



# WESTERN PA



# MUSHROOM CLUB

Volume 2, Issue 3

President: John Plischke

Editor: Becky Plischke

V, Pres: Dick Dougall

Sec: Valerie Baker

August/September 2001

Treas: Jack Baker

## PRESIDENT'S CORNER

BY JOHN PLISCHKE

### MUSHROOM MANIA 3

Last year Mushroom Mania 2 was the largest mushroom foray in the five-state area, with 80 in attendance. This year the club is much bigger and the event will be widely advertised. **We expect to sell out early.** Don't wait, send your completed and signed registration form and money today. I have already sent mine!

Mushroom Mania 3 will be held at Beechwood Farms Nature Reserve, 15 minutes from PA Turnpike Exit 5, Allegheny Valley (New Kensington/Pittsburgh). Beechwood farms is an excellent large modern facility that you can view at: <http://www.aswp.org/beechwood.html>

There is a large possibility that many who attended last year's event will return. Besides having a wonderful day of learning mushrooms and socializing, one of the reasons for their return might be last year's mushroom tasting event.

Last year's menu included:

Chanterelle dip  
Black Trumpet dip  
Sulfur Shelf Snack  
Wild Mushrooms Tuscan Style  
Spaghetti Sauce with Sheephead  
Boletes Seperans Soup  
Scalloped Potatoes with Sheephead  
Marinated Sheephead

We don't yet know what the mushroom tasting menu will be this year, as you know it is somewhat dependent on the weather, but God willing it may be even more inclusive than last year.

Once you pre-register and send your money, a participant package will be sent to you with directions and a list of local motels and restaurants. Also included will be confirmation of your registration and other pertinent information.

Come join us for a full day of Fungi, Fun and Friends!

## MUSHROOM MANIA 3

GARY LINCOFF, PRINCIPAL MYCOLOGIST



Gary Lincoff will be the principal mycologist at Mushroom Mania 3 on September 22. Gary is the author of many mushroom books including the National Audubon Society's Field Guide to North American Mushrooms. He has written or edited many other books

including Toxic and Hallucinogenic Mushroom Poisoning and Simon and Schuster's Guide to Mushrooms.

The Audubon field guide is the biggest selling mushroom book of all time. Bring your copy along or buy one at the event. You might be able to talk Gary into autographing your book.

The 1986 North American Mycological Association's Award for Contributions to Amateur Mycology was presented to Gary.

This is a once in a lifetime opportunity to meet and hunt mushrooms with the world's most famous mycologist. Registration is limited.

## IT'S A BARGAIN

The cost for this day long (10 ½ hours of mushroom heaven) mushroom event is a real bargain.

You will be taught mushrooms by a top national and many regional mushroom experts. There will be scores and scores and scores of mushrooms for you to see and learn. If you are a new mushroomer, you will have the opportunity to learn more mushrooms in one day than you could probably learn on your own in 5 years. To me, it is worth the price of admission just for the mushroom tasting. **Don't hesitate. Sign up today before the event is sold out. For our special offer, turn the page.**

## SPECIAL OFFER

The cost of this daylong mushroom event is a real bargain. The price is only \$35 at the door for 10 ½ hours of mushrooming, mushroom tasting and good friendship, **but if you send your reservation today, we will include a free membership in the Western PA Mushroom Club** for the remainder of 2001. With the club membership, you can attend monthly club meetings, receive the club's informative newsletter and get discounts on club merchandise and special events. You will be able to go on club walks and learn even more mushrooms or just take a nice friendly stroll with your new friends.

In addition, if you send the completed membership form and Mushroom Mania 3 registration by August 31, **you can have both Mushroom Mania 3 and a club membership for just \$30. A Club family membership and two tickets to Mushroom Mania would be just \$50.**

Many mushroom events that don't have near as much happening as Mushroom Mania cost \$100 or more. This is a very special bargain that we are offering you.

Because we expect to sell out early, if you don't send your registration in today, you might miss your spot at the event.

## MUSHROOM MANIA 3 TENTATIVE SCHEDULE

- 7:30-8:15 Registration
- 8:30-8:35 President's Welcome
- 8:35-8:40 Introduction of Guests & Officers
- 8:40-8:45 How to Collect Mushrooms
- 8:45-8:55 Organize Walks
- 8:55-9:00 Proceed to Cars
- 9:00-12:00 Collect Mushrooms
- 12:00-1:00 Lunch (on your own)
- We suggest you pack a lunch and drink.
- 1:00-2:00 Gary Lincoff Slide Show and Talk
- 2:00-2:05 Organize Walks
- 2:05-4:05 Collect Mushrooms
- 2:05-6:15 Mushroom Identification
- Identification Team identifies the collection and puts them on display for you to learn
- 4:10-5:00 Mushrooms Under the Microscope
- 4:10-5:00 Morels Demystified
- 5:00-5:45 Mushroom Tasting - Mycophagy
- 5:45-6:15 Review the Collection
- 6:15-6:45 Gary Lincoff Table Walk
- 6:45-7:00 Clean-Up (everybody helps)
- 7:00 Leave (even if you have a 4 hour drive, you can be home by 11:00)

## 175 YEARS OF IDENTIFICATION EXPERIENCE TO HELP YOU LEARN MUSHROOMS

Our club is blessed with many experienced mushroom identifiers who can identify hundreds and hundreds and hundreds of mushrooms. The following is a brief synopsis of some of our most experienced identifiers who will be working the identification tables at Mushroom Mania 3.

**Gary Lincoff** – Principal Mycologist - is one of the top mushroom identifiers in the world and has authored or edited many mushroom books.

**Robert Boice** – has been hunting and identifying mushrooms for years. He is a club identifier and has won photography awards from the North American Mycological Association. If you go on his walk, ask him for some tips on how to photograph mushrooms.

**Dorothy Fornof** – For many years before our club started, Dorothy was a member of the Ohio Mushroom Society. Dorothy gives freely of her mushroom knowledge. She's hunted mushrooms longer than many people coming to the program have been alive. She is our club's head identifier at the identification tables at our meetings.

**Sue Hopkins** – of the **New Jersey Mycological Association** is tentatively coming. She is not only one of the lead identifiers from her club but is also a major identifier at the Northeast Mycological Federation Foray. Sue is also an expert in dyeing wool with mushrooms.

**Roger Hummell** – I think Roger must have been born with a mushroom in his hand. He has been hunting and identifying mushrooms since forever. Roger also came to us after being a member of the Ohio Mushroom Society for many years. He is one of the club's top identifiers.

**Ray LaSala** – is a 20-year member of the **Mycological Association of Washington** and has served as its VP, Sec, and Culinary Chair. He is founder of MAW's Camp Sequanota Foray and last year's chairman. A very experienced identifier, Ray has written articles for Mushroom the Journal.

**John Plischke III** – Last year in Mushroom the Journal, was singled out for his expertise by Gary Lincoff in a mushroom identification contest and won 3 of 5 first place awards in North American Mycological Association's Photo Contest. He has given many talks and programs on mushroom identification. He is our Walk and Foray Chairman.

**Dr. Fred Schrock** – He is a retired professor of biology at Indiana University of PA. A mushroom enthusiast for years, Fred has given many mushroom identification programs. Although we have heard Fred say he is more of a lab mycologist, we can attest that he is an excellent field mycologist. He makes learning fun.



