

Western Pennsylvania Mushroom Club Newsletter June/July 2009



Volume 10, Issue 2 June/July 2009

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The newsletter of the Western Pennsylvania Mushroom Club is published and distributed 5 times per year: April/May, June/July, Aug/Sept, Oct/Nov, and Dec. Articles, photos, news items, and other submissions should be sent to the editor at least 6-8 weeks prior to targeted distribution for the best chance of inclusion. The editor cannot guarantee that submissions will be included in the next newsletter. The editor reserves the right to make spelling or grammatical corrections and may suggest content changes to the author. Material published in our newsletters may be used in other nonprofit publications only with expressed permission and with appropriate acknowledgements.

WPMC Club Officers for 2009: President John Stuart Vice President Jim Wilson

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Treasurer Barbara DeRiso

Corresponding Secretary Heather Maceiko

President's Corner

We're getting back into the full swing of mushrooming. May is the busiest month all year with Morel Madness weekend at Mingo Creek May 2-3, the Introduction to Mushrooms course at Harrison Hills in the morning of May 9 and the advanced Polypores class in the afternoon. In addition we will have our popular cultivation program at the monthly meeting at Beechwood on May 19. On June 16 La Monte Yarroll will delve into the reasoning behind the continuing nomenclature changes that can be so frustrating to keep up with. Chanterelle mania with a pot luck picnic is scheduled for July 19 as well as all the weekly scheduled Saturday forays. Lots of entertaining things to see and do.

If you're interested in increasing your identification skills . this year is a good time to start. We now have a reference library at your disposal on the book cart at the back of the room at each monthly meeting. Thanks to the Plischke family we have inaugurated a button award program for increasing levels of knowledge as you expand your list of species. Our mycologists and identifiers are available on each walk to give out tips and advice and to help sort through the many variations that aren't always apparent in the field guides.

One thing that can be annoying in some identification books is the use of metric measurements in describing a mushroom's characteristics. Some people are just not as comfortable with centimeters and

millimeters and forget the conversion rules (1 inch = 2.5 centimeters; 1 centimeter = 10 millimeters). There is an easy way to get around this besides carrying a dual ruler around with you. The "average" mushroom is 4 - 6 cm. If you measure your hand you will find that your little pinkie finger is about 1 cm, and three fingers are about 5 cm and your hand width including thumb is about 10 cm so you can estimate fairly accurately all but the smallest mushrooms. For the minute tiny mushrooms use the pupil of the eye as a reference point. The smallest pin point pupil is 1 mm, a large dilated pupil is 10 mm and a mid dilated pupil is 5 mm. So we have 1, 5, and 10 centimeters and 1, 5. and 10 millimeters all handily available as reference parts in the hand and eye.

Good luck hunting and adding to your species list. Don't poke out anyone's eye trying to measure Marasmius rotula.

John Stuart --- President, WPMC

Reminder - Mark Your Calendar

The Gary Lincoff Mid-Atlantic Mushroom Foray is scheduled for September 12, 2009 this year. Gary Lincoff will be our Principal Mycologist. John Plischke is in the process of recruiting several other outstanding mycologists. We will have more information about their afternoon talks in future issues of the Newsletter; we believe it will be an outstanding program again this year. Last year, our club cooks came up with their usual mushroom feast. It featured 37 great dishes from dips, soups, appetizers, main dishes, and even desserts. Nobody went home hungry! After they have prepared their dishes, our cooks are always happy to talk recipes with the foray attendees.

We will have morning and afternoon walks in North Park and other neighboring sites. We anticipate that over 150 mushroom species will be displayed on our identification tables. This is a great way to see actual specimens of mushrooms you want to learn to identify.

Early registration is still only \$25 per person (\$50 at the door). This is a real bargain; the mushroom feast alone is worth the cost. So mark your calendars and get your registration in early for this all-day mushroom experience. You'll find a registration form in this newsletter.

