



The Fungal Gazette

October 2017

Newsletter of the Central New York Mycological Society



Cordyceps militaris

<http://nootropicsdepot.com/cordyceps-militaris-whole-fruited-body-medicinal-mushroom-extract-500mg-capsules/>

September Recap

The key identification program was a productive meeting with maybe a dozen people, mostly new people & grad student who were working on their collections. Jean brought mushrooms & books and helped people identify their mushrooms. It was “mystifying and educational!”

Our next meeting will feature part 2 as we identify mushrooms found at the Salmon River foray the day before.

Paula Desanto’s list from the Vanderkamp foray was attached to the email with this newsletter.

Our next foray is at **Salmon River Falls Unique Area** on **October 15th**. **Directions:** From Route 81 take the Pulaski exit and head east on State Route 13 to Altmar. Turn onto County Route 22 at Altmar and go past the Salmon River Fish Hatchery to Bennett's Bridge. Continue north on County Route 22 and take a right turn heading east on Falls Road. The parking area is on the right about one mile up

the road. **Note:** The trail at Salmon River is a little rough once you get away from the falls. Also, it can get crowded on Sun. afternoon. There is another parking area at the other end of the trail that people seldom use which may be better.

The final foray of the year will be at **Forest Park** in Camden on November 6th. **Directions from Syracuse:** Take I-81 N to the exit 33 – Parish/Rte. 69. Turn right onto County Rte. 26, followed by a left turn on to NY 69 E. Stay on 69 E for 19.6 miles and turn right onto Main St. Continue 0.2 miles onto Harden Blvd. Turn left onto Ripley Rd. The park will be on the right.

2017 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.)

October 8th The 9th Annual Vince O’Neil **Mushroom Festival** at Beaver Lake Nature Center. All members are needed to help! More information later.

October 15th Salmon River Foray **Note date change**

October 16th Meeting at 7:30 pm, Illick Hall. Identifying mushrooms found at the previous day’s foray.

November 6th Camden Foray

November Bonus – Cornell University’s **Dr. George Hudler** has agreed to a CNYMS presentation in November. **Date and topic will be announced by email.**

Ninth Annual Vincent O'Neil Mushroom Festival

Once again it's time for 'Shroom Fest at Beaver Lake Nature Center in Baldwinsville. And this year **Dr. Tim Baroni** will be there with his new book **Hunting for Wild Mushrooms in Central New York**. Get an autographed copy! Do some holiday shopping! Come out and join the festivities – bring your family, friends, and neighbors. There will be a silent auction and a raffle of mushroom-related goodies. Other items – including our new T-shirts - will be available for purchase. Guided mushroom walks on the trails will be offered too.

We need volunteers again, just like last year (everyone did a great job!):

***someone to help Paula at 8:00 am**

***someone to help set up from 11 – 12:00**

***someone to sell T-shirts & raffle tickets, sign up new members and talk to people about mushrooms from roughly 12-2:00**

***someone to continue this from 2-4:00, but any help is appreciated & if you can stay all day we would be so grateful !!**

Anyone interested in helping will be welcomed and appreciated! Please contact me at jds88@cornell.edu or 607-749-2915 to sign up.

And as always, **please bring fungi for display** and for identification. It gives everyone a good reason to go hunting on Saturday (all collections are welcome - even from your front yard!).

Cordyceps Militaris

There seems to have been a *Cordyceps militaris* theme this year. Okay, maybe that's a bit of a stretch, but one was found at the Wanakena foray, a few were found at NEMF, and *C. militaris* is one of the medicinal mushrooms with the potential to mitigate neurodegenerative diseases (see the August newsletter).

The *Cordyceps* genus mainly parasitizes insects and arthropods, although a few parasitize other fungi. When a *Cordyceps* fungus attacks a host, the mycelium invades and eventually replaces the host tissue.

Cordyceps is being weaponized to attack invasive insects. Perhaps of greater interest to most of us, its health benefits have been used in Chinese medicine for a long time.

Of the more than 400 *Cordyceps* species, 36 have been cultivated for fruiting bodies, but only *C. militaris* has been commercially cultivated because of its excellent pharmaceutical effects and short production period. *C. militaris* fruiting-bodies and mycelia are used as health products and, in Asian countries, as drugs.

C. militaris is considered the oldest source of some useful chemical constituents. Evidence shows that its active principles are beneficial acting as anti-inflammatory, anti-oxidant/anti-aging, anti-tumor/anti-cancer/anti-leukemic, anti-proliferative, anti-metastatic, immunomodulatory, anti-microbial, anti-bacterial, anti-viral, anti-fungal, anti-protozoal, insecticidal, larvicidal, anti-fibrotic, steroidogenic, hypoglycemic, hypolipidaemic, anti-angiogenetic, anti-diabetic, anti-HIV, anti-malarial, anti-fatigue, neuroprotective, liver-protective, reno-protective as well as pneumo-protective. The anti-inflammatory properties have been evaluated extensively in an effort to find anti-inflammatory drugs with fewer side effects.

Plenty of information and products are available online. For more scientific information see:

<http://www.sciencedirect.com/science/article/pii/S0367326X10001863>

<https://link.springer.com/article/10.1007/s11557-012-0825-y>

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0110266>

Army exercise blunts bumper Belarus mushroom harvest

<http://www.bbc.com/news/blogs-news-from-elsewhere-41282376>

The Russian-led Zapad 2017 military exercises in Belarus are news because NATO fears their wider strategic implications, but some villagers are more worried about tanks disrupting this year's bumper mushroom harvest.