Some  
Edible

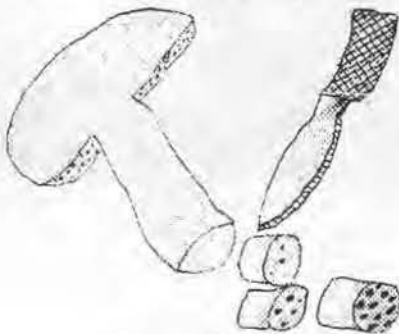
# BOLETES

By John  
Plischke III

Boletes are one of the worlds most sought after mushrooms. They are a very large group of fungi and at least a couple of hundred species can be found growing in our area. The group contains numerous good edibles and is definitely worth learning. However it contains some poisonous species that generally bruise blue and/or have orange to red colored pores. Others are just too bitter to be eaten.

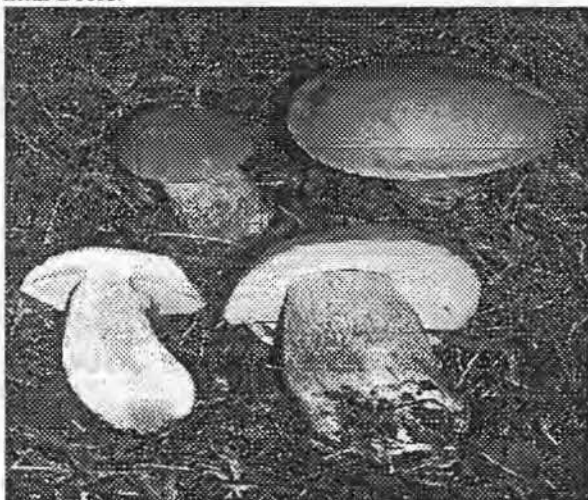
According to the Audubon field guide "The rule of thumb is to avoid any bolete with orange to red pores, especially any that bruises blue" Although some blue bruising species are edible and very good they should be avoided unless you are an expert and know what you are doing.

During the summer months when boletes are found, bugs attack many mushrooms. This is especially true with boletes. To help prevent bringing any bugs home with me I always cut the stalk off at the base when collecting them. Then I examine that area to see if it is filled with tiny holes, which are made by bugs. If so, I will continue to trim more of the stalk away until I don't see any more holes. Often in this field cleaning process 1/2 to 3/4 of the stalk is removed. If this step is not taken in the field the bugs will continue to grow and eat and possibly destroy your mushrooms if left in the refrigerator for a couple of days.



Trimming the bug holes.

To learn more about Boletes make sure to get the Book North American Boletes by Alan E. Bessette, William C. Roody, and Arleen R. Bessette. It is definitely the best. Other useful texts include The Boleti of Northeastern North America by Walter Snell and Esther Dick. The Boletes of North America a Compendium by Ernst E. Both, and The Boleti of North Carolina by William Coker and Alma Beers.



Article photos of Boletes by John Plischke III

## KING BOLETE (GROUP)

(*Boletus subcaerulescens*)

(*Boletus edulis* var. *subcaerulescens*)

**FAMILY:** Boletaceae

**DESCRIPTION:** It is from 2 1/2 to 4 1/2 inches tall.

*Flesh:* White.

*Cap:* From 1 1/2 to 6 1/2 inches wide and 1/4 to 1 1/2 inch thick. It is from burgundy brown when immature to light golden yellowish brown when mature. It's bun shaped and often dimpled.

*Pores:* White becoming yellowish with age with a hint of olive green. They turn a faint oliveish color to grayish blue when cut or bruised.

*Spore Print:* Olive greenish.

*Stalk:* From 1/2 to 2 inches wide and from 2 to 4 inches long. It usually gets wider near the base. It is brownish pink and it has a net like webbed pattern or reticulation on it which can often be seen better near the top of the stalk where there are more pink tones on ones under spruce. On the ones under oak its webbing is darker brown and can often be seen on the entire stalk. Typically the reticulation is whiter and more distinct on top and becomes brownish as it descends down the stalk. You may have to look closely to see this veiny network.

*Odor:* Mild

*Taste:* Mild.

**WHERE TO LOOK:** Under spruce growing on the soil also look under oak and fir. I usually find it in open wooded areas.

**HOW OFTEN THEY'RE FOUND:** occasional to uncommon.

**HOW THEY'RE GROUPED:** Several to 50 or so can be found under a single tree.

**SOCIAL PLANTS:** In grass or needles. Cinquefoil and moss can be present.

**WHEN TO LOOK:** June to the end of October.

**LOOK ALIKES:** Species of the edible and choice King Bolete (*Boletus edulis*) who does not bruise at all. The inedible Bitter Bolete (*Tylopilus felleus*), which is too bitter to be eaten. The edible Pink Bolete (*Xanthoconium separans*) has a pinkish colored cap. The edible (*Boletus nobilis*).

**EDIBILITY:** Edible and Choice. I have been offered \$45.00 a pound for all the fresh specimens that I could collect.

**COOKING INSTRUCTIONS:** Although some people cook them in butter oil is usually preferred. It can be substituted in most mushroom recipes requiring store bought mushrooms. They are good grilled. They are good in soups and often make a nice red swirl on top of it if cream is used. Some people remove the tubes but this is not necessary.

**MACROCHEMICAL REACTIONS:** Ammonia makes the cap and stalk flash blue especially around the drop then it turns bright orange with a dark grayish ring around the exterior of the drop, but it just darkens the pores and tubes. KOH and sodium hydroxide makes the pores light brown and darkens the tubes but oranges the cap and darkens the stalk with some orange in it. Muratic acid oranges the stalk and cap. Sulphuric acid oranges the stalk and cap but lightly oranges the pores and tubes.

Color photos available in the files section on the e-groups site.  
<http://groups.yahoo.com/group/wpamushroomclub>



## THE NOBIL BOLETE

(*Boletus nobilis*)

**FAMILY:** Boletaceae

**DESCRIPTION:** The tubes make up more than 50 % of the cap volume on mature specimens. It's from 2 ½ to 7 inches tall.

**Flesh:** Its flesh is white and is less than 50 percent of the cap on mature specimens. It does not bruise.

**Cap:** From ½ to 1 ¾ inch tall and from 1 1/16 to 6 ½ inches wide. It is a creamy yellow becoming a golden yellow to golden orangish brown yellow color like on a toasted bun. It is smooth and can be somewhat shiny and have a waxy feeling with age. It can be modeled and indented sometimes and others may not be, or some each way can be found.

**Pores:** From 3/16 to 1 1/16 inch long they are white to cream then becoming yellow with some brown with age.

**Spore Print:** Brownish.

**Stalk:** From 2 ¼ to 6 " tall and ¾ to 1 ¼ inch wide. It is whitish with cream and brown tones getting darker with age. It is wider near the base. The very top of it by the pores has white netting.

**Odor:** Mild. **Taste:** Mild.

**WHERE TO LOOK:** On the soil under oak and occasionally beech in semi open woods.

**HOW OFTEN THEY'RE FOUND:** It is not common.

**HOW THEY'RE GROUPED:** Scattered or in groups.

**SOCIAL PLANTS:** Grass, broadleaf plantain, dandelion and cinquefoil can be present. It can come up through leaves with no social plants.

**WHEN TO LOOK:** The end of June-September.

**LOOK ALIKES:** The edible Pink Bolete (*Xanthoconium separans*) can sometimes be found with it but it has a pink cap.

The edible (*Boletus variipes*).