May Mushroom Cultivation Meeting

Come on down to the Beechwood Farms Nature Reserve on May 19th for the WPMC Cultivation Meeting and see what's growing on.

Home mushroom cultivation offers the same benefits as home vegetable gardening. Think about the difference between garden grown tomatoes and store bought. That difference also applies to home grown mushrooms. Also, many people believe that mushrooms contain unique health-promoting substances. Hobby mushroom growing can be as simple as growing green beans (log cultivation) or as challenging as growing orchids (capturing wild species).

There will be three special cultivation events. First Event: Our own John Plishke III will lead the log drilling. This is always popular, and for good reason. You can bring in a few logs to be drilled and planted with mushroom spawn.

These logs will produce crops of mushrooms a few times each year for several years. And the best part is that no work is required other than to harvest and cook your bounty. The logs must be hardwood, cut fresh this year, 6 -18 inches in diameter, and 3-5 feet long (oak or maple are best). Log drilling usually takes place behind the Beechwood main building in good weather, or upstairs in the event of rain. John and his volunteers usually start before, 6:30 or earlier and drill for hours.

Second Event: Tabletop mushroom growing kits will be given out free to club members. This year we plan to have *Agaricus blazei* and *Ganoderma lucidum* kits. Blazei is a very popular mushroom in Asia where it is considered to

have strong health promoting effects. It has a nice flavor, richer by far than the grocery store Agaricus. This mushroom also grows wild locally and is called *Agaricus subrufescens* (no common name).

Ganoderma lucidum is called the Reishi mushroom in Korea, the Lingzhi mushroom in China and the Varnish Conk in North America. This "mushroom of immortality" is used to make a medicinal tea in many parts of the world. Also, when carefully cultivated the woody fruit bodies make an attractive mushroom-shaped or antler-shaped bonsai.

We will supply spawn and substrate. You bring in a 2-liter pop bottle with the top cut off.

Third Event: Short instructional presentations will be given on growing mushrooms at home, including how to care for your kit.

The Cultivation meeting is friendly, informal and informative. The public is welcome although you have to join to get the free mushroom kit.

36 Species of the Lincoff Foray

There are 36 species of fungi that have been identified during every, or almost every one of the yearly Lincoff forays. This makes a good list for beginners who wonder which species to focus on. It's unlikely for most of us to learn to identify every mushroom that we see in the woods or that shows up on the table during club meetings. There are so many, it's mind boggling! Every mushroom hunter who goes into the woods in the Fall is likely to come upon the species in this list.

The club meetings this year will each include a presentation about several of these common Fall mushrooms. The species have been arranged into groups that are easy to study together. Learning these 35 fungi so that you are ready to recognize them in September will certainly enhance your experience at this year's Lincoff Foray and add interest to all your future fall-time hikes. If you will not be attending all of the meetings this year, you might enjoy going through this list with your favorite field guide. You can also refer to the club website. Check

out the club's species list where there are beautiful photos of all these fungi.

(36 Species Continued)

1. Turkey Tail and lookalikes: Joyce Gross, July 21, 2009

Trametes versicolor Trichaptum biforme Stereum ostrea Stereum complicatum Schizophyllum commune

 Soft Polypores (and a look-alike): Jack Baker, Sept 15 Grifola frondosa Polyporus squamosus Tyromyces chioneus Laetiporus sulphureus Omphalotus olearius

 Woody Polypores: Dick Dougall, August 18 Ganoderma applanatum Ganoderma lucidum Daedalea quercina Daedaleopsis confragosa Pycnoporus cinnabarinus

4. 2 Russulas and 3 Mycenas: John Stuart, March 17 Russula compacta Russula mariae Mycena haematopus Mycena leiana Mycena luteopallens

 Hosts and Parasites: LaMonte Yarrol, April 21 Armillaria mellea Entoloma abortivum Boletus bicolor Hypomyces chrysospermus Amanita fulva (& Spinellus fusiger) [OK, Spinellus fusiger isn't one of the 35, and it most commonly attacks Mycena, but it IS known to attack Amanitas in section Vaginata. I couldn't figure out where else to put A. fulva. (L.Y.)]

