

WESTERN PENNSYLVANIA MUSHROOM CLUB NEWSLETTER

Volume 10, Issue 2

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The newsletter of the Western Pennsylvania Mushroom Club is published five times a 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 non-profit publications only with expressed permission and with appropriate acknowledgements.

Club officers President — John Stuart Vice President — Joyce Gross

On the web: www.wpamushroomclub.org

Camp Sequanota — 2010 NAMA Endorsed Weekend Foray Planned

BY JOHN PLISCHKE

The foray will be sponsored by the Western PA Mushroom Club (WPMC) and the Mycological Association of Washington, DC (MAW). It has been endorsed by the North American Mycological Association (NAMA).

Participants must be or become members of MAW, WPMC or NAMA to register. The foray will take place Columbus Day weekend, from Friday, October 8, to Sunday, October 10. Camp Seguanota, located near Jennerstown in the Laurel Highlands of western Pennsylvania, has very comfortable, mostly two-bed, rooms in the Bowersox Enrichment Center, which will accommodate approximately 40 people. It also houses a combination dining room/great room with a fireplace, where we'll get together for meals, socializing, and mushroom programs on Friday and Saturday nights.

This foray will be a relaxed gettogether with like-minded (about mushrooms) fungal foragers. We will get to know each other better at the evening snackfests, at meals, on the mushroom trails, and around the display tables. The best year of the Camp Sequanota Foray produced over 260 species. There will be forays on Friday afternoon, Saturday morning and afternoon, and maybe on Sunday morning.

To help identify more of those species and to present programs in the evenings, we'll have two excellent guest mycologists. WPMC's own John Plischke III and Noah Siegel of Royalston, Massachusetts.

John has a nationwide reputation as a mushroom photographer and identifier, with 80 regional and national awards to his credit, and has presented hundreds of mushroom programs for clubs, parks, schools, and other groups, and co-founded WPMC ten years ago, with only 20 members (now over 500).

A recipient of NAMA's Knighton Award for service, and elected first vice president of NAMA last November, John wrote "Morel Mushrooms and Their Poisonous Look-alikes," edited WPMC's two mushroom cookbooks, and is one of the editors of Fungi magazine. He's also a trustee and faculty member for both NAMA and the North East Mycological Federation (NEMF), as well as chairman of the fungus section of the Pennsylvania Biological Survey. Some MAW members like to think that John's early participation in Seguanota forays was an important impetus for his eventual intense enthusiasm for everything fungal.

Noah Siegel is also a nationally known mushroom photographer and identifier, and has been photographing and collecting mushrooms for almost 20 years. He is president of the Monadnock Mushroomers Unlimited in Keene, NH, and he too is a NEMF trustee, as well as a presenter and identifier for mushroom clubs all over the northeastern United States. He has also searched for fungi in California, the southern Appalachians, on

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June/July 2010

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2010 WPMC meetings

June 15—Title: What Fungi Do and How They Do It

Speaker: Esther Allen, Long-time Area Naturalist Summary: Esther Allen has developed this new program which, rather than focus on identification or edibility, presents the essential role that fungi fill in the natural cycle of life. This is a timely topic which looks at how mushrooms function in our ecological systems. As always, she will share wonderful photographs and her phenomenal wealth of knowledge of nature. A real treat.

July 20-Title: Craft Workshop

Speaker: Bonnie Davis and the WPMC Workshop Team Summary: Our members have presented many interesting craft projects over the years. We have all been amazed at the many artistic uses they have developed. They are busily planning for this year's project.

August 17—Title: <u>Mushrooms in Allopathic, Natu-</u> ropathic, Homeopathic and Holistic Medicine

Speaker: Frank Lotrich

Summary: Dr. Lotrich will compare and contrast how mushrooms are conceived of and used in these four different branches of health care. This survey will range from finding medicinal cures for cancer, to investigating supplements to enhance fitness, to immune stimulants for boosting disease protection, to improving ones combined spiritual and corporeal health.

September 21—Title: <u>Agaricus in Pennsylvania</u> and Everywhere Else

Speaker: Rick Kerrigan, Director of Research for Sylvan Mushrooms

Summary: Rick is an expert in the study of the genus Agaricus. This is the genus of the common button mushroom. However, there is a great deal of diversity in this genus which makes it hard for mycologists to discriminate among very similar species. Recent use of DNA sequencing has helped sort out the species and relate the information back to old American names and concepts as well as to European species. Rick will give us the latest picture of the overall genus.