**EDIBILITY:** Edible and good. Some consider it choice.

**COOKING INSTRUCTIONS:** This mushroom is extremely sought after by some people. I have been with people who have drove 5 hours just to get to the location of this mushroom. I have been offered \$45.00 a pound for all the fresh specimens that I could collect.

**MACROCHEMICAL REACTIONS:** Ammonia turns the yellow colored pores pinkish but not the white and it can change the cap color slightly. Ferrous sulfate makes the caps somewhat greenish on yellow pored specimens not white ones. KOH and sodium hydroxide reddens the cap on yellow pored specimens and darkens the cap on white pored specimens, it also makes the flesh pinkish and reddens the pores and tubes on mature yellow pored specimens but No reaction on the white pored ones.

## GILLED BOLETE

(*Phylloporus rhodoxanthus* var. *americanus*)

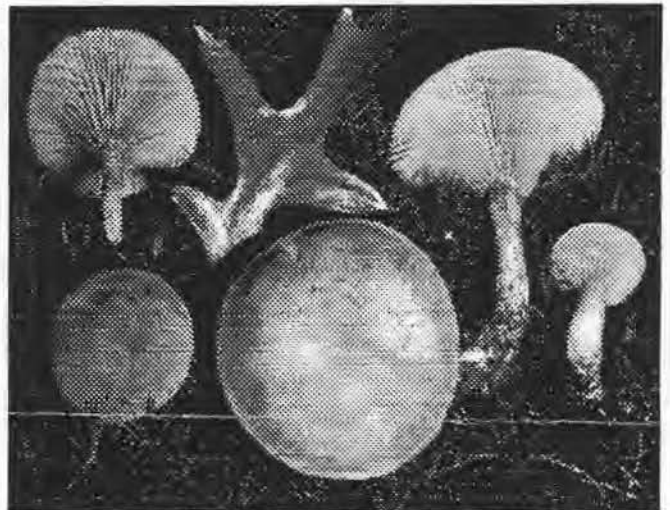
**DESCRIPTION:** Its mycelium is yellowish. Often if it is not turned over it is confused with a pored bolete.

**Flesh:** Its flesh is yellow and it is usually thicker than the gills. It does not bruise blue.

**Cap:** From 1 to 3 ½ inches wide. It is convex becoming flattened with age and sometimes slightly depressed in the middle. Its margin is incurved when young and thus can be the thickest part of the cap but once expanded and mature the margin forms a point and is the thinnest part of the cap. The cap is reddish, reddish yellow, reddish brown, or brownish yellow in color. It often develops lighter colored yellowish cracks in it with age. The skin on the cap does not peel.

**Gills:** They are bright yellow becoming dull yellowish with age. They go part way down the stalk. They can be forked and cross-veined. They do not stain blue.

**Spore Print:** Yellowish.



**Stalk:** ¾ to 3 1/8 inches tall and ¼ to 3/8 inch wide. It is reddish yellow or pinkish yellow, or brownish yellow but always with the yellow. It can taper of at the base where there is yellow colored mycelium. It is solid.

**Odor:** Mild. **Taste:** Mild.

**WHERE TO LOOK:** mixed woods. It can be found under hardwoods, and especially under oak.

**HOW OFTEN THEY'RE FOUND:** It is found occasionally to common.

**HOW THEY'RE GROUPED:** It is found singly, scattered, or in small groups but many times over a 10-minute walk I see 20 or more total.

**SOCIAL PLANTS:** Moss and/or grass can be present.

**WHEN TO LOOK:** June - October.

**LOOK ALIKES:** (*Phylloporus leucomyelinus*) whose gills and flesh also do not stain blue, differs by having white colored mycelium. The Blue Staining Gilled Bolete (*Phylloporus rhodoxanthus* var. *foliiporus*) whose gills and flesh differ by staining blue. (*Phylloporus boletinoides*) which is cross-gilled. Other boletes do not have gills.

**EDIBILITY:** Edible.

**MACROCHEMICAL REACTIONS:** Ammonia darkens the stalk and gills and makes the cap turn blue then within 1 minute the cap turns reddish orange. Ammonia hydroxide blues the cap. KOH and Sodium hydroxide browns the cap. Melzer's yellow oranges the cap and stalk and makes the gills turn blue. Muratic acid pinkish reddens the cap, it also pinkish-oranges the gills and stalk, it reddens the flesh. Sulphuric acid makes the flesh light orangish and oranges to orange-red the cap, and oranges the gills and stalk. Ferrous sulfate had No reactions.





## CHICKEN FAT SUILLUS

(*Suillus americanus*)

(*Boletus americanus*)

**OTHER COMMON NAMES:**

**FAMILY:** Boletaceae

**DESCRIPTION:** It gets its common name because the cap resembles chicken fat.

**Flesh:** Its flesh is yellow staining brown with a hint of pink overtime when cut. Its flesh is often thicker than the pores.

**Cap:** From 1 ¼ to 4 1/16 inches wide and 3/8 to ¾ inch thick. It is convex with an incurved margin. The remains of the white partial veil, which can only be seen on the young specimens, but the remains can often be seen on the outer cap edge. It is slimy (viscid) and bright yellow to yellow with orange to reddish dots and streaks. The slime can dry out after several days in the hot sun with no rain.

**Pores:** Attached and barely descending on some specimens. They are yellowish and bruise and age brown. They are not round.

**Spore Print:** brownish.

**Stalk:** 1 ¼ to 3 ½ inches tall and 1/8 to ½ inch thick. It is yellow and has some reddish brown, to brown dots. The partial veil does not leave a ring on the stalk.

**Odor:** Mild      **Taste:** Mild

**WHERE TO LOOK:** Growing on the soil under eastern white pine.

**HOW OFTEN THEY'RE FOUND:** It is very common.

**HOW THEY'RE GROUPEd:** singly to in large groups.

**SOCIAL PLANTS:** Usually growing in the grass. Clover, ground ivy, dandelion, sour grass, broad and narrow leaf plantain can often be found beside them.

**WHEN TO LOOK:** July to October.

**LOOK ALIKES:** The edible Dotted Stalk Suillus (*Suillus granulatus*) has a brownish colored cap and does not look like it but is often found growing beside the Chicken Fat Suillus.

**EDIBILITY:** Edible and good but **beware some people are allergic to it.**

**COOKING INSTRUCTIONS:** The slimy layer should be removed before cooking by peeling off the skin.

**MACROCHEMICAL REACTIONS:** Decolorized iodine reddens all parts. Ammonia reddens all parts and the reddish flesh turns blue right after.



## BLACK VELVET BOLETE

(*Tylopilus alboater*)

(*Boletus alboater*) (*Boletus nigrellus*)

**OTHER COMMON NAMES:**

**FAMILY:** Boletaceae

**DESCRIPTION:**

**Flesh:** Its flesh is whitish to whitish-gray and bruises pinkish brown to pinkish gray sometimes with a little reddish in it, then it turns black over a longer period of time.

**Cap:** 1 ¼ to 6 ½ inches wide and 3/8 to 1 ¼ inch thick. It feels velvety when young and becomes less so with age but it is dry to the touch. It is convex becoming almost flat. It is blackish colored to becoming a grayish brown color with age. It can develop tiny cracks in it with age and can be occasionally cracked inward around the margin.

**Pores:** White becoming pinkish to creamy sometimes with some gray as the spores mature. They bruise brownish black with some pinkish red.

