after his birth both George and his mother were kidnapped by marauders and carried off to Arkansas. Moses Carver engaged a Union militiaman, John Bentley, to attempt to recover the two, and Bentley succeeded in finding the baby, by then close to dying from whooping cough, dehydration and exposure. He returned the infant to Moses and his wife Susan, who nursed the child back to health and cared for him together with an older half-brother of his.

Barred by his race from attending elementary school in Diamond Grove, George trudged eight miles to Neosho, Missouri, where he lived with a black couple while attending the Elementary School for Colored Children there. He remained in Neosho for three years before drifting about in eastern Kansas, alternating periods of menial labor with periods of attending school. In Olathe, in particular, he was taken in by a childless couple, who provided him with room and board and the opportunity to complete grades five through seven in return for his doing chores for them. When, around 1880, they moved west to Minneapolis, Kansas, George accompanied them and there finished high school (eighth through tenth grades).

After graduation, aged about 21, Carver applied and was accepted to become a student at Highland University, a Presbyterian college in Highland, Kansas (founded in 1837) to teach members of the Sac and Fox Nation. But upon arrival, when it was discovered that he was a Negro rather than an American Indian, his admission was rescinded. Between 1886 and 1888, Carver then homesteaded a claim near the community of Beeler in Ness County, Kansas, before heading to Winterset, Iowa, where he worked first as head cook at a hotel and later ran a laundry.

At the urging of friends in Winterset Carver applied to study art at Simpson College in Indianola, Iowa, to



George Washington Carver

which he was admitted in the fall of 1890. He remained there three semesters, until a perceptive teacher convinced him that whatever his talent, "a black man was almost certain to have a beggarly life as a painter". She suggested that "botany . . . would offer him significantly more opportunities"³ and persuaded him to enroll instead at Iowa Agricultural College (now Iowa State University) in Ames, from which he received his bachelor's degree in 1894 (Iowa State's first black graduate) and his master's degree in agriculture in 1896.

Carver's interest in all aspects of natural history, his diligence as a collector of specimens, and his gift for nurturing plants were already manifest in his childhood. At Iowa State, he was befriended by Louis H. Pammel, an authority on parasitic fungi who was then head both of the department of botany and of the agricultural experiment station, and under Pammel's guidance Carver began serious study of mycology. During his two years of graduate study, he taught classes in botany and microbiology, served as assistant botanist at the experiment station (thereby becoming Iowa State's first African-American faculty member), amassed a collection of over 20,000 fungal specimens, and published five agricultural bulletins, two co-authored with Pammel.⁴

Upon receipt of his master's degree, Carver was offered several academic positions. Perhaps unwisely, influ-

(continues on next page)

¹ AOthers listed in *Index Fungorum* are *Colletotrichum carveri*, *Pestalotiopsis carveri*, *Taphrina carveri* and *Pseudocercospora carveriana*.

² See, in particular, the article "Contributions of Dr. George Washington Carver to global food security: Historical reflections of Dr. Carver's fungal plant disease survey in the southeastern United States", by Daniel J. Collins, Lafayette Frederick, Herman Warren, Amy Rossmann and Shannon Dominick, available on line at <http://www.apsnet.org/publications/apsnetfeatures/Pages/Carver.aspx> (where the portrait of Carver reproduced here was also found), as well as the news release <http://news.wisc.edu/specimens-from-george-washington-carver-discovered-at-uw-madison/> by David Tenenbaum, the online interview <http://www.unc.edu/spotlight/well-said-george-washington-carvers-fungal-specimens/>, and the web page "The fungal collections of George Washington Carver at the NYBG" (<http://sciweb.nybg.org/science2/carver.asp.html>).

³ Quoted from p. 43 of *George Washington Carver: A Life*, by Christina Vella (Louisiana State University Press, 2015).

⁴ Information about Carver's career at Iowa State is drawn from Vella, *op.cit.*, pp. 44 and 57

enced by Booker T. Washington's charisma, he chose to accept a position at the Tuskegee Institute, founded fifteen years earlier, whose attractive buildings and grounds masked its poverty, poor food and sanitation, and lack of equipment for pursuing scientific research — an institution that “ran on the energy of a relentlessly overworked faculty ... drawn there [as Carver was] by idealism.”⁵ Carver remained at Tuskegee nearly fifty years, much of the time in frail health, until his death on 5 January 1943. During that time, he accomplished a great deal with the barest of resources (he had only a microscope that he had brought with him from Iowa), but as his fame grew more and more of his time and strength was taken up with giving lectures to raise funds for the Institute, little of which benefited his own work.

