



# The Fungal Gazette

April 2019

Newsletter of the Central New York Mycological Society



CNYMS t-shirt logo

## CNYMS 2019!

Welcome back to another season of fun and interesting programs and mushroom forays. To encourage participation, especially in the latter, consider an article in *Time* that club president Jean Fahey found – “Spending Just 20 Minutes in a Park Makes You Happier. Here's What Else Being Outside Can Do for Your Health”:

Spending time outdoors, especially in green spaces, is one of the fastest ways to improve your health and happiness. It's been shown to lower stress, blood pressure and heart rate, while encouraging physical activity and buoying mood and mental health. Some research even suggests that green space is associated with a lower risk of developing psychiatric disorders — all findings that doctors are increasingly taking seriously and relaying to their patients.

Now, a new study published in the *International Journal of Environmental Health Research* adds to the evidence and shows just how little time it takes to get the benefits of being outside. Spending just 20 minutes in a park — even if you don't exercise while you're there — is enough to improve well-being, according to the research.

The medical community is increasingly viewing green space as a place for their patients to reap physical and mental health benefits. Some physicians, like Dr. Robert Zarr, a pediatrician in Washington, D.C., are even writing prescriptions for it.

By writing nature prescriptions — alongside pharmaceutical prescriptions, when necessary — physicians are encouraging their patients to get outdoors and take advantage of what many view to be free medicine. The specificity that comes with framing these recommendations as prescriptions, Zarr says, motivates his patients to actually do them. “It's something to look forward to and to try to feel successful about,” he says.

So take a look at the calendar below and make a commitment to getting some nature time. Throw in good companionship and finding mushrooms and you'll be your happiest, healthiest self! For the full article go to <http://time.com/5539942/green-space-health-wellness/>

Once again, we officially open the 2019 season with a favorite: a **Mycophagy** program from club President **Jean Fahey** on April 15<sup>th</sup>. As a bonus, **Dr. Tom Horton** will give us a travelogue on his trip to **Guatamala**. On the 28<sup>th</sup> we have the first foray at the Rand Tract.

**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!

## 2019 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.)

**April 15<sup>th</sup>** Meeting at 7:30 pm, Illick Hall.  
For the second year in a row, CNYMS President and Mycochef extraordinaire **Jean Fahey** will start the season off with an evening of **mushroom cuisine**. Come out after a long winter and socialize!

**April 28<sup>th</sup>** Rand Tract Foray

**May 19<sup>th</sup>** Mystery Morel Foray. **Members only.** Location will be announced 24 hours in advance via email, so make sure your dues are paid and stand by.

**May 20<sup>th</sup>** Meeting at 7:30 pm, Illick Hall.  
We're taking a cinematic turn this month with Larry Lonik's movies "**Morel Madness**" and "**Motherlode**". Larry was the world's foremost authority on Morels. Mushroom popcorn will be provided.

**June 9<sup>th</sup>** Three Falls Woods Foray

**June 17<sup>th</sup>** Meeting at 7:30 pm, Illick Hall.  
The **New York Mushroom Company**, from Lebanon Center NY, will talk to us about their family business growing fresh mushrooms. Visit their website at <http://fruitofthefungi.com/>

**July** TBA

**August 18<sup>th</sup>** Verona Beach Foray

**August 19<sup>th</sup>** Meeting at 7:30 pm, Illick Hall.  
**Lauren Goldmann** from SUNY Cortland will repeat her program **Fungi & Art** -- an informal look at the history of fungi in art, including a slide show covering a variety of types of art, from botanical illustration to using fungi as natural. If you missed it 2 years ago, mark your calendar now!

**September 16<sup>th</sup>** Meeting at 7:30 pm, Illick Hall.  
ESF grad student **Tusha Yakovleva** will share her expertise collecting **Wild Edibles**.

**September 22<sup>nd</sup>** Rome Sand Plains Foray

**October 13<sup>th</sup>** The 11th Annual Vince O'Neil **Mushroom Festival** at Beaver Lake Nature Center. All members are needed to help! More information later.

**October 20<sup>th</sup>** Cazenovia Preservation Foundation Foray

**October 21<sup>st</sup>** Meeting at 7:30 pm, Illick Hall.  
The last meeting of the season will be a **Mushroom Identification** session. Bring your specimens!

**November 10<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!**



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](mailto:mgriffen@twcny.rr.com)*  
*Julie Siler (Newsletter) at (607) 749-2915 or [jds88@cornell.edu](mailto:jds88@cornell.edu)*

## Still not enough forays?

### Save the Dates

**NEMF:** The 2019 NEMF Samuel Ristich Foray/43rd Annual Foray of the Northeast Mycological Federation will be at Lock Haven University, PA August 1–4. <http://www.nemf.org/>

**Peck Foray:** No information available yet

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

#### **Wildacres Regional Foray**

The Wildacres 2019 Foray, scheduled for September 26–29, will be held at Wildacres Retreat, located just off the Blue Ridge Parkway near Little Switzerland, not too far from Spruce Pine, North Carolina. Dr. Andy Metheny returns as the mycologist. For more information and to register, contact Glenda O'Neal, phone (423) 863-2742 or [glendakoneal@yahoo.com](mailto:glendakoneal@yahoo.com).