 Assorted Gills: Jim Tunney, May 19 Agaricus arvensis Laccaria ochropurpurea Lepiota procera Xerula furfuracea Lentinellus ursinus 7. Interesting spore solutions: Jim Wilson, June
16
Lycoperdon perlatum (puff!)
Scleroderma citrinum (lookalike, also puffs)
Xylaria polymorpha (conida in Spring & sexual spores in Fall)
Crucibulum laeve (spore packets)
Panellus stipticus (glows to attract beetles)

2 Russulas and 3 Mycenas

John Stuart gave a presentation entitled "2 and 3 Mycenas" as part of our March meeting. This was the first of a series of presentations to help everyone learn the 35 most common species found during the Lincoff forays. Here is a review of the species John discussed. To see photos of all these mushrooms check the Species List of the club website.

Mycena is a large genus of small mushrooms. Caps are usually less that 2 inches, sometimes much smaller, and the stipes are less the 1/8 inch in diameter. Making them suitable for use as colorful umbrellas for small woodland creatures like crickets and mice. These mushrooms grow on decaying wood and plant material.

Mycena haematopus: the Bleeding Mycena. M. haematopus caps are a dark red-brown color. 3/8 to 2 inches across, and fairly smooth. The gills are attached, gill color of mature mushrooms is dark reddish brown. The stipe is very thin and hollow and 'bleeds' a dark red exudate when broken. The spore print is white. These usually fruit in clusters and are very common all through the mushrooming season.

Mycena leiana: the Orange Mycena. Caps are the same size as those of Bleeding Mycena, 2 inches or less and they are also generally smooth. The color is reddish-orange to orangeyellow. The gills are also attached and the spore print is also white. The orange colored stipe is also hollow. Orange Mycena fruits in delicate, colorful clusters throughout the warm months.

Mycena luteopallens: the Walnut Mycena. M. luteopallens only fruits on the decaying hulls of walnuts and hickories. This is a very small or-

ange-yellow mushroom, the cap is less than 1/2 inch, sometimes much smaller. The gills are attached and on close examination you will see that the stipe is hollow. The spore print is white. Groups of this tiny and beautiful mushroom can be found as clusters on nut hulls late Summer through November.

Russula contains many diverse species among which these two are readily found at our fall forays.

Russula compacta: Firm Russula. This is a whitish colored mushroom with cinnamon colored staining on the cap. The gills are attached and stain rusty brown. The stipe is thick and solid although it might become hollow as it ages. The spore print is white. R. compacta is quite common in late Summer to September in mixed woods.

Russula mariae: the Purple-bloom Russula. This large mushroom might be any color from dark purple to olive-green or yellow-brown. The gills are attached, the spores are cream to pale vellow, the stipe is smooth and sometimes feels sticky. It's common in mixed woods during all the warm months. I'm always surprised when I first see this impressive, colorful mushroom. It

Walks and Forays -John Plischke III

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We request that no one hunts a walk or foray location for at least two weeks prior to a walk or foray. It is only through your cooperation that we can have successful walks and forays. All walks & forays will be held rain or shine. Come 15-30 min early and socialize. All walks start on time, so be early, if you are late we will already be in the woods. You can find last minute additions or changes by going to our Yahoo Groups at groups.yahoo.com/group/wpamushroomclub

May 16 - 10:00-12:00. Deer Lakes Park, Allegheny County, Russelton. Meet Jim Wilson and Dick Dougall From the PA Turnpike get off at the Allegheny Valley Exit 5. Turn toward New Kensington. Turn left onto Route 28. Follow to Pearl Avenue and turn left. Continue on Pearl Ave, it becomes Russelton Road. In Russelton, turn right at the first intersection, look for a drug store, bank and liquor store and turn right. Go a short distance you will see a Deer Lakes

Park sign, turn left into the park. Just past the first lake, there is a large parking lot, meet there.