Under such circumstances, Carver had to rely on outsiders for assistance in identifying the specimens he collected, though his preliminary identifications were in most cases surprisingly accurate. Soon after his arrival at Tuskegee, he collaborated with Franklin Sumner Earle (then the chair of biology and horticulture at Alabama Polytechnic Institute at Auburn, who would later become the first mycologist at the New York Botanical Garden) in compiling a list of Alabama's fungal flora — in the course of which he found and described over a thousand fungal species in 349 genera, sixty of which were new to science.⁶ Other mycologists with whom Carver consulted and to whom he sent specimens were Job Bicknell Ellis, William Chambers Coker and J. A. Stevenson, Chief Mycologist at the U.S. Department of Agriculture. As a consequence of his interactions with those individuals, fungal specimens that Carver sent to them are now preserved in herbaria at the New York Botanical Garden, the University of North Carolina, and the National Fungus Collection, in addition to specimens included among collections at Iowa State's Ada Hayden Herbarium and the Wisconsin State Herbarium at the University of Wisconsin, Madison.

In the years leading up to the Depression, Carver engaged in an intensive study of fungal diseases of peanuts and identified a mold that threatened to destroy the South's valuable peanut crops. In July 1935, though he was then over seventy years old and bedridden much of the time, Carver was officially appointed a collaborator in the division of mycology and disease control of the USDA's Bureau of Plant Industry. He responded by sending the Department over 800 new collections of fungi.

Carver's memory is enshrined at the George Washington Carver National Monument in Diamond, Missouri, the site of Moses Carver's farm, and in 1994 Iowa State University posthumously awarded Carver the degree of Doctor of Humane Letters.



NEW FORAY SITES (AT LEAST FOR MOST OF US)

by Nina Burghardt, NJMA Foray Chair

In 2017, we will be collecting in several new locations:

On July 23, we will be at Thompson Park, which is located in Jamesburg and Helmetta. We will meet in the Jamesburg section, at the dog park, which is the trailhead for most of the trails. Most of us will be collecting here. The woods are typical central New Jersey hardwoods. The paths are clearly marked and well maintained.

The rest of us will carpool 4.6 miles to the Helmetta section of Thompson Park; an outlier of the Pine Barrens with typical pines/Atlantic White Cedar and bog plants. If you choose to go here, spray your clothes with *permethrin* since there will probably be lots of ticks and chiggers (such as you might find in the Pine Barrens in the summer). Upon returning to Jamesburg, we will display our finds in Picnic Grove 2. I want to thank Betty Wise for insisting that we have a foray here, walking the paths, getting the necessary permits as well as offering to lead the group. I also want to thank Middlesex County Parks and Recreation for allowing us to collect in such an interesting locale.

A very different foray will take place August 13 at Teetertown Ravine/Crystal Springs in Hunterdon County. Once again, we will foray in two sections. We will park in the Group Camping Parking lot. Teetertown Ravine is located east of Pleasant Grove Road — the same side as the parking lot. The Crystal Springs trailhead is located on the west side of the road. These two areas are very different.

Teetertown Ravine was a beautiful area full of old trees until Sandy. Now many of these once-beautiful trees are on the ground in various stages of decay. Areas of the forest floor are covered up with old branches that offer protection from deer. This is a historical mining area with old bridges and other remains of human industry. The Crystal Springs consists of a series of ponds that comprise the headwaters of Spruce Run Reservoir. Chalybeate Springs seeps out of the ground in many areas. There are beaver lodges and lots of fishing birds. We will reconnoiter at one of the picnic benches near the parking lot. Bathrooms are of the rustic variety (outhouses).

The last foray site I want to introduce you to is The New Weis Center for Education, Arts, and Recreation near Ringwood, where we will foray on August 20. This facility has a long and interesting history that you can read about on the web (<http://www.highlandsnature-friends.org>). The land is mostly rocky, so wear good footwear. There is a natural pool that we are allowed to swim in for \$10. NJMA and the New York mushroom

(continues on the [next page](#))

⁵ *Ibid.*, p. 75.

