



# The Fungal Gazette

August 2016

Newsletter of the Central New York Mycological Society



<http://www.cnseed.org/maitake-grifola-frondosa.html>

Our August program will be a return to the classroom. **Jean Fahey** will teach us all about **Latin names for mushrooms**. Not all mushrooms have common names. Some have more than one. Come and learn what these names mean (before they change again)! **Please bring a mushroom ID book, pen & paper!**

This month we are fortunate to have our **foray in Palermo** at the home of one of our new members, Mary Fran Yafchak. This is new territory, so let's hope for rain so we can find out what's growing there! Here are Mary Fran's **directions**:

If you come north on Rt. 81, get off at the Central Square exit and take a left to head into Central Square. From the main intersection in the center of the village of C. Sq., head north on Rt. 11. Go just over a mile and Co. Rt. 4 will branch off to the left past an abandoned department store. Once on Co. Rt. 4, we will be 8.5 miles down on the left. The road has a lot of curves and 90 degree turns but is always well-marked. Stay on 4 until you come to our house as described below. The house will come up pretty quickly past a long stretch of woods just past the Onondaga Beagle Club, also on the left.

If you head out of Phoenix on Rt. 264 towards Mexico, continue onto Rt. 3N at the point where Rt. 264 becomes Rt. 3. You will pass through the 4 corners of Palermo. Keep going until the intersection of Rt. 3 & Rt. 4 (there is a flashing light there). Take a right onto Rt. 4. We are about 1/2 mi. down on the right, gray house with red trim & 2 matching garages, mailbox is across from the driveway.

The official address is 1807 County Route 4, Central Square, NY. **Some GPS work better if you enter the town as Palermo** (which it really is). Map is here: <http://mapq.st/298sVR3>

A few other notes about the foray: The Yafchaks can handle 5 or 6 cars in the driveway or the lawn - a couple more if necessary. **There is definitely poison ivy** and it grows up things and hides under and around things! Allergic people - or people who don't want to tempt fate - should be prepared for that. If people want to hang around at all after the woods or just limit further exposure from any exposed clothing, they can bring a change of clothes and Mary Fran has kindly volunteered to do a load of laundry afterwards!

## **2016 Calendar of Events**

**Meetings** are on the 3<sup>rd</sup> 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.)

**August 15<sup>th</sup>** Meeting at 7:30 pm, Illick Hall. Jean Fahey will present **Latin 101**. Come learn some helpful hints for remembering, and understanding, the Latin names of mushrooms. **Please bring a mushroom ID book, pen & paper!**

**August 28<sup>th</sup>** Palermo Foray

**September 19<sup>th</sup>** Meeting at 7:30 pm, Illick Hall. Program still TBA

**September 25<sup>th</sup>** VanderKamp Foray

**October 9<sup>th</sup>** 8th Annual Vince O'Neil **Mushroom Festival** at Beaver Lake Nature Center. All members are needed to help! More information later.

**October 17<sup>th</sup>** Meeting at 7:30 pm, Illick Hall. Jean Fahey will do her very popular Mycophagy program for us once again!

**October 23<sup>rd</sup>** Salmon River Foray

**November 6<sup>th</sup>** Mexico Point Foray

## **Another reminder to Be Careful**

It's been a while since the Fungal Gazette has featured an article about someone poisoned by a toxic mushroom, usually as the result of not being appropriately careful. Earlier this month, CNYMS President Jean Fahey received a request to ID some mushroom pictures via email. Unfortunately, the sender ate them before the pictures were sent and spent the previous Saturday in the ER! They were not the shaggy manes or shaggy parasols that the forager thought they might be, but green-spored Lepiotas. As Jean says, don't try to put a round peg in a square hole! Be absolutely certain of what's in your basket.

*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.**

## **Health Benefits of *Grifola frondosa***

Maitake, the Japanese name for *Grifola frondosa*, means 'the dancing mushroom'. It is said that people were so excited when they found Maitake that they danced in joy. Around here it is most commonly called hen-of-the-woods.

The maitaki is native to the northeastern part of Japan and to North America. It is prized in cuisine and in traditional Chinese and Japanese herbology as a medicinal mushroom. Real scientific research on the mushroom began in the 1980s in Japan. Let's look at some of the health benefits.

### **Cancer**

Maitake is used to treat cancer and to relieve some of the side effects of chemotherapy. It enhances the production of interleukins and lymphokines, with the impact of slowing down tumor growth. Another compound, a polysaccharide known as D-Fraction, also enhances immune cells which work together to attack tumor cells. (Maitaki D-Fraction is available on Amazon, seriously.) Studies have shown that D-Fraction can induce cellular death (a process known as apoptosis) in human breast cancer cells and advanced renal-cell carcinoma cells. D-Fraction has also been shown to reduce bladder cancer cell growth and has been linked to bladder cancer remission.

### **Boosting the Immune System**

Some of the same factors that help protect against cancer also play a critical role in supporting immune system health. Important polysaccharides enhance the activity of certain immune system cells, such as T cells, B cells, macrophages, natural killer cells. Ultimately, polysaccharides from the maitake act as immunomodulators, enhancing, stabilizing, or depressing the immune system depending on circumstances - stimulating the immune system in instances of viral or bacterial infection and depressing it with autoimmune diseases. Beta-glucans especially have been shown to play a key role in the immunomodulatory process.

