



# The Fungal Gazette

June 2018

Newsletter of the Central New York Mycological Society

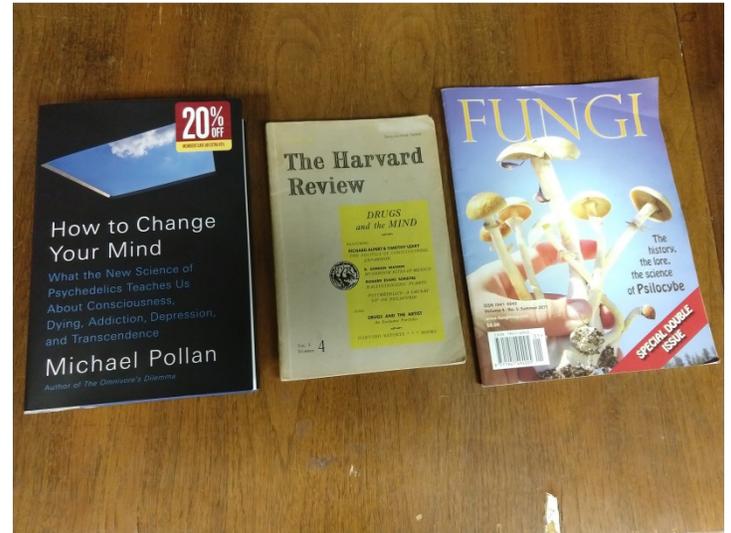


*Yellow Morel from Pratt's Falls  
Photo by Youngsil*

## May Recap

The Mystery Morel foray at Pratt's Falls was well-attended and yielded about 50 morels. Other species found were Dryad's Saddle, Red-belted Polypores, and Witches' Butter.

A big thank you to Tom Horton for an enlightening program on Ethnomycology. He explained the role of certain mushrooms throughout history - in the cultures of Mesoamericans, some Plains Indians, the counterculture of the 1960s, and current medical research. You can follow up with some of the sources Tom made available:



Our June meeting features **Paula Desanto** and **How to ID Mushrooms**. The June foray is at **Nelson Swamp**: take State Route 20 east from the village of Cazenovia to Stone Quarry Road. Proceed south on Stone Quarry Road for 2.2 miles. The trail head is on the left.

## 2018 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.)

**June 18<sup>th</sup>** Meeting at 7:30 pm, Illick Hall. Our own **Paula Desanto** will cover **How to ID Mushrooms**. Good for beginners or those who want to brush up on their identification skills.

**June 24<sup>th</sup>** Nelson Swamp Foray

**July 14<sup>th</sup>** Beginner Foray at Wellesley Island State Park

**July 26<sup>th</sup>-29<sup>th</sup>** NEMF @ Geneseo

**August 19<sup>th</sup>** Bear Swamp Foray

**August 20<sup>th</sup>** Meeting at 7:30 pm, Illick Hall. **George and Sharon Yager** from the MidYork Mycological Society will share the adventures of their **Mycology Trip to Spain**.

**September 16<sup>th</sup>** Salmon River Foray

**September 17<sup>th</sup>** Meeting at 7:30 pm, Illick Hall. CNYMS is pleased to welcome back renowned mushroom photographer **Taylor Lockwood** with his latest tour: **Greatest Hits and Latest Clips**.

**October 7<sup>th</sup>** The 10th Annual Vince O'Neil **Mushroom Festival** at Beaver Lake Nature Center. All members are needed to help! More information later.

**October 14<sup>th</sup>** Forest Park Foray

**November 11<sup>th</sup>** Mexico Point Foray

*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!**



## **Dirt, Mushrooms, and Good Health**

People who cook are likely familiar with the debate about how to clean mushrooms – to wash or not to wash. Many culinary experts insist that washing mushrooms to clean them leaves them waterlogged, which affects the

taste and makes it difficult to brown them nicely. They suggest removing dirt with a soft brush or damp paper towel.

Brushing the dirt off wild mushrooms can be painstaking work, but in the age of antibacterial soap, antibacterial spray, antibacterial cleaning wipes, and a myriad of disinfecting cleaning products we seem to be obsessed with clean, disinfected, sterile environments – and food.