⁶ *Ibid.*, p. 88.

CALENDAR OF UPCOMING EVENTS

Sunday, July 9
10:00am

FORAY: WAWAYANDA STATE PARK
Hewitt (West Milford), NJ. (Passaic County) **NJMA ID required for free admission!**

Saturday, July 15
10:00am

FORAY: MEADOWOOD PARK
Mendham, NJ (Morris County)

Sunday, July 23
10:00am

FORAY: THOMPSON/HELMETTA PARK
Jamesburg and Helmetta, NJ (Middlesex County)

July 27 -30

NEMF SAMUEL RISTICH FORAY
Stratton Mountain, Vermont
For more information, see the announcement on page 4 of NJMA News 47-2.

Saturday, August 5
10:00am

FORAY: STEPHENS STATE PARK
Hackettstown, NJ (Warren County)

Sunday, August 13
10:00am

FORAY: TEETERTOWN RAVINE/CRYSTAL SPRINGS PRESERVE
Port Murray, NJ (Hunterdon County)

Sunday, August 20
10:00am

FORAY: THE NEW WEIS CENTER FOR EDUCATION, ARTS, & RECREATION
Ringwood, NJ (Passaic County)

Sunday, August 27
10:00am

FORAY & PICNIC: STOKES STATE FOREST, KITTLE FIELD PICNIC AREA
GRETE TURCHICK MEMORIAL FORAY & PICNIC
Branchville, NJ (Sussex County)
Bring food to share and your own picnic gear. Members, don't forget your membership badges - otherwise you will have to pay at the park entrance when you arrive.

September 7-10


NAMA NORTHWOODS FORAY
Lakewood Resorts, Lake NAMAkagon, Wisconsin

September 24

FUNGUS FEST
at the Frelinghuysen Arboretum, Morristown

NEW FORAY SITES *(continued from previous page)*

club used to collect here before it was sold to Highlands Nature Friends, who now maintain it. The Friends invited us to come and do something mushroom-related. This is quite close to all our northern members who live near to NYC. Why sit in a cramped sweltering apartment when you can join us for a walk in the woods and a swim?

I am looking forward to seeing many of you at one or more of our forays, and don't forget your water! 



NJMA News is published bimonthly by the New Jersey Mycological Association.

Annual subscription price is included in NJMA membership annual dues.

Except where noted, articles may be copied or reprinted with credit given to the author(s) and *NJMA News*.

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

PUBLIC OUTREACH UPDATE

by Nancy Addotta and John Burghardt

The second leg of our outreach program is finished. The next surge will come in the fall. I'm hoping that we can get more people to step up and give a few hours of their time to man a table. You don't need to be a mushroom expert, you just need to be able to let people know what NJMA has to offer. Even kids can become interested when they see how they can make jewelry and artwork with mushrooms.

If you can't help with a table, please find out where our events will be held and come out and support the event.

Here are the events held over the past few months:

April 23: Nina and John Burghardt attended the Atlantic Utilities Authority Earth Day Festival in Egg Harbor Township, Atlantic County. We are always looking to make contacts in southern New Jersey and this event was a great opportunity. We didn't have a single fresh mushroom to display, but found lots to talk about with many people who asked questions. We received invitations to visit several sites including one in the area where J.B. Ellis, a famous mycologist of the late 19th century, did much of his collecting. (JAB)



PHOTO BY JIM RICHARDS

John Burghardt explaining a mushroom to Pequest attendees.

April 29: Essex County Earth Day, Roseland. Bob Saunders and Rhoda Sidney said they enjoyed their first outreach event, meeting many nice folks throughout the day. Bob was even asked to possibly do two other events in the future. They got eight names and emails. Rhoda even bought Bob a shirt to wear that said, "I'm A Fungi" He wore it proudly!! See, these events are also fun! (NA)

April 30: Trailside Museum, Mountainside. The day was a little windy, but the turnout was great. Melanie Spock and Nancy Addotta held down the fort. We collected 20

names and emails of interested folks, including two chefs! (NA)

May 6: Earth Day, Bridgewater. They always have a great turnout and lots of interesting vendors to share the day. Melanie Spock and Nancy Addotta again teamed up to cover this event. Bad weather shortened the day, but not before we got lots of names of interested people, that we hope will join us soon. The mayor told us that we're his favorite vendor every year! Wow, worth the trip! He also said when his term is over, and he has more time, he would like to become a member of NJMA. (NA)