October 19—Title: Election of Officers & Open Forum

Indiana County Chapter meetings

June 9: Gary Lincoff's Twelve Basic Groups of Mushrooms presented by Dick Dougall. Dick is an identifier and past president of the WPMC. His talk covers a system of classifying all mushrooms into 12 distinctive categories.

July 14: Art & Crafts presented by Joyce Gross.

Learn about the many crafty uses for non-edible mushrooms from the WPMCs current vice president.

All meetings begin at 6 p.m. at Blue Spruce Lodge, Blue Spruce Park, near Ernest. For directions or more information call Bob and Ginny Sleigh at 724-349-9173

Washington/Greene County Chapter meetings

June 22: Take a closer look at some mushroom families, such as polypores and boletus.

Western Pennsylvania Mushroom Club meetings are held on the third Tuesday of the month from March until November. Meetings begin at 7 p.m. and are held at Beechwood Nature Reserve on Dorseyville Road, Fox Chapel. Please see their website (www.aswp.org) for directions and other information.

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Summary: Officers for next year will be elected. Club members will be encouraged to share mushroom stories, experiences and slides. Results of the club's photography contest will also be presented.

2010 Forays

August 12-15 – NAMA Annual Foray at the Snow Mountain Ranch in Winter Park, Colorado. It is hosted by the Colorado Mycological Society. See their website for details. http://www.namyco.org/

September 10-12 Join the Eastern Penn Mushroomers for the Helen Miknis Memorial Foray. This year's annual EPM foray will be held at King's Gap Environmental and Training Center near Carlisle, PA. Contact Bill Miknis at fiverbill@verizon.net or see their website for more information http://www. epennmushroomers.org

SEPTEMBER 23 - 26

The NorthEast Mycological Federation. Inc. (NEMF) hosts the 2010 annual Sam Ristich Foray September 23-26 in Kerhonkson, NY. This year's event is number 34 and it is expected to be well attended by members of the Federation's 18 clubs. For additional information and sign-up, please visit http:// www.nemf.org/files/2010/2010.html. The NEMF's clubs are the Boston Mycological Club (BMC), Cercle des Mycologues de Montreal (CMM), Central New York Mycological Society (CNYMS), Connecticut-Westchester Mycological Association (COMA), Connecticut Valley Mycological Society (CVMS), Eastern Pennsylvania Mushroomers (EPM), Long Island Mycological Club (LIMC), Mid Hudson Mycological Association (MHMA), Maine Mycological Association (MMA). Montshire Mycological Club (MMC), Monadnock Mushroomers Unlimited (MMU), Mid York Mycological Society (MYMS), New Hampshire Mycological Society (NHMS), New Jersey Mycological Association (NJMA), New York Mycological Society (NYMS), Rochester Area Mycological Association (RAMA). Susquehanna Valley Mycological Society (SVMS), and the Western Pennsylvania Mushroom Club(WPMC).

WPMC walks

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/changes by going to our Yahoo Groups at groups.yahoo.com/group/wpamushroomclub

June 5- 10:00-12:00 Emmerling Park, Indiana Township, Allegheny County. Meet Dick Dougall. Enjoy this mushroom walk along a part of the Rachel Carson Trail. From Route 8, go east on Route 910, or from Route 28, go west on Route 910. The park is on Cove Road almost directly across from the Indiana Township Municipal Building. Meet at the large parking lot in the park.

June 12 – 10:00 -12:00, South Park, Allegheny County. Meet LaMonte Yarroll at Brownsville Rd & Corrigan Dr. See their website at http://www.county. allegheny.pa.us/parks/facility.asp 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.

June 19 – 10:00-12:00 Hartwood Acres, Allegheny County. Meet Dick Dougall and Barb DeRiso at the parking lot in front of the Mansion. To reach the Mansion area, enter the park from Saxonburg Blvd.

June 26 – 10:00-12:00, The Dorothy Fornof Memorial Walk at Deer Lakes Park, Allegheny County, Russelton. Meet Jim Wilson and Jim Tunney. 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. We will meet at the large parking lot just past the first lake.