### **Antioxidants**

In addition to polysaccharides, maitake has antioxidants that help to combat conditions such as atherosclerosis, diabetes, and Alzheimer's disease. A hot-water extraction of maitake mushroom has been shown to exhibit anti-angiogenic activity. Angiogenesis is the process whereby new blood vessels are formed from the preexisting vascular system. A normal part of the wound healing process, angiogenesis is also involved in tumor progression from the benign to malignant state. Antioxidants isolated from maitake mushroom have been shown to be effective against other reactive molecules found in our bodies, including the hydroxyl radical and the superoxide radical. These molecules may play a critical role in several diseases, such as hyper-tension, cardiovascular disease, and myocardial infarction.

### **Vitamin D** (Attention Syracuse!)

All mushrooms contain a fungal cell membrane molecule known as ergosterol. Upon UV exposure, this compound is converted into ergocalciferol, or vitamin D<sub>2</sub>. Maitake mushrooms, at 100 grams of fresh material, have been shown to contain more than 2,000 IU of vitamin D<sub>2</sub> when exposed to supplementary UV treatment. To increase the

vitamin D content of your mushrooms, place them gills-side-up under direct sunlight. Sliced mushrooms will yield even more vitamin D<sub>2</sub>, as this method increases surface area and allows more ergosterol to be exposed to sunlight.

### **Diabetes**

Several studies have shown that Maitake mushroom extracts demonstrate protection against diabetes. Research has looked at the ability of maitake mushroom extracts to inhibit alpha-glucosidase, an enzyme that breaks down starch and simple sugars to glucose. Inhibition of this enzyme slows glucose absorption in the body. Not surprisingly, many oral anti-diabetic drugs are alpha-glucosidase inhibitors and maitake mushrooms naturally contain alpha-glucosidase inhibitors - without unwanted side effects like severe stomach pain, constipation, diarrhea, and jaundice.

Other potential conditions for which maitake may be effective include: polycystic ovary syndrome, HIV/AIDS, chronic fatigue syndrome, hepatitis, hayfever, high blood pressure, high cholesterol, and weight control.

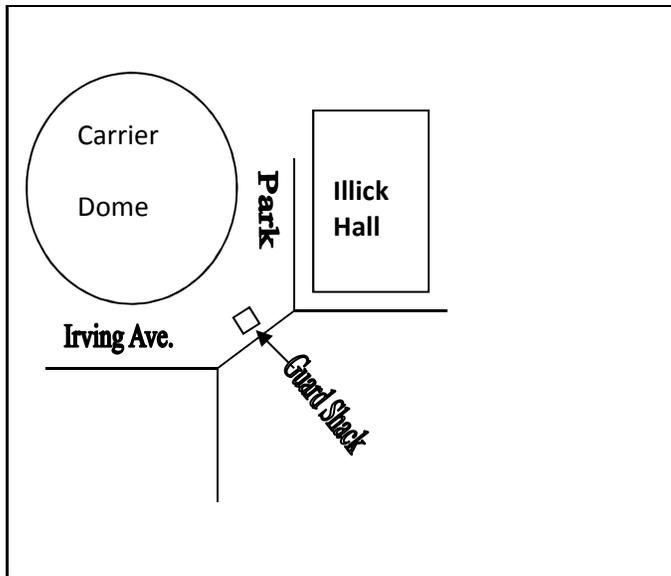
**This is not meant to be medical advice.** For references and more information see:

<http://www.medicalmushrooms.net/grifola-frondosa-maitake/>

<https://wildfoodism.com/2014/09/29/5-unique-health-benefits-of-the-maitake-mushroom/>

<http://www.webmd.com/vitamins-supplements/ingredientmono-560-maitake%20mushroom.aspx?activeingredientid=560>

**Directions to Meetings:** Take Irving Ave. past the Carrier Dome and enter SUNY ESF as you pass the booth. Drive



### Grilled Hen-of-the-Woods with Sesame

<http://www.foodandwine.com/recipes/grilled-hen-woods-mushrooms-sesame>

"Hen-of-the-woods are often shredded and sautéed, but when you cook them whole, they become crispy outside and meaty and moist inside," says [Jean-Georges Vongerichten](#) of his preferred method of preparing the coral-like mushroom. "I'm a purist when it comes to beautiful ingredients, so serving the mushrooms in big clusters keeps them the way they grow in the woods."

- 1 tablespoon sesame seeds
- 2 pounds hen-of-the-woods mushrooms (maitake), separated into 8 wedges total
- Extra-virgin olive oil, for brushing
- Salt and freshly ground pepper
- 2 tablespoons thinly sliced parsley
- Lime wedges, for serving

1. In a small skillet, toast the sesame seeds over moderate heat, stirring a few times, until golden, 3 minutes. Transfer to a plate.

2. Heat a grill pan and preheat the oven to 425°. Gently and generously brush the mushroom wedges with olive oil and season with salt and pepper. Grill the mushrooms in batches over moderately high heat, turning occasionally, until browned and crisp, about 8 minutes per batch. Transfer the wedges to a large rimmed baking sheet and reheat for about 4 minutes. Arrange the mushrooms on a platter. Sprinkle with the parsley and sesame seeds and serve with lime wedges.

Central New York Mycological Society  
Julie Siler  
1235 Long Road  
Homer, NY 13077

Address Correction Requested