May 13: Mother Earth Festival, Lawrence. Virginia Tomat and Richard Kelly shared that event (teamwork!). They felt it was a success and were able to share what the club offers with many new people. (NA)

May 20: Melanie Spock, Liz Broderick, and John Burghardt participated in a BioBlitz at Mount Rose Preserve in Hopewell Township, Mercer County, sponsored by the New Jersey Conservation Foundation. The day was gray and windy. An early morning rain stopped in time for Liz and John to lead a small group of hearty walkers through a lovely beech/oak forest. We found enough diverse fungi to keep everyone interested. Melanie, who had stayed back to make sure our display didn't blow away, helped with identification. We recorded 25 or so fungi including several unknowns. (JAB)

June 3: The first Bioblitz at Ernie Oros Nature Preserve, Avenel was hosted by Rutgers Department of Ecology and Woodbridge Township. Nancy Addotta flew solo on this one. Morning started with rain but quickly cleared to a sunny day. Not that many people at the tables, but the ones who stopped by were very interested. Two groups asked if we would do their event next year. I think next year will be a better turnout, when more hear about it. (NA)

June 3: Jim Richards and John Burghardt attended the Pequest Fish Hatchery Open House and Sportsmen's Flea Market. This event is held each spring to inform the public about the work of the hatchery and to bring anglers and their families together for a good time. Usually held in early spring around the start of trout season, bad weather caused this year's event to be postponed to early June. Attendance was off a bit this year, according to long time attendees, but we enjoyed talking to passersby and other exhibitors about mushrooms, mushroom collecting, and mycophagy. (JAB)

I hope you can see that it can be very rewarding and a fun day to attend these events and that you will sign up for a fall spot.



WELCOME TO ALL OF OUR NEW NJMA MEMBERS!

We'd like to extend a warm welcome to the following members who joined us between February 21, 2017 and June 30, 2017. We look forward to seeing you at lectures, forays, and other NJMA events. Happy 'shrooming!

Dominic Ackerman	Rockaway, NJ
Blake Adams	Newton, NJ
Michael Blachniak	Deptford, NJ
Joseph Brendel	Pittstown, NJ
Douglas Butler	Summit, NJ
Gene Cass	Morristown, NJ
Peter Chance	Mantoloking, NJ
Lori Charkey	Hillsdale, NJ
Jennifer Coan	Waldwick, NJ
Peter DeRobertis	Clifton, NJ
Jack DeSousa	Fair Lawn, NJ
Erik Geleta	Clifton, NJ
Ramon Gonzalez	Kenilworth, NJ
Gerald Hodgins	Flanders, NJ
Jason Knevals	Madison, NJ
Mark Lesniak	Dunellen, NJ
Dawn Liberto	Allentown, PA
Michael Liss	Pennsville, NJ
Dimitri Markov	Meadowbrook, PA
Eric & Joanna Miles	Rahway, NJ
Bashira Muhammad	Maplewood, NJ
Michael Naylor	Voorhees, NJ
Diane Redzinak	Toms River, NJ
Zacharias Rieck	West New York, NJ
Dominique Robert	Toms River, NJ
Kir Rodriguez	Edison, NJ
Jerrad Santmyer	Swedesboro, NJ
Robert Snyder	Pittstown, NJ
Paul Stenzel	Toms River, NJ
Elizabeth Swanson	Stamford, CT
Lily Umyn	Columbus, NJ
Dorian von Aulock	Mendham, NJ
Robert Williams	Mount Laurel, NJ
Robert Ziemanis	Red Bank, NJ
Laurie Aksynowicz	Fairfield, NJ
Irena Babiak	Somerset, NJ
Giuseppe Beringheli	Southampton, NJ
Roslan bin Mdzaki	Raritan, NJ
Anthony DeFluri	Maplewood, NJ
Melinda Demori-Chaiwann	Hackensack, NJ
John Elko	Rockaway, NJ
Josephine Giaimo	Highland Park, NJ
Peter Green	Princeton, NJ
Michael Hertkorn	Levittown, PA
Alex Ireland	Annandale, NJ
Daniella Kubes	Westwood, NJ
Diana Liao	Princeton, NJ
Joyce Lockwood	Southampton, NJ
Hing Lum	Denville, NJ
Kathleen McGuire	Edison, NJ
Jennifer Oberle	Deptford, NJ
Wei Pan	Summit, NJ
Nicolas Pescatore	Cliffside Park, NJ
David Pfeffer	Annandale, NJ
Edward Rich	Glen Gardner, NJ
Isabel Saxer-Dasti	Barneget, NJ
Oleg Zernovach	Basking Ridge, NJ
Allen Conklin, Jr.	Montague, NJ

