



The Fungal Gazette

April 2015

Newsletter of the Central New York Mycological Society



<http://en.paperblog.com/jorgits-the-end-of-winter-interactive-book-549751/> (Okay, maybe there won't really be a winter monster on our first few forays . . . maybe . . .)

Welcome back from hibernation CNYMS!

We are looking forward to another fantastic fungal year! We're also looking for a vice-president for the club that can learn the ropes and eventually take over the presidency. It would involve being at meetings and forays, and helping to plan programs and forays in the coming year. Please consider it as Jean could use help!!!

To start the season there will be a Winter Foray at the Rand Tract on March 22nd. And later, we are planning a weekend foray at VanderKamp in October with ESF & MYMS!! The houses are large and have full kitchens, a fireplace, dining and living room and sleep 20. It's a wonderful place to foray with a diverse environment. The price will be reasonable. More details will follow.

Directions to the Rand Tract: The Rand Track is located just off the west side of the 2000 block of Valley Drive between Seneca Turnpike to the north and Dorwin Ave if you're coming from the south. It's just south of St. Paul's Methodist Church. Turn into the main entrance of the cemetery and follow the road till you see us!

Directions to Green Lakes State Park in Fayetteville: follow NY-5E/NY-92E/E. Genesee St. for a little over 5 miles past Erie Blvd. Turn left onto Green Lakes Road. Go past the beach parking and take the 1st left. Follow it to the end which is a campground. Turn right near bathrooms. There is parking at the end. The trail there goes right into the old growth forest.

2014 Calendar of Events

Meetings are on the 3rd Monday of the month at **7:30 pm**, room 334 Illick Hall at ESF on the SU campus.

Forays are on Sunday at **1:00 pm** unless otherwise announced. (If there is an all-day, pouring rain or another hurricane, the foray will be held the following Sunday. If in doubt, call Jean Fahey to find out when the trip will take place.)

March 22nd Winter Foray at the Rand Tract

April 20th Meeting at 7:30 pm, Illick Hall.
Brandon Haynes from ESF will talk about his work in using **oyster mushroom spawn to filter sewage from water**.

April 26th Green Lakes Foray (in the old growth area of the park)

May 17th Morel Foray at Morgan Hill

May 18th Meeting at 7:30 pm, Illick Hall.
Bernie Carr will do a program on **Trees that Mushrooms Grow With**.

June 14th Nelson Swamp Foray

June 15th Meeting at 7:30 pm, Illick Hall.
A **Mycophagy** program from our own myco-chef extraordinaire **Jean Fahey**.

July No meeting in July. Foray is TBA at Wellesley Island at Jean's summer cottage.

August 16th Salmon River Falls Foray

August 17th Meeting at 7:30 pm, Illick Hall. This month will feature a **Mushroom ID Program**.

September 20th 7th Annual Vince O'Neil **Mushroom Festival** at Beaver Lake Nature. All members are needed to help! More information later.

September 21st Meeting at 7:30 pm, Illick Hall. After a long hiatus, **Nancy Kaiser** will present her **Wild Edibles** program again!

October 11th Great Bear Foray (at the hiking area)

October 16, 17 & 18th VanderKamp Foray. This will include our program & meeting. Details and registration info to follow.

Still not enough forays?

Save the Dates

NEMF: Thursday July 30 - Sunday Aug 2, 2015 at Connecticut College <http://www.cvmsfungi.org/nemf.html>

Peck Foray: Information coming soon.

NAMA: September 24-27, 2015 in Black Mountain, North Carolina <http://namyco.org/events/index.html> (registration info not yet available)

*After all these years . . . Membership in CNYMS is still only \$10. **Membership includes your newsletter - what a bargain!** If possible, it's easier and more efficient if members pay for 2 years at once by sending \$20 to: **Rick Colvin, 1848 Whiting Road, Memphis, NY 13112.***

Contact Rick or me if you don't know your membership status so you can keep the news and schedules coming!

