



# The Fungal Gazette

May 2019

Newsletter of the Central New York Mycological Society



Jean's excellent mushroom spread

## May Recap!

The year kicked off with Jean Fahey's mycophagy program. Her menu was stellar, as usual:

- Black Trumpet Ramp Cups
- Morel & Asparagus Toasts
- Mini Mexican Oyster Sandwiches
- Polenta Maitake Roast Pepper Rounds
- Truffle Pizza
- Gnocci & Porcini Sauce
- Chantarelle Muffins

In addition, Tom Horton gave us dinner entertainment with a travelogue of his trip to Guatemala and Belize. Many thanks to Jean, Tom, and all who joined us, including some new faces!



The Rand Tract foray was attended by about half a dozen people braving less than optimal temperatures. Foray leader Jean was disappointed not to find scarlet cups or *Urnula*, but they found witches butter, *xidia (so) glandularis* (brown jelly drops), lots of *Gyromitra* and (ta da) a yellow Morel at the end of the trail!



Photos by Jean Fahey

Once again, May brings us the **Mystery Morel Foray**. The location will be sent out some time during the week before – check your email. Your dues must be paid up to receive the email. **NO EARLY VISITS!** More on Morels from CNYMS President Jean Fahey after the Calendar.

Since it's Morel month, the May program will be: **"Morel Madness"** and **"Motherlode"**, two morel movies by the late cult figure and morel hunting legend **Larry Lonik**. The mushroom popcorn itself will be worth the trip.

## 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.)

**May 19<sup>th</sup>** Mystery Morel Foray. **Members only.** Location will be announced 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!**



**May is Morel month**, so I thought a few tips would be appreciated. First, let it be said that you don't poach other peoples 'patches' (in other parts of the country, people have been shot for doing so!). Morels generally grow on a hill or slope and are easier to see going uphill. They do not like wet feet but will grow along washes & streambanks. They are difficult to see and like to hide. A very slow, zigzag pattern, often retracing your steps, is the best way to find them. Do not rake leaves away from areas as the trees and the critters that live beneath need them. Leave no stumps or any other trace of your presence. It is not a good idea to carry a basket unless you are sure collecting is allowed. Mushrooms of any kind will rot quickly if put in plastic so paper or wax paper or mesh bag to allow spores to disperse are best.

Our Morel Foray is again in an area where collecting is not encouraged so we will be going on a Nature Walk there...do not mention mushrooms to anyone! No baskets, no plastic bags, bring a daypack with water, bug spray & hiking shoes. The location of the Foray will be emailed to members only prior to the 19th to keep anyone from going there before us!

Jean

### **Mushroom hunters cautioned in flood areas [Nebraska]**

<https://www.wowt.com/content/news/Mushroom-hunters-cautioned-in-flood-areas-508067561.html>

OMAHA, Neb. (WOWT) -- Morel mushroom hunters are advised to take extra caution this season and not pick them from — or near — previously flooded areas.

The Nebraska Extension Office said morel mushrooms are porous and fragile, making them almost impossible to clean. Due to potential human pathogens in the flood waters, this creates a food safety hazard for anyone who consumes them, according to state health experts. Mushrooms in previously flooded areas should be avoided altogether this year, even after the recommended waiting period.

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)

## Grow your own morels?

Lately it seems like I come across YouTube videos for growing morels or ads for morel kits at least once a week. I guess it's the time of year. But it's got me wondering about the success rate of these ventures.

For many years morels were thought to be saprobes, meaning that they feed on dead or dying organic matter. Now, mycologists believe that at least some species are mycorrhizal (although maybe not exclusively), meaning they get nutrients from the roots of trees. This could explain why morels have been so difficult to cultivate. Add to that the formation of a sclerotium – a hard dense mass of mycelium that allows morels to survive adverse conditions. In the Spring, these sclerotia either produce a mushroom or begin to grow new mycelium. The difficulty lies in being able to force sclerotia to develop fruiting bodies instead of mycelia.

According to the University of Kentucky Cooperative Extension, techniques for indoor morel production have been developed and are currently being used for commercial production. Attempts to duplicate these methods have failed, indicating that perhaps the instructions are incomplete or not sufficiently specific.

**Please let us know** if you've tried any of these products/methods and how they worked.

For more info, see:

<http://www.uky.edu/ccd/sites/www.uky.edu/ccd/files/truffles.pdf> and  
<https://www.mushroom-appreciation.com/growing-morels.html#sthash.I0mGDRaW.V7DcluTG.dpbs>

## 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.

## Spring Pasta with Morels, Ramps and Peas

<http://www.midwestliving.com/food/fruits-veggies/morel-mushroom-recipes/?page=0>



- 12 ounces fresh morel mushrooms, cleaned and very coarsely chopped\*
- 4 -6 ounces ramps, cleaned and cut into 1/2 inch pieces (or 1 medium leek, cleaned and thinly sliced, plus 1 clove garlic, minced)
- 1/4 cup diced cooked ham
- 1/4 cup dry white wine
- 3/4 cup whipping cream
- 1/2 cup reduced-sodium chicken stock or broth
- 1 1/4 cups frozen peas, thawed
- 1 1/2 teaspoons snipped fresh thyme
- Salt and cracked black pepper
- 10 ounces dried linguine pasta
- 1/4 cup chopped fresh Italian (flat-leaf) parsley
- Shaved Parmesan cheese, optional

### Directions:

1. In a very large skillet over medium-high heat, cook and stir morels and ramps in hot butter for 4 to 5 minutes until just tender. With a slotted spoon, remove mixture to a bowl.
2. Add ham to skillet. Cook and stir for 3 to 4 minutes until just starting to brown. Remove skillet from heat. Add white wine to skillet. Return to heat and cook for 1 minute. Add cream and stock. Cook and stir occasionally for 6 to 8 minutes until sauce coats the back of a wooden spoon. Return morels to skillet with peas and thyme. Cook for 3 to 4 minutes or until peas are just tender. Season to taste with salt and pepper.
3. Meanwhile, in a large pot of salted water cook linguine according to package directions; drain. Return to pot over low heat with sauce and parsley. Toss until well-combined. Transfer to serving bowl. Serve with shaved Parmesan, if you like.

Makes: 4 servings  
Start to Finish 35 mins

## Morel Kits

Are available from:

Fungi Perfecti  
Amazon  
Etsy  
ebay

Gourmet Mushroom  
<https://gmushrooms.org/product/morel-mushroom-kit/>

Mushroom-growing.com  
<https://mushroom-growing.com/product/morel-habitat-mushroom-kit/>

Easygrow Mushrooms  
<http://www.easygrowmushrooms.com/morel.shtml>

Grow Organic <https://www.groworganic.com/black-morel-mushroom-kit.html>

Greenwood Nursery  
<https://www.greenwoodnursery.com/black-morel-mushroom-kits>