BYTES, BITS, & BITES *(continued from page 3)*

from the Editor:

Lyme is not the only tick-spread disease to worry about this summer:

<http://tinyurl.com/qt7p3y5>

from JG:

I think maybe I need a *nom de mushroom* for anonymity:

<http://tinyurl.com/k6z4yht>

(Editor's Note: A previous article on the safety of hallucinogenic fungi was blocked by TinyURL.com)

from the New York Botanical Garden, via Judy Glattstein:



Instructor Shoutout: Gary Lincoff

Congratulations are in order to Gary Lincoff for receiving the Gordon and Tina Wasson Award from the Mycological Society of America for his outstanding contributions to the field of mycology and for educating the public about fungi. We're thrilled to see one of our long-time instructors receive recognition in the field. Gary is teaching Spring Mushrooms starting 6/7, Native Flora in Summer starting 6/9, and Introduction to Plant Science starting 6/26.

(Editor's Note: Too late for the classes – I'm sure they will be offered again)

from PBS Food:

Maitake and Vitamin D: Good news for vegetarians!

<http://tinyurl.com/y8njulqx>

from Judy Glattstein:

So sad. Also so stupid. Feeding to an 18 month old? Made into soup for residents in a senior care facility? Apparently no one died but three needed liver transplants.

<http://tinyurl.com/y8n6lllr>

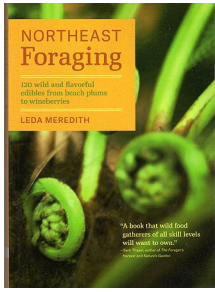
and a follow-up:

<http://tinyurl.com/yb64829n>

(more BBB on the next page)

NORTHEAST FORAGING

a book review by Bob Saunders



Northeast Foraging

by Leda Meredith

Published by Timber Press, ©2014.
308 pages

ISBN 10: 1604694173
ISBN 13: 978-1604694178

Northeast Foraging is an excellent resource book for foragers, beginners or experienced, in the Northeast US and into Canada. The author is well qualified, teaching at the New York and Brooklyn Botanical Gardens and Adelphi University, as well as being a lifelong forager.

She covers 120 individual edible plants, although NO mushrooms (a real lack). After an introduction that points out foraging's advantages and some cautions, she organizes the plants in a way only the best authors do. She divides them by season, then lists them by habitat for that season. For instance, if you find yourself at the Shore this autumn, you will know what to look for—glasswort, bayberry, and juniper.

She then details each plant (in alphabetical order) for one to three pages. There is no attempt to gather them by families (when they are related). Each plant's article includes the subtopics "How to Identify/When and Where to Gather/How to Gather/How to Eat/How to Preserve/Future Harvests."

Each plant features a lovely picture (rarely two), although sometimes more pictures would be useful. The shots of the foliage and often fruit are very good, but often an additional shot of the bark or the flowers would be very helpful in identifying the plant.

The identification description is only a written description. Although pretty good, sometimes I would not be able to distinguish the plant if I did not know it. I would recommend this book be paired with Peterson's *A Field Guide to Edible Wild Plants of Eastern/Central North America* (with its carefully detailed drawings) to be sure you have exactly identified the plant before you eat it.

The gathering, eating, and preserving sections are very useful. There are no recipes, just general directions (too bad, some of her own preparations sound delicious). Obviously she has actually cooked and eaten these edibles, which is real practical experience as opposed to hearsay passed along.

The sub-topic "Future Harvests" is very important—how to harvest the given plant to ensure that there will be enough in the future. This aspect of foraging is too often neglected by authors of wild edible guides, but sustainability is the duty and a necessity for all foragers.