You will find no criticism of Zapad 2017 on state-controlled TV, but other media have relayed complaints about draconian bans on entering forested areas where the exercises are taking place. The TUT.by news portal reports that several towns and villages near the borders with NATO members Poland, Lithuania and Latvia have been ordered to keep 2 km (one mile) away from areas where the Russian and Belarusian armies are carrying out their drills.

"This means no harvesting, no pasturing of livestock, no picking of berries or mushrooms, no fishing, no tree-cutting, and no hunting, on pain of substantial fines," TUT.by reports, adding that the town of Hlybokaye near the Lithuanian border has been put under a dusk-to-dawn curfew from 14 to 20 September because of night manoeuvres. The ostensible reason is to protect civilian lives, but many people complain that the measures are over-zealous, according to interviews with local people conducted by US-funded Radio Liberty's Belarusian Service.

Villagers from Asipovichy District in the east to Ivantsevichy near Poland all said that they would not dream of going into the woods and fields while tanks and artillery are in action, but see no reason why they can't go about their usual business when the guns are quiet.

All the more so as this year's mushroom season promises to be one of the best in years. Belarusian social media are full of stories of what the Charter 97 site dubs "mushroom fever". One couple in Aktsyabski District in the south east say they picked 700 ceps in three hours flat, and feared "treading on the delicacies, so thick are they growing", and one Alexei Drozd delighted social media with his

paraphrase of Sun Tzu's The Art of War: "to find the mushroom, you must first become the mushroom".

A TV correspondent from the 1+1 channel in neighbouring Ukraine decided to resample the public mood in Asipovichy District, now that the manoeuvres are underway. He found that many local people supported the idea of the manoeuvres, but hardcore fungophiles were still unimpressed with being kept away from their ceps. One elderly villager in Pratasevichy told him "there's a bunch of tanks just standing there, but they still shoo us away".

Black Trumpet-Fig Chutney

Okay, I know last month featured a Black Trumpet recipe too, but this one came across my path from a Dutch friend and it looked too good to pass up. Angie got this recipe from **Anthony Michael Blowers**, who has a Facebook page called "[I Love Wild Mushrooms](#)". I'm passing it on to you exactly as he gave it to her, with no real measurements – have fun experimenting:

"The main ingredient's here are **pre sautéed black trumpets, dried figs, foraged black walnuts, honey, molasses, and dried spice bush berries** (wild allspice). The trumpets pair very well with the figs, as they both have similar dark fruity flavors, and the dried spice bush berries lend hints of cinnamon, nutmeg, and cloves."

"I wanted it to be chunky, so I pureed about half, and left the rest rough cut prior to cooking down."

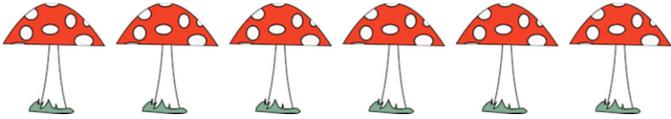
"I used 3 parts trumpet to one part fig. I think that ratio is good, although I'm sure you could use equal parts and end up with a good result. Black trumpets have a very strong flavor, as do the figs. I wanted the trumpets to be the star of the show, that is why I used the figs more sparingly."

"This is what it looked like after simmering for about 8 min. I wanted to mention that the bitterness of the walnuts helped balance the sweetness of the figs. This was just a small experimental batch, like most things I do. Warning...if you do choose to make something like this...it is extremely addictive!"



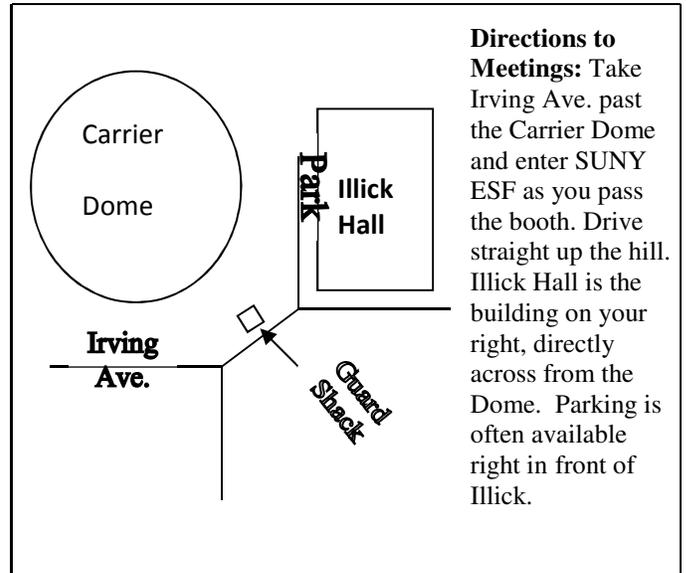
After all these years . . . Membership in CNYMS is still only \$10. **Membership includes your newsletter - what a bargain!** If possible, it's easier and more efficient if members pay for 2 years at once by sending \$20 to: **Rick Colvin, 1848 Whiting Road, Memphis, NY 13112.**

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.

Any questions, or input for newsletters, contact:
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Address correction requested