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Newsletter submissions welcome

As the new editor of the Western Pennsylvania Mushroom Club newsletter, I encourage and welcome submissions, ideas, requests, suggestions and photos from any of our members.

All submissions, etc., for the newsletter should be emailed to me at iccwpmc@comcast.net. By doing so you give the WPMC permission to publish your submission. Ginny Sleigh

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Mushroom Tracks

Harvesting and Handling Fungi By Bonnie and Brian Davis



After a long winter, spring has arrived, and you are about to embark on your first organized mushroom walk. You have joined the Western Pennsylvania Mushroom Club, read the newsletter with great enthusiasm and paid particular attention to the first mushroom tracks article with suggestions on what to/not to bring on a walk. The night before, you load your new basket, hiking boots, and bug spray in your car.

You get out long-sleeved comfortable clothing to wear and pack some non-perishable snacks and bottled water. You forget the chair because you're too excited to think about sitting.

You didn't save any vented plastic containers or have a suitable knife, but so what? If you find any mushrooms you'll just pull them out of the ground and throw them into your new basket, right? Yes you can, if collecting dirt, bugs, mixing edible and inedible mushroom spores, and disturbing the mycelium that could affect future mushroom fruiting is your thing.

Let's take a closer look to understand why the experienced mushroom hunter ALWAYS brings a suitable sharp knife and multiple containers/wax/paper (no Plastic) bags with them on a walk.

First - Why is the knife needed? Sure it helps to cut Polypores from rotten wood but you're going on a morel hunt. Many mushrooms, including morels, grow in soil. Why not just pluck the plump golden morsels out of the ground? To address this question thoroughly, we must first understand mycelium and the fruiting body we know as the mushroom.

The vegetative body of all but the simplest fungi consists of a system of finely branched, microscopic thread-like structures called HYPHAE. A collective mass of hyphae making up a particular fungus is known as a MYCELIUM.

It is the Mycelium that permeates soil and decaying wood where the fungus obtains nutrients and moisture for growth. When moisture and temperature conditions are favorable, the mycelium will produce one or more FRUITING BODIES. Once the fruiting body of the mushroom is harvested, the mycelium will continue to grow - given favorable conditions - and continue to produce fruiting bodies if left intact and undisturbed. Once a productive mushroom area is found, leaving the mycelium undisturbed helps to keep it productive for years to come.

Another reason we don't pull mushrooms from the ground is that doing so creates quite a mess in the harvest basket. Dirt and leaves are often attached to the base stem. Bugs also enjoy fungi and are often found inside the hollow stem or the external dimples of a morel. A small, sharp knife is used to "field dress" the mushroom by leaving the unwanted bugs and debris in the woods and out of the harvest container.

Second - Why no clear plastic bags and why use vented containers? We like to use those vented plastic containers that most berries are packaged in at supermarkets.

Unlike plastic sandwich bags, which do not breathe, the vented container will protect the delicate cell wall structure and not starve them of oxygen. If placed in plastic and starved of oxygen the mushrooms will decay rapidly ... especially if exposed to heat and sunshine. You want to avoid storing mushrooms in plastic in a hot unvented vehicle if you plan having fresh wild mushrooms for dinner.

Other than keeping your catch fresh, separate vented containers also serve another important function – keeping your mushroom species separate. On your organized walk, there will be many people with mushroom field guides and usually at least one identifier and/or club mycologist.

The club is interested in all types of mushrooms and encourages harvesting all varieties. Typically after a walk we identify and discuss the varieties found and break them into classifications.

We don't mix the spores of edible and inedible mushrooms. To keep your edible harvest safe, it is a good idea to place an unknown mushroom species in a separate vented container or paper/wax bag, and bring it to the after-walk identification.

Chances are extremely likely that more than one of your fellow club members can positively I.D. the "unknown to you fungus", which will then become a "known to you fungus."

This is what our club is all about promoting the enjoyment, study, and exchange of information about wild mushrooms. It's also OK to have fun, meet some new friends, and perhaps introduce some of your friends to this fascinating hobby.

Bonnie Davis is the Publicity chair and workshop chair. Brian Davis the sales chair and Mid Atlantic Foray chair of the WPMC for the 2010 season. They are also co-founders of the newly formed Washington/ Greene County Chapter of the WPMC.