The Gazette looks better in color, so send me your email address to get the electronic version.

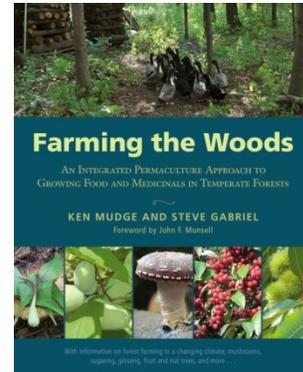
Are you artistic? Know anyone who is?

CNYMS is looking for a new tee-shirt design. Some members have expressed a desire for a new tee-shirt. If you or someone you know is interested please send your idea to me and hopefully we'll have a new tee-shirt this year.

New Book . . .

Farming the Woods: An Integrated Permaculture Approach to Growing Food and Medicinals in Temperate Forests

by Ken Mudge and Steve Gabriel



The practices of forestry and farming are often seen as mutually exclusive, because in the modern world, agriculture involves open fields, straight rows, and machinery to grow crops, while forests are reserved primarily for timber and firewood harvesting.

In *Farming the Woods*, authors Ken Mudge and Steve Gabriel demonstrate that it doesn't have to be an either-or scenario, but a complementary one; forest farms can be most productive in places where the plow is not: on steep slopes and in shallow soils. Forest farming is an invaluable practice to integrate into any farm or homestead, especially as the need for unique value-added products and supplemental income becomes increasingly important for farmers.

Farming the Woods covers in detail how to cultivate, harvest, and market high-value non-timber forest crops such as American ginseng, shiitake mushrooms, ramps (wild leeks), maple syrup, fruit and nut trees, ornamentals, and more.

See more at:

http://www.chelseagreen.com/bookstore/item/farming_the_woods:paperback

Any questions or input for newsletters contact:

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Mushrooms Extend Bee Life, Provide Bioshield Against Collapse

<http://naturalsociety.com/mushrooms-extend-bee-life-provide-bioshield-collapse/#ixzz3TuvKUGL0>

As humanity becomes more conscious to the language of nature, it is clear that mushrooms in their many forms come in peace and are here to help. The uses, benefits, and applications of mushrooms currently seem to be limitless cutting across all industries, cultures, and modalities. Embraced by the medical community, gardeners, architects, spiritualist, religions and others, their boundaries are yet to be found.

The intricate matrix of mushroom mycelium under our feet represents rebirth, rejuvenation, and regeneration. It waits patiently to reveal secrets for those with the courage to sidestep mainstream assumptions in search of something better. Fungi are the grand molecular disassemblers in nature, decomposing plants and animals, creating forests...they're soil magicians, according to Paul Stamets, world renown mycologist.

Presenting at the recent Bioneers Annual Conference, Paul Stamets gave bombshell evidence that there is hope for bees, colony collapse, and our entire ecosystem. Washington State University recently completed a longevity stress test on bee populations that appears to confirm that the genes for the detoxification pathways in bees are turned on by beneficial fungi they collect from their environment. What's more, it has been confirmed in previous testing that the red belted polypore mushroom degrades pesticides, herbicides, and fungicides.

It has also been confirmed in previous tests that fungicidal contamination reduces beneficial fungi in honey bee colonies. So what does this all mean? The widespread pesticide, herbicide, and fungicide have created an absence of beneficial fungi in bee colonies. This turns off the proper detoxification pathways within the bees and their colonies leading to a hyper-accumulation of toxins. Colony collapses typically follows shortly thereafter.

What appears to hold a key to slowing down or even stopping the current epidemic of bee colony collapse is a solution called "Mycohoney," made from the polypore mushroom mycelium. When fed to bees in the University of Washington trials, it showed extraordinary significance in life extension of the honey bees. Walter S. Sheppard, PhD P.F. Thurber Professor, Chair, Department of Entomology Washington State University gave this comment:

"As an entomologist with 39 years' experience studying bees, I am unaware of any reports of materials that extend the life of worker bees more than this."