**Tubes:** Somewhat angular.

**Spore Print:** Pinkish.

**Stalk:** 1 ½ to 4 inches tall and ¾ to 1 5/8 inch wide. It is gray to black but cap colored to somewhat lighter especially near the pores. It is smooth and even in width to getting wider near the base. It is solid.

**Odor:** Mild.      **Taste:** Mild to strongly mushroomy.

**WHERE TO LOOK:** Growing on the soil under oak. Look in semi-wooded locations. They can be mown or not. Parks are good place to look.

**HOW OFTEN THEY'RE FOUND:** It is not found often but occasionally to common.

**HOW THEY'RE GROUPEd:** Single, scattered or small groups.

**SOCIAL PLANTS:** I have seen grass growing beside it.

**WHEN TO LOOK:** The middle of June - September

**LOOK ALIKES:** The edible Lilac Brown Bolete (*Tylopilus eximius*). The Violet Gray Bolete (*Tylopilus plumbeoviolaceus*) is too bitter to be eaten.

**EDIBILITY:** Edible and Good.

**COOKING INSTRUCTIONS:** It can make your fingers slightly black when you cut it up to eat. It also turns all black, even the flesh, when you cook it.

**MACROCHEMICAL REACTIONS:** Ammonia darkens the cap and stalk. Ferrous sulfate darkens the cap and stalk but greenish blues the flesh, tubes, and pores. KOH and sodium hydroxide darken the cap and stalk but makes the flesh and tubes pinkish. Sulphuric acid darkens the cap and stalk.

# PUFF PIECE

By RAY  
LASALA

Imagine yourself walking along a path when you spy a volley ball lying near the edge of the woods. As you approach, you see that it's seamless and not quite round like a ball. Furthermore, it's cratered like the moon. Odds are that it's not a sporting good—at least it shouldn't be—but a giant puffball, *Calvatia gigantea*. Or say you're out looking for meadow mushrooms and find a whole bunch of mini loaves of bread, nicely risen and browned, lying there in the grass. Leftovers for the birds? No, they're vase-shaped puffballs, *Calvatia cyathiformis*.

In our area, giant puffballs often frequent fairly crummy shady, overgrown slopes at the edge of the woods or along paths where you might expect litter and briars more than mushrooms. Strung-out patches of five or more are not uncommon. They are easy to spot because of their size—if you know to check those improbable perimeter slopes. *C. cyathiformis* and *C. craniformis* tend to inhabit the same meadows as *A. campestris* and *A. arvensis*.

In fact, *Agaricus* can be used as an indicator of when *Calvatia* is fruiting because both like the same kind of cool, rainy weather. The season for *Calvatia* around here seems to be September and October. The literature suggests a spring fruiting around the end of May, but I've never found them before late summer.

They can grow very quickly after a rain, expanding from nothing to volley ball size in two days. The largest I've ever collected weighed over twelve pounds and was about sixteen inches in diameter. At its prime, which is when it is immature and before its spores begin to ripen, a puffball will be pure creamy white inside, will feel outside like smooth suede, and will be mostly firm to the touch like a taut drumhead, even resonating like an inflated ball when tapped with the fingertips.

Cut in half, it will be fairly dry, homogeneous, of relatively low density, and almost crumbly. There may be shallow or deep craters on the surface from nibbling by millipedes or other creatures. In

another day or so it will start to turn chartreuse in the middle and will become fibrous as the color darkens to an olive hue. The mild taste grows bitter with the color, and the slightest trace is enough to destroy its culinary value. With age it dries out and becomes prime material for kicking, not eating.

Puffballs have a rather mild flavor, but it can be somewhat intensified by microwaving them briefly until you sweat out some of their liquid, draining and cooling them, and then using them as you wish. They are the fungal equivalent of tofu and can be used as such in soups or a stir fry when cut into 1 inch cubes. They do nicely as a substitute for eggplant when sliced into ½ inch thick cutlets and then grilled. I've had them dredged in beaten egg and bread crumbs and fried in oil or bacon fat (very British).

However, I think their most intriguing preparation is sliced thin into crepes, lightly cooked on a griddle, and allowed to cool before further use with other ingredients, including other mushrooms, of course.

The possibilities are endless: mushroom enchiladas (with huitlacoche, of course), puffball lasagna (with cheese filling a little tomato sauce, and *Agaricus*), even as a dessert with amaretto, sliced almonds, and golden chanterelles. How about a mushroom napoleon with *Boletus* and parmesan-flavored custard cream?

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Ray LaSala has been a member of the Mycological Association of Washington, Inc. since 1981. Although he currently does not hold any offices in that organization, he has served as its Vice President, Secretary, Culinary Chair, and NAMA Trustee at various times. He has also been the regional correspondent to *Mushroom the Journal* for the Washington area, helped organize the 1987 NAMA Convention in West Virginia, and was the founder of MAW's Camp Sequanota weekend, an event similar to WPMC's Mushroom Mania. He is an avid forager and confesses to spending more time in the woods than he should. When he's not finding or cooking mushrooms, he manages research on geothermal energy for the US Department of Energy.



# NOT JUST DELICIOUS

By MARY  
WOEHREL

## They're Good For You Too!

Mushroom hounds don't need any persuasion to try their favorite mushrooms in a variety of ways, but a growing number of scientists and physicians are now telling us that mushrooms can be good for you too. Not only are they low in calories, high in minerals, and low in fat, certain of them have been found to boost the immune system and to combat disease.

### Ling Chi

The Japanese and Chinese have long used mushrooms medicinally. The famous Ling Chi of China was nicknamed The Mushroom of Immortality because it enhanced overall health and promoted a long life. Scientists have recently found that the Ling Chi, or as we know it, *Ganoderma lucidum*, a variant of the Hemlock Varnish Shelf, *Ganoderma tsugae* has properties that strengthen the immune system. It has been used in the treatment of cancer. While not usually eaten by mushroom enthusiasts because of its hardness, it does make a great tea when soaked in boiling water. It can be found year round growing on hardwoods. Its cousin, Hemlock Varnish Shelf, also has strengthening properties and can be found growing on Hemlock logs and other conifers. It has a deep brown/red varnished look, as if it had been painted. It sometimes has a small, off centered stem when young.

### Maitake

The Maitake, or Hen of the Woods, *Grifola frondosa*, is gaining more and more interest in medical circles because it vastly improves the immune system. It is particularly valuable because it is also a delicious edible as well as one of the best nutritional supplements you can take. (It is sold in capsule form at health food stores around the country.) It can usually be found at the bottom of standing old oak trees, starting in August. It looks very much like the gray-brown feathers of a hen's tail. Returning from year to year on the same tree. Also called Sheep's Head, it inspires mushroom lovers to

closely guard the location of their favorite old Sheeps Head Oaks. Someone once told me that if you want to find this edible, just look for the largest, oldest oak you can find. Chances are you'll find the Hen of the Woods at the base of it-if someone hasn't beaten you to it!

### Turkey Tail

Turkey Tail? Yes, *Trametes versicolor*, or Turkey Tail, has been found by Japanese scientists to produce polysaccharides that work as anti-cancer agents. Although not usually eaten because of its unappetizing consistency, it can be made into a tea or taken in capsule form. In China, it is considered curative to liver ailments, including hepatitis B and chronic active hepatitis. This medicinal mushroom is so common, it can be found on just about every downed log in the forest at any time of year. Thought of by some as charming and attractive because of its concentric rings of alternating colored velvet and smooth bands, it is usually overlooked by most mushroom enthusiasts as not very interesting. This lowly mushroom may turn out to be a real boon to the health conscious.