**NAMA 2019 Annual Foray:** The 2019 annual foray will be held in the Adirondacks, at Paul Smith's College, Paul Smiths, New York August 8–11, 2019. Stay tuned to this space for details and updates.

**19th Annual Gary Lincoff Foray:** Saturday, September 21 with walks, presentations, auction, book signing, sales, table-walk, and a mushroom feast in North Park (Pittsburgh) Pennsylvania. **For more information**, visit <https://wpamushroomclub.org/lincoff-foray/>

**COMA:** The 2019 Clark Rogerson Foray is scheduled for August 30 – September 2 in Hebron, CT, at Camp Hemlocks. On-line registration will be open in June.

And for the adventurous there's the **Telluride Mushroom Festival:** August 14–18, Telluride Colorado. This year's theme will be "Healing the Mind, Healing the Planet" See

<https://www.tellurideinstitute.org/schedule-telluride-mushroom-festival/> for details.

### **Dryad Saddle (Pheasant Back Mushroom) Broth**

<http://www.natureshiddenrecipes.com/blog.php?controller=pjLoad&action=pjActionView&id=26>

(For Older Tougher Mushrooms)



2 lb. meat scraps (chicken or pork)  
2c carrots  
2c yellow onion  
2c celery  
1 lb. mushrooms  
2T oil  
2 cloves garlic minced  
1 dry bay leaf  
5 black peppercorns

Heat ingredients in oil. Add 1 gallon water. Simmer for 1 1/2 to 2 hours. Strain. Use in other recipes or freeze for later use.

## THE MUSHROOM HUNTERS

Since we seem to have a bit of an arts theme going – movies and Lauren Goldmann's program – it seems like a good time to share Neil Gaiman's feminist poem about science sent to me by **Amy Koval**. She found it posted on a mushroom forum and in her words "It's an ode to women, mushrooms, and the scientific method. Absolutely gorgeous."

*Science, as you know, my little one, is the study of the nature and behaviour of the universe. It's based on observation, on experiment, and measurement, and the formulation of laws to describe the facts revealed.*

*In the old times, they say, the men came already fitted  
with brains designed to follow flesh-beasts at a run,  
to hurdle blindly into the unknown,  
and then to find their way back home when lost  
with a slain antelope to carry between them.  
Or, on bad hunting days, nothing.*

*The women, who did not need to run down prey,  
had brains that spotted landmarks and made paths  
between them left at the thorn bush and across the scree  
and look down in the bole of the half-fallen tree,  
because sometimes there are mushrooms.*

*Before the flint club, or flint butcher's tools,  
The first tool of all was a sling for the baby  
to keep our hands free and something to put the berries  
and the mushrooms in, the roots and the good leaves, the  
seeds and the crawlers. Then a flint pestle to smash, to  
crush, to grind or break.*

*And sometimes men chased the beasts  
into the deep woods, and never came back.*

*Some mushrooms will kill you,  
while some will show you gods  
and some will feed the hunger in our bellies. Identify.  
Others will kill us if we eat them raw,  
and kill us again if we cook them once,  
but if we boil them up in spring water, and pour the  
water away, and then boil them once more, and pour the  
water away, only then can we eat them safely. Observe.*

*Observe childbirth, measure the swell of bellies and the  
shape of breasts, and through experience discover how  
to bring babies safely into the world.*

*Observe everything.*

*And the mushroom hunters walk the ways they walk  
and watch the world, and see what they observe.  
And some of them would thrive and lick their lips,  
While others clutched their stomachs and expired.  
So laws are made and handed down on what is safe.  
Formulate.*

*The tools we make to build our lives:  
our clothes, our food, our path home...  
all these things we base on observation,  
on experiment, on measurement, on truth.*

*And science, you remember, is the study  
of the nature and behaviour of the universe,  
based on observation, experiment, and measurement,  
and the formulation of laws to describe these facts.*

*The race continues. An early scientist  
drew beasts upon the walls of caves  
to show her children, now all fat on mushrooms  
and on berries, what would be safe to hunt.*

*The men go running on after beasts.*

*The scientists walk more slowly, over to the brow of the  
hill and down to the water's edge and past the place  
where the red clay runs. They are carrying their babies  
in the slings they made, freeing their hands to pick the  
mushrooms.*

See <https://www.brainpickings.org/2017/04/26/the-mushroom-hunters-neil-gaiman/> for more, and a reading by Amanda Palmer.