2010 WPMC walks

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July 10 - 10:00-2:00 Hartwood Acres, Allegheny County. Meet Glenn Carr at the parking lot in front of the Mansion. To reach the Mansion area, enter the park from Saxonburg Blvd. We will hunt mushrooms and help you identify them. Directions below.

July 10 9:00-12:00 Regional **Environmental Education Cen**ter, 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. Go to www.regionaleec.org for more information.

July 17 - 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. 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 below.

July 16-18. Join the Ohio Mushroom Society for their Summer Foray. Ohio University, Athens, OH. Martha Bishop, Dept. of Environmental and Plant Biology, OU. Multiple foray sites will be available. Ohio Brew Week Festival with beer tasting.(http:www. ohiobrewweek.com/) Speakers include Michael Kuo on "20 Cool Mushrooms" and Daniel Molter on "Species, Species Taxa, and the Species Category." Check their website for further details. http:// www.ohiomushroom.org/oms/

July 24 - 10:00-12:00 Harrison Hills Park, Allegheny County. Meet Joyce and George Gross. Pick up PA Route 28 towards Natrona Heights (Allegheny 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) 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.

July 24- Blue Knob State Park, Bedford County. Meet John Plischke and John Plischke III at the park amphitheater. Walk, hunt and identify mushrooms at 3:00 then stay for the slide show and talk at 8:00 pm Saturday. Take the Pennsylvania Turnpike to Bedford, Exit 11. Go north on I-99 to Route 869 west (at Osterburg). Follow Route 869 to Pavia, then follow signs through Pavia to park. Meet at the amphitheater.

July 31- Prince Galitizen State Park, Cambria County . Meet John Plischke and John Plischke III at the park amphitheater. Walk, hunt and identify mushrooms at 3:00 then stay for the slide show and talk at 8:30 pm Saturday. Prince Gallitzin State Park is reached by PA 36 and 53 and US 22 and 219. From US 219, at Carrolltown turn onto SR 4015. At Patton, take US 36 east to Glendale Lake Road. From US 22, Cresson Exit, follow PA 53 north.

Washington/Greene County chapter walks

June 12: South Park. Walk leaders will be Brian Davis, La-Monte Yarroll & John Doyle. See main list for details.

Indiana County chapter walks

June 5: Blacklick Valley Natural Area, Dilltown. Walk leaders Bob & Ginny Sleigh. Meet at the Dilltown Access for the Ghost Town Trail. This will be a split walk with groups hunting both the North and South portions of the park.

June 19: Buttermilk Falls, near Clyde. Walk leaders Bob & Ginny Sleigh. Buttermilk Falls is located approximately 5 miles east of Blairsville off of Rt. 22.

July 10: State Gamelands 262. Walk leaders Bob & Ginny Sleigh. Meet at the parking area along East Creek Road at the gamelands.

All ICC WPMC walks begin promptly at 9 a.m., unless otherwise noted. For directions or more information call Bob and Ginny Sleigh at 724-349-9173 or e-mail them at ICCWPMC@comcast.net. Information about Indiana County Parks can be found on the Web at http://www.indianacountyparks. org/.

WPMC cookbooks available; recipes needed

The WPMC has published two great wild mushroom cookbooks, filled with recipes that have been cooked and taste-tested by the "chefs" who submitted them.

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 more recipes from YOU! Get published in a cookbook; show your family that you are a true gourmet cook. Your recipes must be ones that 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 them to 129 Grant Street, Greensburg, PA 15601. Here is a sample recipe from Volume1:

Mushroom Stuffing Casserole By Joan E. Vickerman

In a greased oblong casserole, dice 2 pounds mushrooms. Melt 5 chicken bouillion cubes in 1/4 cup boiling water and add 2 tblsp. flour, 2 tlbsp. Parmesan cheese, 1/2 pint Half & Half. Stir until thick. Pour over mushrooms. Toss in one 8-ounce package herbed stuffing and 1 stick melted butter. Bake at 350 degrees for 10-20 minutes.