### Shitake

The Shitake mushroom, or *Lentinus edodes*, may turn out to be the most valuable of all. Not only is it delicious and extremely adaptable in recipes, but an extract of shitake and rice bran is turning the Oncology community on its ear. In Japan, where it is prescribed for cancer, it has proven by clinical trials and laboratory testing to increase the activity and effectiveness of cancer destroying white blood cells! Although not usually found in Western Pennsylvania, it is offered for sale in various gourmet markets and the in strip district in Pittsburgh.

This is only a sample of what nature can provide from the most unexpected sources. No need to travel to the Rain Forest for new medicines. All you need to do is step out your back door!

# MUSHROOM WORD SLEUTH

By Valerie Baker

G X A H Y D N U M S L I P P E R Y J A C K  
 N P E Z I Z A E A R T H B A L L B C L U A  
 I D D T E F G A H I G I Y K C S I D U T E  
 S R L M A N O S M P E N N P R S A E S I T  
 I Y M U I L E C Y M N O U K H E Z C S C S  
 U A P O R E S U C N U C X S H A A A U L F  
 R D Y L L E J S B E S Y D S T O E Y R E E  
 B S T I P E L L L M C B P O T A R Q R E E  
 S A P S B L U B O O W E X A Y A L N Y A B  
 A D A U I B I L R D E F P H C I L K D R L  
 I D R G C D L T I H O N E Y O S I C O T E  
 N L R N E A M U S H R O O M N H A H B H W  
 K E O U B M A Y L D A E D E K A T A G S I  
 Y S T F A I R Y R I N G T T H G Y N N T T  
 C V F W B L G A R E N E G E T G E T I A R  
 A U B U S K I F L E H S L L E Y K E T R U  
 P G L H I Y N K T U B E L O E M R R I N F  
 S C A L E S O P C O R A L B T A U E U R F  
 S L I M E M O L D O Y S T E R N T L R U L  
 B L A C K T R U M P E T S T V E I L F U E  
 R E T T U B S E H C T I W A N T L E R S S

Antlers	hyphae
ascus	Inky Caps
Beefsteak	Inocybe
Black trumpets	Jelly
Blewit	latex
Bolete	margin
bruising	milky
bulb	Morel
cap	mushroom
Cep	mycelium
Chanterelle	Oyster
Club	Parrot
Conk	Peziza
Coral	pores
Cort	Puffball
cups	Russula
cuticle	scales
deadly	Shaggy Mane
decay	Sheep's Head
disc	shelf
Dryad saddle	Slime Mold
Earthball	Slippery
Earthstar	Jack
edible	stalk
Fairy ring	Stinkhorn
fruiting body	stipe
fungus	teeth
genera	Truffles
genus	tube
gills	Turkey-tail
Honey	urn
Hydnum	veil

Find the following 64 words in the puzzle:  
 (They run in all directions--forward,  
 backward, up, down and diagonally, with some  
 letters overlapping.)

## NEMF REGIONAL FORAY

The Northeast Mycological Federation (NEMF), of which our club is a member, holds a major foray one time a year. It usually attracts between 200-400 mushroomers from all over the NE U.S.

Because of its size, it also attracts a host of mycologists and authors. Last year over 300 species of mushrooms were found. This year the foray is being held from August 14-16 at the University of Massachusetts, Amherst, Massachusetts.

The cost of this major event (Thur-Sun) including accommodation for 3 nights and 8 meals for those who register after July 15 is \$325, double occupancy. For questions or registration, call Monica at 617-471-1093 or email [mjacob@earthlink.net](mailto:mjacob@earthlink.net)

## ANSWERS

G X A H Y D N U M S L I P P E R Y J A C K  
 N P E Z I Z A E A R T H B A L L B C L U A  
 I D D T E F G A H I G I Y K C S I D U T E  
 S R L M A N O S M P E N N P R S A E S I T  
 I Y M U I L E C Y M N O U K H E Z C S C S  
 U A P O R E S U C N U C X S H A A A U L F  
 R D Y L L E J S B E S Y D S T O E Y R E E  
 B S T I P E L L L M C B P O T A R Q R E E  
 S A P S B L U B O O W E X A Y A L N Y A B  
 A D A U I B I L R D E F P H C I L K D R L  
 I D R G C D L T I H O N E Y O S I C O T E  
 N L R N E A M U S H R O O M N H A H B H W  
 K E O U B M A Y L D A E D E K A T A G S I  
 Y S T F A I R Y R I N G T T H G Y N N T T  
 C V F W B L G A R E N E G E T G E T I A R  
 A U B U S K I F L E H S L L E Y K E T R U  
 P G L H I Y N K T U B E L O E M R R I N F  
 S C A L E S O P C O R A L B T A U E U R F  
 S L I M E M O L D O Y S T E R N T L R U L  
 B L A C K T R U M P E T S T V E I L F U E  
 R E T T U B S E H C T I W A N T L E R S S



# NOT JUST DELICIOUS

By MARY WOEHREL

# They're Good For You Too!

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Mushroom hounds don't need any persuasion to try their favorite mushrooms in a variety of ways, but a growing number of scientists and physicians are now telling us that mushrooms can be good for you too. Not only are they low in calories, high in minerals, and low in fat, certain of them have been found to boost the immune system and to combat disease.

## Ling Chi

The Japanese and Chinese have long used mushrooms medicinally. The famous Ling Chi of China was nicknamed The Mushroom of Immortality because it enhanced overall health and promoted a long life. Scientists have recently found that the Ling Chi, or as we know it, *Ganoderma lucidum*, a variant of the Hemlock Varnish Shelf, *Ganoderma tsugae* has properties that strengthen the immune system. It has been used in the treatment of cancer. While not usually eaten by mushroom enthusiasts because of its hardness, it does make a great tea when soaked in boiling water. It can be found year round growing on hardwoods. Its cousin, Hemlock Varnish Shelf, also has strengthening properties and can be found growing on Hemlock logs and other conifers. It has a deep brown/red varnished look, as if it had been painted. It sometimes has a small, off centered stem when young.

## Maitake

The Maitake, or Hen of the Woods, *Grifola frondosa*, is gaining more and more interest in medical circles because it vastly improves the immune system. It is particularly valuable because it is also a delicious edible as well as one of the best nutritional supplements you can take. (It is sold in capsule form at health food stores around the country.) It can usually be found at the bottom of standing old oak trees, starting in August. It looks very much like the gray-brown feathers of a hen's tail. Returning from year to year on the same tree. Also called Sheep's Head, it inspires mushroom lovers to

closely guard the location of their favorite old Sheeps Head Oaks. Someone once told me that if you want to find this edible, just look for the largest, oldest oak you can find. Chances are you'll find the Hen of the Woods at the base of it-if someone hasn't beaten you to it!

## Turkey Tail

Turkey Tail? Yes, *Trametes versicolor*, or Turkey Tail, has been found by Japanese scientists to produce polysaccharides that work as anti-cancer agents. Although not usually eaten because of its unappetizing consistency, it can be made into a tea or taken in capsule form. In China, it is considered curative to liver ailments, including hepatitis B and chronic active hepatitis. This medicinal mushroom is so common, it can be found on just about every downed log in the forest at any time of year. Thought of by some as charming and attractive because of its concentric rings of alternating colored velvet and smooth bands, it is usually overlooked by most mushroom enthusiasts as not very interesting. This lowly mushroom may turn out to be a real boon to the health conscious.