The choice of the 120 plants is well thought out. It includes most of the useful, tasty, common edible plants in the Northeast—a good basic set. When you have mastered these, you are no longer a beginner. There are some I am not familiar with, and I have foraged for decades. You might get fat along the way, but your taste buds will enjoy themselves. (*Note to Leda: Next edition, please include Spring Beauty, Pines, Black Locust flowers and New Jersey Tea.*)

Altogether a great book. It's well thought out and well written. It is a good book for any forager, either just starting or looking to expand their repertoire. Definitely get it. It also makes me want to redouble my efforts to catch one of her classes.



BYTES, BITS, & BITES (continued from page 9)



PHOTO BY TOM FULTON

from Tom Fulton:

The beginning stages of my chicken of the woods. I have been eating it for year.

Early this year. I know where several are. This particular one grows on the ground and has been the size of a small beach ball some years.

Had to put a log near it so the forest ranger won't run it over like they have in years past.



PHOTO BY LUKE SMITHSON

Tylopilus balouii



IN MEMORIAM BARBARA ECKER

It is with great sadness that I have to report that one of NJMA's best-loved members, Barbara Ecker, died on May 27th, just five months after the death of her husband, Donald. Newer club members only met the Eckers in their later years, after Barbara's eyesight had failed and Donald was confined to a wheelchair. They never had the pleasure of knowing them when they were both very active from the time they joined NJMA in 1976. Barbara had been a very active mushroom collector and an avid cook. The Eckers were active in the Culinary Group since its beginning, and even with her worsening eyesight, Barbara still managed to contribute a dish to every one of the group's dinners and to each December's NJMA Holiday Party as well.

One of Barbara's greatest assets was her ability to get along with everyone; even those that she regularly outbid at Myco-auctions. For some of the newer club members, Barbara was *the* reason that they enjoyed the club. In all the years (and there are a lot of them) that I knew Barbara, I never knew her to have anything bad to say about anyone. That was not always true of dishes she had at Culinary or the potlucks. If she did not appreciate a cook's efforts, she would always tell me about it. But she would never mention it at the meal, or to the cook. She was too much of a lady.

Her laughter and her very "distinctive" voice will be sorely missed.



COMA ANNOUNCES REGISTRATION FOR THE 2017 CLARK ROGERSON FORAY

Registration for the 39th Clark Rogerson Foray (September 1st to September 4th) is open! This year, COMA will be returning to Camp Hemlocks (our old stomping grounds) in Hebron, CT, and although the facility offers the advantage of having (almost) everything under one roof, space for overnight guests will be limited to 74 people, so it will be "first come, first serve".

The Clark Rogerson Foray is the crown jewel of COMA's yearly activities, and if this is something that you would like to participate in, we strongly recommend that you register as soon as possible. The facility has been completely refurbished, but the fees that the camp (now under new management) charges have actually decreased, allowing us to pass on the savings, resulting in registration fees that are lower than they've been in several years. As in the past, you may register for the full 4 days, 3 days, 2 days, or for only individual days without overnights. Please note that the deadline for registration is August 27th.

For registration and further information, please visit <http://tinyurl.com/rfibtq6>.



THE MUSHROOM SUSTAINABILITY STORY

The mighty mushroom not only is healthy on the plate, it's also gentle on the planet, according to a new study measuring the water, energy, and carbon emissions required to grow and harvest fresh mushrooms in the United States.

The study finds production of a pound of mushrooms requires only 1.8 gallons of water and 1.0 kilowatt hours of energy, and generates only 0.7 pounds of CO₂ equivalent emissions. In addition, the annual average yield of mushrooms is 7.1 pounds per square foot, meaning up to 1 million pounds of mushrooms can be produced on just one acre.

<http://www.broadwayworld.com/> March 16, 2017
Reprinted from *Spore Prints*, newsletter of the
Puget Sound Mycological Society, May 2017

ARE YOU SURE YOU COOK MUSHROOMS THE “BEST” WAY?

by Jim Richards

If you are like most of us, when you cook mushrooms, you heat some oil or butter in a pan, possibly add some member of the allium family (onions, shallots, scallions, garlic, etc.) and sauté them until they begin to release some water and brown. This technique is the one seen most often in cookbooks and magazines. See the recipes from *Bon Appetit* in BBB on [page 3](#).