May 23 -- 10:00-12:00, Return to Mingo Creek, Washington County. Meet John Plischke III and Kim Plischke. 1 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's just before the Park Office. Meet at Shelter 4.

May 30 - 10:00 - 2:00 Eden Hall Farm Campus of Chatham University, Allegheny County. Meet Sandy Sterner and John Plischke III. Follow Route 8 North toward Butler. Take the Bakerstown Road/Red Belt Exit adjacent to Bakerstown Feed & Garden Center (Heckert Road). At first stop sign, turn left onto the Red Belt/ Bakerstown Road. Follow the Red Belt to Ridge Road and turn right. Eden Hall Farm Campus is 1/2 mile ahead on your left. Meet in the parking lot closest to the entrance. NOTE THE DATE: There was an error in the last newsletter.

June 6 - 10:00-12:00 Harrison Hills Park, Allegheny Meet Joyce and George Gross. Pick up PA County. Route 28 towards Natrona Heights (Alleghenv Co. Belt System [red, green, yellow or blue], PA Route 910, Route 356, PA Turnpike [Exit 5 - Allegheny Valley], or Interstate 270-Route 422). Get off Rt. 28 at Exit 16 (Millerstown/Freeport) Increase and the second and turn right if you've been traveling northbound, or left if traveling southbound, onto Route 908 for approximately 0.8 mile. You will come to a flashing red light at an intersection of a four-lane highway. Turn right (Freeport Rd.) and get into the left-hand lane. The entrance to Harrison Hills Park is 0.8 miles on the left, just beyond the Harrison Hills Fire Dept. (large, single story buff building) and Harrison Hills Chiropractic on the right.

> June 13 - 10:00-12:00 Hillman State Park also known as Hillman State Game Lands, Washington County, Bavington. Meet Jim Tunney. Take US 22/ 30 West. Take the Bavington exit toward Maple Grove Road/T507. Turn right at Maple Grove Road. Turn left at Steubenville Pike. Turn right at Haul Road. There is a parking lot at the Y where Hamon Creek Road and Haul Rd Meet it will hold maybe 15 cars any over flow would have to park on the side of one of the roads. Hillman is an undeveloped park. You can

look on the websites <u>www.visitPAparks.com</u> and/or <u>www.friendsofraccoon.com</u> for more information about Hillman.

June 14 - 10 AM - Join the EPM, Eastern Penn Mushroomers at Gifford Pinchot State Park

Directions: From Lancaster, take Rt. 30 West to Rt. 74 North. Take 74 N until you come to Alpine Rd, and follow that to the Conewago Day Use Area. There are facilities here.

June 20 –10:00-12:00, The Dorothy Fornof Memorial Walk at Deer Lakes Park, Allegheny County, Russelton. Meet Jim Wilson and Dick Dougall. From the PA Turnpike get off at the Allegheny Valley Exit 5. Turn toward New Kensington. Turn left onto Route 28. Follow to Pearl Avenue and turn left. Continue on Pearl Ave, it becomes Russelton Road. In Russelton, turn right at the first intersection, look for a drug store, bank and liquor store and turn right. Go a short distance you will see a Deer Lakes Park sign, turn left into the park. Just past the first lake, there is a large parking lot, meet there

June 27 – 10:00 -12:00, South Park, Allegheny County. Meet Harriett and LaMonte Yarroll See their website at: <u>http://www.county.allegheny.pa.us/</u> <u>parks/facility.asp</u> Brownsville Rd & Corrigan Dr, Take Route 51 South. Turn slight right onto Fairhaven Road/Provost road. Provost Road becomes Brownsville Road. Continue to the Park. Meet at the Nature Center. We will drive to the walk location in the park.