## Shitake

The Shitake mushroom, or *Lentinus edodes*, may turn out to be the most valuable of all. Not only is it delicious and extremely adaptable in recipes, but an extract of shitake and rice bran is turning the Oncology community on its ear. In Japan, where it is prescribed for cancer, it has proven by clinical trials and laboratory testing to increase the activity and effectiveness of cancer destroying white blood cells! Although not usually found in Western Pennsylvania, it is offered for sale in various gourmet markets and the in strip district in Pittsburgh.

This is only a sample of what nature can provide from the most unexpected sources. No need to travel to the Rain Forest for new medicines. All you need to do is step out your back door!

## WPMC WALKS & FORAYS by John Plischke III

**July 21-22 - Pymatuning State Park, PA, Crawford County.** Meet **John Plischke** and **John Plischke III**. Saturday, July 21 at 8:30 p.m. is a slide program at the Jamestown Amphitheater and Sunday, July 22 at 10:30 a.m. mushroom walk at the Jamestown Amphitheater. From Pittsburgh, take 79 North to Mercer, exit I-80 west. Drive 4 mi. on 80 west, take exit 2, Mercer Exit, north 19 to Mercer. Follow 58 West out of Mercer to Greenville. Go through Greenville to Rt. 322 west to Jamestown. Continue through Jamestown past the park office to the campground. The amphitheater is just a little beyond the park office. We are going there on Saturday morning to scout the area and will be tenting Saturday evening. This park gets very busy so make a reservation if you plan to stay the weekend. Bring your fishing pole because Pymatuning Lake provides some of the best fishing in the state.  
[http://parec.com/state\\_parks/pymastpk.htm](http://parec.com/state_parks/pymastpk.htm)

**July 28 - 12:00-4:00, Mingo Creek, Washington County.** Meet **John Plischke** and **John Plischke III** for a program and walk. I 70 to Exit 9 Eighty Four/Glyde. Take Rt. 519 N for 2 miles. At a red light turn right onto Rt. 136. Go 4.4 miles and turn left at a sign to Mingo Creek Park. Follow signs to the park. Turn right then cross a covered bridge that is just before the Park Office. Meet at Shelter # 5 (S-5). Bring your membership card, if members help with this event it will be free to them. **Fee for non-members.**  
<http://www.washpatourism.org/parks.html>

**August 4 - 10:00-12:00(?), Scott Park, Allegheny County.** Meet **Dick Dougall** and **Mary Woehrel** at Beechwood Farms Nature Reserve and then proceed to Scott Park. See directions on back of page.

**August 11 - 10:00-12:00 (?) North Park, Allegheny County.** Meet **Jack Baker, Roger Hummel** and **Dorothy Fornof** at the Swimming Pool parking lot. We will go to a secret location. See directions on back of page.

**August 11-12 Ohiopyle State Park, Fayette County.** Meet the **Plischke family**. August 11, 8:00 p.m. at the campground amphitheater for a program. August 12, 1:00-4:00 meet at the Train Station in downtown Ohiopyle for a walk. We will be camping at the campground, which gets very busy. If you plan to camp, call early for reservations. From PA turnpike, get off at Donegal exit and turn left onto Rt. 31 for 2 miles. Make a right onto 381/711. Go 9 miles and turn left onto 381 South, 11 miles to Ohiopyle.

**August 16-19 – North East Mycological Federation Foray** University of Massachusetts, Amherst, MA.

**August 25 - 1:00-5:00, Blue Spruce Lakeside Center, Indiana County.** Meet **John Plischke** and **John Plischke III**. From Philadelphia Street in Indiana take Rt. 110 north for 6 miles. <http://www.indiana-co-pa-tourism.org/recreat.html>

**August 30, Thursday – 7:00 – 10:00 p.m. Alameda Park, Butler County.** Meet **John Plischke** and **John Plischke III** at the Carousel Center for a walk and program. Follow Route 8 North to the Lyndora Exit. (Hansen Ave.) You must be in the left hand lane to exit into Lyndora. Follow Hansen Ave. until it "T"s with New Castle Road (Route 356). At the light, turn left. At the third light on New Castle Road, turn right onto Alameda Park Road. There will be a Burger King on your right. The Carousel Shelter will be on your left at the second stop sign.

**September 2 - 2:00- 3:00??, Sunday, Keystone State Park, Westmoreland County.** Meet **John Plischke III** at the James Kell Visitor's Center. From Rt. 22, New Alexandria, turn onto 981 south at the traffic light. Go south for 2.8 miles (ignore the first park sign you see). Turn left onto Slag Road. Go .8 miles and turn right at the park's contact station. Follow this road for .6 miles and turn right at the James A. Kell Visitor center sign.

**September 7-9 – Meet the Mycological Association of Washington** for a weekend at Camp Sequanota near Somerset, PA. Details will be on our website and Yahoo groups as soon as they are available.

**September 16 – 2:00-4:00, Sunday. Frick Woods Nature Reserve.** Meet **Elizabeth Barrow** and **Bob Lucas** at the building. The entrance is at 2005 Beechwood Boulevard, near the corner of Beechwood Boulevard and Forbes Avenue [http://www.city.pittsburgh.pa.us/cp/html/frick\\_park\\_map.html](http://www.city.pittsburgh.pa.us/cp/html/frick_park_map.html)

**September 22 – Mushroom Mania 3** at Beechwood Farms Nature Reserve

**For all walks and forays, bring water and food. Dress for the weather. Bring basket, wax bags, whistle, compass, chair, hand lens, and books for identification. Come 15-30 min early and socialize. Check web site or Yahoo Groups for changes. Bring your membership card and a friend or two.**



## WPMC Meetings/Programs

Meetings/Programs begin at 7:00 pm at Beechwood Farms Nature Reserve.

**July 17:** Kim Plischke, Workshop Chairman & Becky Plischke, Newsletter Editor. They will lead a hands-on workshop on paper making with mushrooms. You don't have to be crafty to learn to do this. Put on a pair of jeans and roll up your sleeves, we're going to have fun! All equipment will be provided. Members free, non-members \$5. Non-members must pre-register by email to [wpamushroomclub@aol.com](mailto:wpamushroomclub@aol.com) two weeks prior to the meeting or call \*82-724-834-2358.

**August 21:** Tom Fitzgerald, Department of Conservation and Natural Resources, Bureau of Forestry will be here to help us learn to identify trees. Many mushrooms are found in association with specific trees. An example is the sheephead, *Grifola frondosa*, which has an association with oak trees. By learning trees you will increase your productivity in finding specific mushrooms.

**September 18:** Taylor Lockwood, internationally known for his superior mushroom photography, will stop by to see us on his U.S. tour. He will show us some of his famous mushroom slides. You can get a preview of some of his photography at <http://www.mcn.org/2/tfl>

### DIRECTIONS

**DIRECTIONS to Beechwood Farms Nature Reserve:** (<http://www.aswp.org/beechwood.html>)

12 minutes from PA Turnpike Exit 5, Allegheny Valley (New Kensington/Pittsburgh) after tollbooth go south 1.2 miles on Freeport Road towards Pittsburgh. At the fourth stoplight (Eat'n'Park Restaurant on the right) turn right onto Guys Run Road. Go 4.1 miles to the second stop sign. Notice, part way on your journey Guys Run Road becomes Fox Chapel Road without any notification. Fox Chapel Road dead ends into Dorseyville Road. Turn left on Dorseyville and go .7 of a mile to Beechwood, on the right.