But could this obsession with germ-free everything do more harm than good? Rates of allergies, asthma, autoimmune problems, and gut related disorders are on the rise. Enter the Hygiene Hypothesis. The Hygiene Hypothesis posits that a lack of childhood exposure to infectious (pathogens) and symbiotic (such as gut flora) microorganisms, and especially parasites, suppresses the natural development of the immune system and increases susceptibility to these diseases.

While critics of the hypothesis point to factors other than hygiene (less natural childbirth and breast feeding, more time spent indoors, less time spent socializing, altered diet, and antibiotic use to name a few) for changes in the human microbiome, they have more of a problem with the name than the science. Evidence shows that interaction with microbes that inhabit the natural environment and human microbiome plays an essential role in immune regulation.

In “Why Dirt Is Good” Mary Ruebush, a microbiology and immunology instructor, says that when a child puts things in his mouth he or she is allowing his immune system to explore his environment. Assuming that all instinctive behaviors confer an evolutionary advantage (since they’ve been retained for roughly a million years), it’s likely this one has helped us survive as a species.

More information can be found in various peer-reviewed scientific papers and a whole slew of books about the importance of a healthy microbiome (I suggest “Missing Microbes” by Martin Blaser) for everything from disease to obesity to brain fog.

But back to mushrooms. Not only are mushrooms a healthy food, with the bonus of medicinal value, but think of how much healthier we all must be from getting out in the woods - in group forays - and poking through the dirt! And you may want to ease up on that meticulous mushroom cleaning.

*(Note: This article is for informational purposes only. CNYMS does not promote eating large quantities of dirt. Bugs, slugs and other critters are also a personal choice.)*

Any questions, or input for newsletters, contact:  
*Jean Fahey (President) at (315) 446- 1463 (after 9am)*  
*Rick Colvin (Treasurer) at (315) 569-5771 or*  
[rcolvin@twcny.rr.com](mailto:rcolvin@twcny.rr.com)  
*Mark Griffen (Publicity) at mgriffen@twcny.rr.com*  
*Julie Siler (Newsletter) at (607) 749-2915 or*  
[jds88@cornell.edu](mailto:jds88@cornell.edu)

### Rand Tract Foray List

Aleurodiscus wakefieldiae	Hophornbeam Disc
Cerrena unicolor	Mossy Maze Polypore
Chlorociboria aeruginascens	Blue Green Stain
Entoloma vernum	Early Spring Entoloma
Exidia glandulosa	Black Jelly Roll
Exidia recisa	Amber Jelly Roll
Fomes fomentarius	Tinder Polypore
Gyromitra korfii	Bull Nosed False Morel
Hymenochaetopsis olivacea	Brown Toothed Crust
Irpex lacteus	Milk White Toothed Polypore
Kretzschmaria deusta	Carbon Cushion
Mollisia discolor	
Myxarium nucleatum	Granular Jelly Roll
Panellus stipticus	Luminescent Panellus
Peziza repanda	Recurved Cup
Plicaturopsis crispa	Crimped Gill
Sarcoscypha dudleyi	Scarlet Cup
Schizophyllum commune	Common Split Gill
Stereum complicatum	Crowded Parchment
Stereum ostrea	False Turkey Tail
Trametes betulina	Multicolor Gill Polypore
Trametes gibbosa	Lumpy Bracket
Trametes versicolor	Turkey Tail
Tremella mesenterica	Witches' Butter
Trichaptum biforme	Violet Toothed Polypore
Urnula craterium	Devil's Urn

*Pretty good for a weekend with snow!*

### Still not enough forays?

#### Save the Dates

**NEMF:** NEMF2018registrar@gmail.com or call Peter at (315) 339-3515 or visit [www.nemf.org](http://www.nemf.org)

**Peck Foray:** The 2018 Peck Foray will be at the Sieg Conference Center in central Pennsylvania. Dates TBD. The volunteer host is Professor Barrie Overton of Lock Haven University. Registration information to follow when available.

**NAMA** (Note - NAMA membership is required to attend annual and regional forays):

#### **2018 Annual Foray**

October 11 — 14, 2018 | Salem, Oregon. More information will follow as it becomes available.