When I was reading Naomi Duguid’s new cookbook, *A Taste of Persia*, I found a recipe that the author said made the best mushrooms that she had ever tasted.

The original dish that Ms. Duguid tasted in Azerbaijan was made with local wild mushrooms.

It would be very interesting for you to try this recipe using your finds and let the rest of us know if you agree with her.

Send your comments to njmaeditor@gmail.com.

Azeri Mushrooms

Excerpted from *Taste of Persia* by Naomi Duguid (2016, Artisan Books)

- ½ pound white mushrooms, portobellos, or cremini, cut into bite-size pieces (about 3 cups)
- About 1 tablespoon sunflower or extra-virgin olive oil
- ½ cup water
- ½ teaspoon sea salt, or to taste
- 2 tablespoons butter
- Generous grinding of black pepper
- About 2 tablespoons finely chopped fresh dill or scallions

Place the mushrooms in a wide heavy skillet or shallow pot over medium heat, add the oil, and shake the pan or stir the mushrooms to spread the oil around.

Cook for about a minute, then add the water, raise the heat, and bring the water to a boil.

Cover tightly and cook at a strong boil for about 5 minutes.

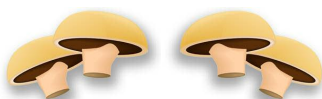
Remove the lid, add the salt, and continue cooking at a medium boil to reduce the liquid.

When the bottom of the pan is starting to show, add the butter and stir briefly, then cover and cook over very low heat for 5 to 10 minutes, until the mushrooms are very tender.

Taste for seasoning and adjust if needed.

Add the pepper and serve hot or warm, topped with the chopped herbs.

Serves 4 as a side dish, 2 as a main course



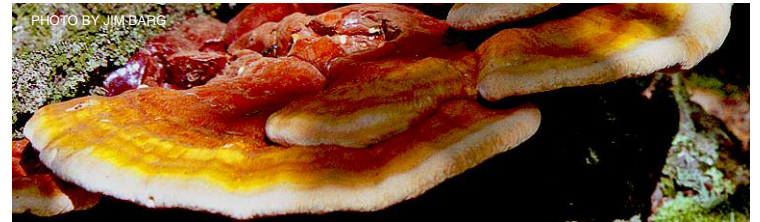
YOU WON'T BELIEVE WHERE MEDICINAL MUSHROOMS ARE POPPING UP NOW

by Emily Laurence, <https://www.wellandgood.com/>, March 14, 2017. Reprinted from *Spore Prints*, newsletter of the Puget Sound Mycological Society, May 2017

There are some ingredients you almost expect to be in your nutrition bar: Almond butter? Sure. Fruit? Awesome. But Purely Elizabeth — known for its delicious probiotic granola and nutrient-filled oatmeal — is changing the game by launching a whole new wellness bar line all made with (wait for it) mushroom powder.

“Our mission is creating products using innovative ingredients, and after I discovered the extraordinary health benefits of mushrooms and that they have been used for thousands of years to promote health, it seemed like the perfect ingredient to include in our products,” says Elizabeth Stein, founder and CEO of Purely Elizabeth and certified holistic health coach.

And Stein has seen their powers first hand, by sipping on mushrooms. “You really notice the difference right away,” she says. “The blend I drink [a mixture of reishi and Cordyceps] has given me sustained energy and focus throughout the day, no crash or jitters.” She started experimenting with other functional mushroom blends and loved the results so much that she wanted to bring the benefits to the masses.



Ganoderma tsugae, one variation of what is known as “reishi”.

The end result is her new line, which was launched a few days ago at ExpoWest, the biggest natural food event of the year, and will be widely available this August (though you can get them online right now). The five new Purely Elizabeth bars each have a different function: Immunity, Mind, Shine, Energy, and Refresh.

They contain different types of mushrooms, many of which are linked to specific health properties. Lion’s Mane, for example, is said to promoting cognitive function, which is why the brand uses it in its Brain bar. And Antrodia [*Antrodia cinnamomea*, formerly *Antrodia camphorata*] reputedly gives your body a boost when you’re feeling run down, making it perfect for the brand’s Refresh bar.

Food for function is great, but how exactly do these mushroom bars taste? Since granola, nut butter, and (in a few of ’em) dark chocolate are still key ingredients, they still feel like a treat. And yes, they’re completely safe enough for kids to snack on.