**DIRECTIONS to North Park** <http://www.county.allegheny.pa.us/parks/parkphon.asp> From Pittsburgh go north on Rt. 8. Turn left onto Wildwood Road onto the Yellow Belt (Ford Dealer and Boston Market on the right). Go 1.3 mi. to a red light; go straight (W Hardies). Continue another 1.6 mi. to a red light at North Park Entrance, road name changes to Ingomar Road at this intersection, Turn left on Babcock Blvd. Follow the signs to the Swimming Pool parking lot and find the car with a yellow ribbon on the antenna.

### Other Mushroom Club's Walks and Forays

#### WASHINGTON D.C. CLUB

Check the Mycological Association of Washington's information line at 301-907-3053, voice mailbox is 53 and 55, for up to date information including directions and meeting times.

*July 20-22* - Moyers, West Virginia

*Saturday, July 28* - Fountainhead Regional Park, VA

*Saturday, Aug. 5* - Cedarville State Forest, MD

*Saturday, Aug. 11* - Michaux State Forest, PA

*Sunday, Sept. 2* - Possible foray, site not determined

*Sept 7-9* - Weekend at Camp Sequanota near Somerset, PA. Registration required

*Saturday, Sept 15* - Greenbelt Park, MD

#### OHIO MUSHROOM CLUB

*Sept. 22* - Mini-foray in the vicinity of Old Woods-man Mushroom Farm, central OH. Details TBA.

*Oct. 12-13* - Fall Foray at Camp Agape, Newark, OH

### OUR WEBSITE IS HOT

In the first 14 weeks of operation it had over 1400 hits. By the time you get this newsletter we expect to be over 1700. It is big and it is good. It will take some time to go through it all, but it is well worth the investment.

Photo Gallery 5 has pictures from our tour of the Sylvan Mushroom Factory and Farm. Photo Gallery features pictures of eminent mycologist, Dr. Sam Ristich's walk. In case you lose your newsletter you can find meeting and walk and foray information on the site at:

<http://www.wpmc4.homestead.com/index.html>

To share information about mushroom finds, carpooling or share a mushroom story or pictures, use our mushroom Yahoo Groups at. This is also the place to get the latest up to date information about additions or cancellations of club activities.

<http://groups.yahoo.com/group/wpamushroomclub>

The official email for the club is:

[wpamushroomclub@aol.com](mailto:wpamushroomclub@aol.com)



2002



# MEMBERSHIP APPLICATION

## WESTERN PENNSYLVANIA MUSHROOM CLUB

The purpose of the Western Pennsylvania Mushroom Club is to promote the enjoyment, study, and exchange of information about wild mushrooms. Everyone who has an interest in wild mushrooms is welcome to become a WPMC member. Members are entitled to:

- The WPMC newsletter
- Nine monthly WPMC meetings
- Free participation in WPMC Walks
- Fee discount for WPMC Forays
- Fee discount on WPMC sponsored merchandise

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Interests:     Learning Mushrooms     Microscopy     Club Committees  
                   Eating Wild Mushroom     Toxicology     Cultivating Mushrooms  
                   Mushroom Walks     Books     Dyeing With Mushrooms  
                   Mushroom Photography     Taxonomy     Mushroom Paper Making  
                   Other \_\_\_\_\_

Dues enclosed: \$ \_\_\_\_\_ (\$20 Family, \$15 Individual, \$10 Full time student)

### RELEASE

I (We) realize that when engaged in wild mushroom activities, that serious physical injury and personal property damage may accidentally occur. I (We) further realize that there is always the possibility of having an allergic reaction to or being poisoned by the eating of wild mushrooms and that these adverse reactions to eating wild mushrooms range from mild indigestion to fatal illness.

**Knowing the risks, I (we) agree to assume the risks, and agree to release, hold harmless, and to indemnify the Western Pennsylvania Mushroom Club, and any officer or member thereof, from any and all legal responsibility for injuries or accidents incurred by myself or my family during or as a result of any mushroom identification, walk, foray, field trip, excursion, meeting or dining, sponsored by the club.**

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_

**Return completed signed and dated form with check payable to W PA Mushroom Club to:**

**Jack Baker, 1413 Parkmont Rd, Allison Park, PA 15101**



# Western Pennsylvania Mushroom Club

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ e-mail \_\_\_\_\_

Address: \_\_\_\_\_

## WE NEED YOUR HELP

### WHAT AREA WOULD YOU LIKE TO HELP WITH?

#### PLEASE CHECK THREE POSSIBLE ITEMS OF INTEREST

- Scout for walk locations
- Help organize forays
- Lead walks
- Work on newsletter committee
- Contribute articles, photos, etc. to newsletter
- Assemble and mail newsletters
- Help with web page
- Line up speakers for meetings
- Collect membership dues and record them
- Record meetings, discussions, events
- Maintain contact with other mushroom clubs
- Publicize meetings, forays, events
- Club Historian
- Recruit members, maintain list of members
- Outreach-- speak to other clubs, nature centers
- Call or e-mail members
- Give a program at Club monthly meeting
- Produce or acquire teaching materials, resources, handouts for meetings
- Welcome and orient new members
- Coordinate coffee/refreshment
- Participate in special projects
- Record mushrooms that are found
- Conduct research on questionable mushrooms
- Help with mycophagy (mushroom cooking)
- Help with sign in at walks and meetings
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Find something you would like to do. Check the appropriate boxes. We can have a lot of Fungi, Fun, and Friends but it takes your participation to make it happen.

Return completed form to: Jack Baker, 1413 Parkmont Road, Allison Park, PA 15101

## CLUB OFFICERS

President: **John Plischke** 724-834-2358  
[morelbp@aol.com](mailto:morelbp@aol.com) 129 Grant Street, Greensburg, PA 15601  
Vice President: **Dick Dougall** 412-486-7504  
[rsdme@imap.pitt.edu](mailto:rsdme@imap.pitt.edu) 202 Wadsworth Dr, Glenshaw, PA 15116  
Treasurer: **Jack Baker** 412-367-7696  
1413 Parkmont Road, Allison Park, PA 15101  
Secretary: **Valerie Baker** [vbbaker8@hotmail.com](mailto:vbbaker8@hotmail.com)

## COMMITTEES

Cultivation Chairman: **Mark Spear** 724-297-3371  
[mspear@penn.com](mailto:mspear@penn.com) RR4, Box 237E, Kittanning, PA 16201  
Historian: **Jane Duffy** 412-492-0104  
230 Indiana Drive, Glenshaw, PA 15116-3012  
Mushroom Display: **Dorothy Fornof** 412-767-9925  
225 Indianola Road, Cheswick, PA 15024  
Mycological Recorder: **Bob Lucas** 412-422-8976  
[VNLUCAS@microspell.com](mailto:VNLUCAS@microspell.com)  
5840 Northumberland St., Pittsburgh, PA 15217  
Newsletter Editor: **Becky Plischke** 724-834-2358  
[morelbp@aol.com](mailto:morelbp@aol.com) 129 Grant Street, Greensburg, PA 15601  
Photography Chair: **Steve Simpson** 724-327-1455  
[photoart4@aol.com](mailto:photoart4@aol.com) 5718 Pontiac Drive, Export, PA 15632  
Publicity Chair: **Mary Woehrel** 412-828-3266  
[marigold@sqi.net](mailto:marigold@sqi.net) 43 Meadowvale Dr, Cheswick, PA 15024  
Refreshment Chair: **Moni Wesner** 412-731-7393  
[moniwesner@aol.com](mailto:moniwesner@aol.com) 3844 Henley Drive, Pittsburgh, PA 15235  
Walk & Foray Chair: **John Plischke III** 724-832-0271  
[funqi01@aol.com](mailto:funqi01@aol.com) 201 Culbertson Ave, Greensburg, PA 15601  
Welcoming Chairman: **Jerry Price** 724-444-6472  
2805 Florence Drive, Gibsonia, PA 15044  
Workshop Chair: **Kim Plischke** 724-832-0271  
[funqi01@aol.com](mailto:funqi01@aol.com) 201 Culbertson Ave, Greensburg, PA 15601