July 11 - 10:00-12:00 Hartwood Acres, Allegheny County. Meet Shirley Caseman and Glenn Carr at the parking lot in front of the Mansion (on the opposite side of the park from the Performance Center). We will hunt mushrooms and help you identify them. From PA Turnpike: Take Allegheny Valley (Exit 5). Stay right on the exit ramp. Turn right onto Route 910 West. Go 4 1/2 miles and turn left onto Saxonburg Blvd. at the red blinking light. Follow Saxonburg Blvd. about 2 1/2 miles, entrance will be on your right. This is about a mile and a half from Beechwood Farms Nature Reserve.

July 18 - 10:00-12:00 Chanterelle Mania at North Park, Allegheny County. Meet Valerie and Jack Baker at Deer Browse #2 pavilion beside the Swimming Pool parking lot. Venture Outdoors will be joining us on this walk. There will be a pot luck lunch after the walk, so bring something yummy for lunch and make some new friends. Last year this spot produced beautiful chanterelles. There were also a good number of boletes and other species. You never know what the season will bring, but it could be very good again. North Park has a variety of habitats, although the area abounds in large oaks there is a large variety of trees and habitats that make this an exceptional place for hunting mushrooms. Directions: 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 mushroom basket and walking stick.

Jul. 24-26 Join the Ohio Mushroom Society for their Summer Foray. It will be held at the J. H. Barrows Biological Field Station of Hiram College. Contact *Pete and Pauline Munk* at (440) 236 -9222 for more information or check the website at: www.ohiomushroom.org

July 26 9:00-12:00 Regional Environmental Education Center, Boyce-Mayview Park, Upper Saint Clair. Fee: \$15 or \$10 for mushroom club members with a current membership card. John Plischke III will present a slide show and lead a walk. Bring mushrooms from home for identification. To register, contact Jessica at (412) 838-0064. From Rt. 19, Heading north (from Washington County): Follow Rt. 19 to intersection with Boyce Road. Turn left onto Boyce Road. Follow Boyce all the way to the intersection with Mayview Road. Turn right on Mayview. Follow Mayview past Mayview State Hospital, across

Chartiers Creek, until you see the barns and the sign for 1571 Mayview Road on your right. Turn right at the 1571 sign. Follow the road to the parking area, then walk through the parking area to the REEC. See their website for more information, other directions and a park map. www.regionaleec.org

Sept 12 – Gary Lincoff Mid Atlantic Mushroom Foray Don't miss it, register today!

October 15-18 The Boston Mycological Club sponsoring the Northeast Mycological Foray in Eastham, Cape Cod, MA. . For foray details, visit the NEMF 2009 homepage at <u>http://www.nemf.org/</u> files/2009/2009.html.

November 26-29 The Gulf States Mycological Society will sponsor the NAMA Annual Foray in Lafayette, LA over Thanksgiving Weekend. For foray details, visit the NAMA website at: <u>http://www.namyco.org/events/</u> index.html

For all walks and forays, bring water and lunch. Dress for the weather. Bring basket, wax or paper bags (no plastic) to keep mushrooms separated, whistle, compass, chair, hand lens, insect repellent, cell phone, and books for identification. Also bring a knife to dig up mushrooms for identification or to cut edibles off to keep them clean. Try to dig up 3 of the same species at different stages of development. Don't pick old mushrooms; leave them to drop their spores. Bring your membership card and a friend or two. You are responsible for not getting lost, if you have that tendency stick like glue to others. We won't wait for you, and we won't come look for you. Don't take the identification of the person standing next to you, they might not know as much as you do. Only club mycologists and identifiers should be used for advice. The Walk Leader will tell you when to be back at the walk starting place where the mushrooms will be put on paper plates and the Walk Identifier or Club Mycologist will put names on only the mushrooms that they know well. Take notes and pictures to help you remember the mushrooms. You should go home and check books yourself. Whether you decide to eat a mushroom, is ultimately only your decision.