**COMA:** Information to follow when available.

#### **Gary Lincoff Memorial Foray (New)**

September 15, 2018 | North Park (Pittsburgh, PA)  
 The Western Pennsylvania Mushroom Club will host the 18th Annual Gary Lincoff Foray on Saturday, September 15. Guest Speakers will be Walt Sturgeon and Taylor Lockwood. The full-day event includes guided mushroom walks, lectures, sales, book signing, and Mushroom Feast. For more information, visit: <http://wpamushroomclub.org/lincoff-foray/>

#### **Community Kitchen**

Don't forget to send any culinary tips for mushrooms to me at [jds88@cornell.edu](mailto:jds88@cornell.edu)

## SOUTHERN FRIED CHICKEN OF THE WOODS

<http://eatingappalachia.com/2010/05/25/southern-fried-chicken-of-the-woods/>



2 large chicken of the woods mushrooms  
1/4 c En-Er-G Egg Replacer  
1/2 c water  
3 tbs siracha/hot sauce  
1 c self-rising flour  
1 tsp salt  
1 tsp pepper  
vegetable oil for frying

Thoroughly wash and clean the mushrooms and cut into desired size.

Whisk together the egg replacer and the water in a bowl until foamy and thick. Add the siracha/hot sauce.

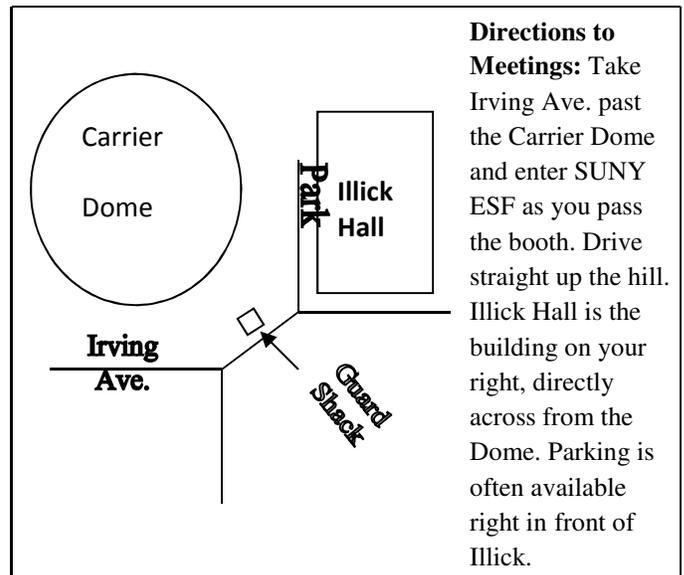
In a pie pan or 8×8 baking dish, mix together the self-rising flour, salt, and pepper.

Warm at least 3 inches of vegetable oil in a pot (I used my circa 1973 Fry Daddy) until a drop of water crackles and pops when flicked into the oil.

Dredge the mushrooms in the egg replacer mixture and then in the flour, thoroughly coating each piece.

Fry two or three mushroom pieces at a time, being sure not to crowd because that will lower the temperature of the oil. Once golden brown, place on paper towels to drain excess oil.

Serves 2



## Iran mushroom poisoning: More than 800 sick from deadly fungi

<http://www.bbc.com/news/world-middle-east-44194078>

More than 800 people have been poisoned after eating toxic wild mushrooms in around 10 provinces in the west of Iran. It is not yet clear what kind of mushroom the victims ate, but the poisonous Amanita phalloides, or death cap, is found in Iran.

At least 11 people have died from the effects of the fungi and hundreds more have been hospitalised. There is no effective treatment for this kind of poisoning, Iran's Tasnim News Agency reports. At least two people have received liver transplants. The mushrooms concerned look similar to edible ones.

People have been urged not to buy loose mushrooms and only purchase those packed and sealed in shops. According to BBC Persian, mushrooms can sometimes be seen for sale in the street in Iran, and local folk wisdom about which ones are safe to eat can be unreliable.

The deadly fungi grow wild in mountainous regions of Iran's west after spring showers, according to Tasnim. Seven of the dead came from the Kermanshah area. Reports suggest that unprecedented rainfall over the past month has led to more mushrooms growing than usual.