## IDENTIFIERS

**Esther Allen** 412-366-0786  
107 Idaway Drive, Pittsburgh, PA 15237  
**Robert Boice** 724-446-0524  
152 Beeno Road, Irwin, PA 15642  
**Doug Dickman** 724-626-1542  
[larshalfass@yahoo.com](mailto:larshalfass@yahoo.com) 1428 Springfield Pike, Connellsville, 15425  
**Dorothy Fornof** 412-767-9925  
225 Indianola Road, Cheswick, PA 15024  
**Roger Hummel** 412-364-9510  
9493 Peebles Road, Allison Park, PA 15101  
**John Plischke III** 724-832-0271  
[funqi01@aol.com](mailto:funqi01@aol.com) 201 Culbertson Ave, Greensburg, PA 15601  
**Mary Woehrel** 412-828-3266  
[marigold@sqi.net](mailto:marigold@sqi.net) 43 Meadowvale Dr, Cheswick, PA 15024

## WALK LEADERS

**Jack Baker** 412-367-7696 [vbbaker8@hotmail.com](mailto:vbbaker8@hotmail.com)  
1413 Parkmont Road, Allison Park, PA 15101  
**Dick Dougall** 412-486-7504 [rsdme@imap.pitt.edu](mailto:rsdme@imap.pitt.edu)  
202 Wadsworth Drive, Glenshaw, PA 15116  
**Dick Duffy** 412-486-3913  
2841 McCully Road, Allison Park, PA 15101  
**Robert Fornof** 412-767-9925  
225 Indianola Road, Cheswick, PA 15024  
**John Plischke** 724-834-2358  
[morelbp@aol.com](mailto:morelbp@aol.com) 129 Grant Street, Greensburg, PA 15601  
**Mary Lou Riegel** 412-487-1527  
[riegel@federatedinv.com](mailto:riegel@federatedinv.com) 3104 Ponderosa Dr, Allison Park, PA 15101  
**Don Stone** 412-441-2027 [dastonearch@yahoo.com](mailto:dastonearch@yahoo.com)  
5933 Wellesley Ave, Pittsburgh, PA 15206

Scientific Advisor: **Walt Sturgeon**

## WILD MUSHROOM COOKBOOK FOR SALE

The Mushroom Cookbook of the WPMC is completed and ready for sale. This 40-page soft cover book is 5 1/2 by 8 1/2 inches in size. It is packed full of 50 great wild mushroom recipes. Thanks to everyone who submitted recipes to make this project a success.

The first section covers baskets, knives, walking sticks and field cleaning mushrooms.

The second section is on preparing, home cleaning, freezing, drying, marinating and canning.

The third section contains 50 wild mushroom recipes. Some of the recipes are: Morels Stuffed with Crabmeat, Black Trumpet Dip, Stuffed Horse Mushrooms, Unfried Breaded Oyster Mushrooms, Pleurotus Ostreatus Won Ton, Sparassis Roast of Beef, and Puffball Lasagna.

You can have your Mushroom Cookbook for \$6, tax included, plus shipping and handling of \$1.50. Club member's cost is \$5, tax included, plus shipping and handling of \$1.50. Please send a check payable to the Western Pennsylvania Mushroom Club to Kim Plischke, 129 Grant Street, Greensburg, PA 15601.

You can save the shipping and handling charges by picking up a copy of the cookbook at one of our club meetings or at some of our club walks or events.

The cookbook can also be purchased at the Beechwood Farms Nature Reserve at their wonderful nature store.

## Do You Know That. . . .

A recent Master Gardeners Bulletin suggests a novel way to safely remove deer ticks: Moisten a cotton ball, rub it on a piece of soap and place over the tick, rubbing slowly in a counter-clockwise direction 2-3 times. You should find the tick, head and all, imbedded in the cotton. For some reason, a clockwise direction does not work. Don't laugh until you've tried it. (From CVMS Spore Print, Spring 2001) The note goes on to say that they've tried it three times and it worked each time! They also report that commercial products with 0.50% Permethrin work well as tick repellants. Apply spray to clothing on a hanger and allow to dry. This is not intended for use on face or hands. You can find such products wherever hunting gear is sold.)

Reprinted from the Potomac Sporophore, June 2001  
Mycological Association of Washington



## "Largest Mushroom Club in the Five-State Area"

Western Pennsylvania Mushroom Club  
1413 Parkmont Road  
Allison Park, PA 15101



### MUSHROOM MANIA 3

### BOLETES, BOLETES, BOLETES

### MEDICINAL MUSHROOMS

### WALKS & FORAYS

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## PHEASANT'S BACK JAMBALAYA

Arleen Rainis Bessette

- 2 tablespoons of butter
- 1 cup of chopped onion
- ½ cup diced celery
- ½ cup each green & red bell peppers, cut in strips
- 1 large can (28 ounces) whole tomatoes, cut up
- 2 cloves garlic, minced
- ¼ cup fresh parsley
- 2 cups Dryad's Saddles
- 2 cups cooked ham, cubed
- 1 teaspoon sugar
- ½ teaspoon chili powder
- ¼ teaspoon black pepper
- Dash of Tabasco sauce
- 1 ½ cups beef broth
- 1 ½ cups water
- 1 cup long-grain rice, uncooked

Melt butter in a large pot or a Dutch oven. Add vegetables, garlic, parsley, and mushrooms. Cover; cook over medium heat until tender. Add remaining ingredients. Cover and simmer 30 to 40 minutes, until rice is tender and liquid is absorbed to desired consistency. Serves 2 -4 people.

Recipe from EDIBLE WILD MUSHROOMS OF NORTH AMERICA: A FIELD-TO-KITCHEN GUIDE by David W. Fischer and Alan E. Bessette, Copyright © 1992. Courtesy of the University of Texas Press.

### We Need Help

If you would like to get more involved with the club, please contact club president John Plischke.

### ARTICLES WANTED

We will welcome your article, recipe, joke, puzzle, story or cartoon for the newsletter.

Email or mail them to Becky Plischke today. [morelbp@aol.com](mailto:morelbp@aol.com) or mail to 129 Grant St, Greensburg, PA 15601.

### BEECHWOOD FARMS NATURE RESERVE...

Where our mushroom club is headquartered is a very very special place. Among its many features are an educational building, auditorium, store, bookstore, library, educational programs, Raptor Center, and a wonderful nature area full of trails. Visit them on the web at: <http://www.aswp.org/beechwood.html> and stop in to see them. Thanks Beechwood for the great relationship we enjoy.