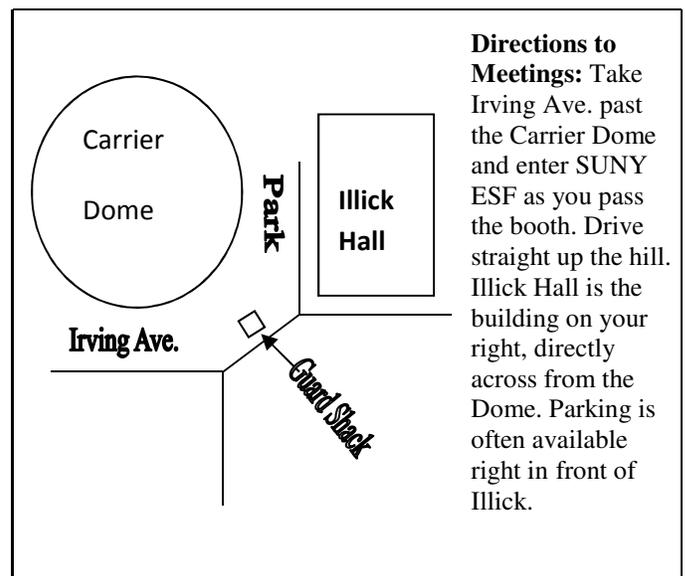
Of course there are many other benefits of mushrooms that go beyond bee-support. Shiitake mushrooms, for example, are an excellent source of some important vitamins and minerals. For starters, they have three B vitamins, B2, B5 and B6, and six important trace minerals: phosphorous, selenium, copper, zinc, potassium, magnesium, and manganese. What's more, researchers say these mushrooms could hold the key to cervical cancer in women.

Additionally, a Chinese mushroom seems to offer hope to some pet owners in the treatment of hemangiosarcoma, an aggressive cancer that shortens life to a matter of days. The compound has been found to extend the lifespans of cancer-stricken dogs by Researchers believe the mushroom could eventually help humans in the fight against cancer as well.

Editorial note:



<http://forums.cflhorsemen.ca/topic6001.html>



Mixed Spring Mushrooms with Garlic Butter and Pine Nuts

<http://www.williams-sonoma.com/recipe/mixed-spring-mushrooms-with-garlic-butter-and-pine-nuts.html>



- 1 lb. mixed large fresh spring mushrooms, such as morel, portobello, shiitake, oyster, cremini and white button, brushed clean
- 4 to 6 Tbs. (1/2 to 3/4 stick) unsalted butter, at room temperature
- 3 to 5 garlic cloves, chopped
- Salt and freshly ground pepper, to taste
- 2 Tbs. dry white wine
- 1/3 cup pine nuts
- 1 to 2 Tbs. chopped fresh chives or flat-leaf parsley

Preheat an oven to 450°F.

Remove any of the tougher stems from the mushrooms and reserve for making soup or stock. Cut the larger mushrooms into pieces so that all the mushrooms, whole and cut, are about the same size. Arrange the mushrooms in a single layer in a large roasting pan.

In a bowl, using a spoon or whisk, mix together the butter to taste, garlic to taste, salt and pepper. Spread it on the tops of the mushrooms, or dot the tops with small dollops. Sprinkle the wine evenly over all.

Roast the mushrooms until they begin to sizzle and brown, about 15 minutes. Remove from the oven, sprinkle with the pine nuts, and continue roasting until the mushrooms are cooked through and browned in places, about 10 minutes more. The total roasting time depends on the types of mushrooms used; certain varieties will take longer than others to cook. Taste and adjust the seasonings with salt and pepper.

Transfer the mushrooms to a warm serving dish and sprinkle with the chives. Serve immediately. Serves 4.

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Address Correction Requested