WPMC COOKBOOK, VOL. 3

The WPMC has published 2 great wild mushroom cookbooks. They are filled with recipes that have been tried and are delicious. Many of the recipes have been prepared and served at the Gary Lincoff Mid Atlantic Mushroom Foray. Everyone is looking forward to another one with great anticipation.

Volume 3 is close to being ready for publication. We need some more recipes. We need some recipes from you! Get published in a cookbook; show your family that you are a true gourmet cook. Your recipe needs to be one you have tried and enjoy. It cannot be one that has been published by someone else unless you have made changes to make it your own.

Please email your gourmet wild mushroom recipes to Becky Plischke at morelbp@aol.com or mail to 129 Grant Street, Greensburg, PA 15601.



Here's something quick to make for dinner.

Mushroom and Egg Stroganoff

1 cup sliced mushrooms
 1 diced onion
 1 T butter
 salt, pepper, parsley
 1/2 cup sour cream
 3 hard boiled eggs, cut into large pieces
 Saute the onion and mushrooms in the butter.
 Add the sour cream. Add the salt, pepper, and parsley. Chop the hard boiled eggs and combine.

Serve on rice or noodles.



THE SEVENTH ANNUAL GARY LINCOFF MID-ATLANTIC MUSHROOM FORAY Saturday, Sept 12, 2009

7:30-8:15 Registration, 8:30-7:30 Program At The Rose Barn, North Park, Pittsburgh, PA

SPECIAL EARLY REGISTRATION FORM FOR CLUB MEMBERS ONLY

Featured speaker will be Gary Lincoff, author of the Audubon Society Field Guide to North American Mushrooms. Gary is the nation's best know mushroom expert. He is past president of the North American Mycological Association (NAMA). He is a very charismatic and entertaining speaker and has a way of making learning about fungi fun and interesting. His end-of-the-day table walk discussions are not to be missed.

Bill Yule - The Boletes of the Northeast and Their Trees. Bill has studied and hunted mushrooms for 20 years and while interested in all things fungal, he has specialized in Boletes. Bill has been an officer of the Connecticut Valley Mycological Society, foray mushroom identifier, and education chair.

He has given dozens of mushroom talks to other clubs. NEMF forays, Colleges and Universities. He leads mushroom walks for his club and other organizations but Bill's proudest achievement is helping other mushroomers learn to identify and appreciate fungi.





Noah Siegel is a nationally known, award-winning photographer and mushroom identifier. He is currently President of the Monadnock Mushroomers Unlimited in Keene. New Hampshire, a trustee for the North East Mycological Federation and a lecturer and identifier for clubs all over the northeast. Noah will be speaking on "Portraits from My Neck of the Woods;" a slide show and talk of mostly fungi from the northeast US

Join us Join us for an exciting day of fungi, fun, and friends and mushroom exploration. It's a day filled with foraging, learning, feasting and fun!

Fungi Fun Friends

Cost is only \$50 at the door or \$23* each pre-registered and paid by May 30, (*does not include club membership). Children 11 & under free. Registration is limited. Send your registration in today!

Mail Registration to: Barbara DeRiso (see address next page).

Signing and dating the release is an absolute requirement for attendance. No Refunds Make check payable to : Western PA Mushroom Club

Name 1	Name 2	
Name 3		
Address	City/State/ Zip	
Phone	E-mail	
Western Pennsylvania Musł	ee to assume the risks, and agree to release, hold harmless, and to inde room Club, and any officer or member thereof, from any and all legal re	

ify the nsibility for injuries or accidents incurred by myself or my family during or as a result of any mushroom identification, field trip, excursion, meeting, or dining, sponsored by the club.

Signature Date Western Pennsylvania Mushroom Club 129 Grant Street Greensburg, PA 15601

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