Mushroom Identification Courses planned

By Dick Dougall

The WPMC is presenting two mushroom courses on August 28, 2010 at The Cabin, a building in Allegheny County's South Park. The courses are:

Introduction to Wild Mushrooms from 9am noon. The course will cover a lot of interesting information on mushrooming, their role in the ecosystem, Lincoff's 12 mushroom groups, basic collecting tips, mushroom toxicity, poisonous mushrooms, some of the best edibles, and rules to follow to keep you out of trouble. Cost of the course is \$5 to be collected at the door.

An advanced course on Boletes from 1pm to 4pm.

Boletes are a large group of mushrooms that contain a number of great edibles with only a small number of poisonous species. Although some of the boletes are distinctive, most have many similar characteristics making identification to species hard. The course will focus on identifying boletes commonly found on club walks and forays. Cost of the course is \$10 to be collected at the door.

Registration is required to attend either course. To register or obtain more information, call Dick Dougall at 412-486-7504. You can also register and prepay online using PayPal at the club's website: www. wpamushroomclub.org.

NAMA-endorsed weekend foray planned

(Continued from page 1)

the Gulf Coast, both sides of Canada, and Down Under. The full foray weekend includes two nights accommodations, linen service, and six meals, from Friday evening dinner through Sunday lunch. Doubleoccupancy participants pay only \$135, and those who opt for a room to themselves, \$174.50.

Those who just want to come for the day, all day Saturday, including three meals, forays, wild mushroom dishes with dinner (depending on quantities of choice edibles!), and the evening programs, will pay only \$48.25. (The cost for children 3 to 10, occupying a room with their parents, is \$60, and if they're just there for Saturday, \$24.25.)

Registration forms can be found at the two clubs' websites, www.wpamushroomclub.org and www. mawdc.org. If you're unable to access the sites or can't print out the form, contact foray registrar Connie Durnan (MAW's Membership Chair) at czdurnan@msn.com, by phone at (202) 362-1420, or by regular mail at 4509 Windom Place, NW, Washington, DC 20016, and ask that she mail you a form.

The Tenth Annual Gary Lincoff Mid-Atlantic Mushroom Foray

Saturday, Sept. 11, 2010



Featured speaker will be Gary Lincoff, author of the Audubon Society Field Guide to North American Mushrooms. Gary, Past-president of the North American Mycological Association (NAMA), is the nation's best- known mushroom expert. He's a charismatic and entertaining speaker and makes learning about mushrooms fun and interesting. His end-of-the-day table-walk discussions are not to be missed. Join us for an exciting day of fungi, fun, friends and mushroom exploration - a day filled with foraging, learning, and feasting ... but most of all, fun!

Program: Guided morning & afternoon mushroom walks; guest speakers: Gary Lincoff, Matthew Foltz, Walter Sturgeon, & Tom Volk; cooking demonstration; auction; mushroom feast: our club cooks prepare a real treat, with dozens of unique mushroom dishes to delight your taste buds. This all-day foray will be headquartered at Parish Hill, North Park 10 miles north of Pittsburgh, PA.

Morning and afternoon walks will be conducted in North Park and in other woodlands nearby. The habitats for these foray walks have resulted in well over 100 species collected each year.

Admission:

- Until September 1st the fee is \$30 per person for WPMC members
- Members pay \$35 per person at the door
- Non-members pay \$35 per person plus the 2011 membership fee (\$15 for an individual for \$20 for a family)
- Students (with ID) and children under 18 are \$10 each
- (Please note: signing and dating the release form is an absolute requirement for attendance.)

To register and pay by check:

- Make check payable to: Western PA Mushroom Club
- Mail check and registration form to: WPMC, 244 Lytton Ave. Pittsburgh 15213.
- New members: please include membership application and 2010 dues.

To register and pay online:

- Go to the club website: http://www.wpamushroomclub.org
- Click on the 2010 Foray information.
- Choose the Paypal option (you may pay either using a credit card or a Paypal account).
- You will receive a release form to sign at check-in.

Registration & Release Name 1 Name 2 Name 3 Address _____ City/State/Zip _____ Phone E-mail 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 of its officers or members, 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, field trip, excursion, meeting or dining sponsored by the club. Signature Date: Signature _____ Date: _____

For more information, contact foray chair: Brian Davis, magnumdavisb@verizon.net

Signature Date:

WESTERN PENNSYLVANIA MUSHROOM CLUB

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