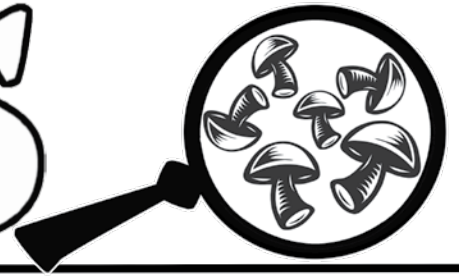


nyms



Winter 2011 New York Mycological Society Newsletter

In the Winter Kitchen

We had an incredibly long and fruitful fall season in 2010—with Gary Lincoff leading walks all the way through the end of December (in a blizzard, no less). But now the long cold season has finally put the clamps down, and you know what they say about idle hands...

Winter's a great time for cooking, so Dennis Aita and I took a tour around some shops in Manhattan to see what kinds of cultivated and imported mushrooms were available for purchase. In addition to the vendors and varieties Dennis details in his write-up (see "Mushrooms in Our Marketplaces," page 7), I have additionally found great wild mushrooms from the West Coast in Brooklyn at the Park Slope Food Co-Op and at Union Market. Lobster mushrooms, chanterelles, hedgehogs have all been plentiful and of outstanding quality this year.

I've also been working on using up my stores of frozen and dried mushrooms, and I've been finding inspiration in Eugenia Bone's blog, *Well Preserved* (<http://blogs.denverpost.com/preserved/>). In the run-up to publishing her pop-sci myco-narrative (the enticingly titled *Mycophilia*) she's been sharing some great tips for winter mushroom cookery. Two words: porcini butter.

Despite our crummy summer for local porcini, I just happened to have a very nice dried cache, thanks to Debbie Viess of the Bay Area Mycological Society in Northern California. After giving her a lift up to NEMF back in September, Debbie sent me a very aromatic care package of dried *Boletus edulis* which she collected last summer on Alaska's Kenai Peninsula.

According to Debbie's report, it was an epic year for Alaskan *B. edulis*—her group even ended up purchasing extra dehydrators to keep up with their collections. I've visited the Kenai a few times for salmon fishing in the past—but if I ever get a chance to go back again, I hope it's when the porcini are popping.

I had such a busy fall after NEMF that I almost forgot about Debbie's gift—and Gena's blog post was a perfect reminder. Not only did I whip up a batch of her porcini butter (to toss with pasta, dress veg, top chops, and finish sauces), but I also whipped up a vegetarian friendly version of a Southern breakfast classic—biscuits and gravy.

Traditionally, this dish is served with a sausage cream gravy. While it can be delicious, it's more often a bit heavy on the fork—as well as the heart. So while a home-made batch of buttermilk biscuits were turning golden in my gas oven, I sautéed some reconstituted porcini in butter as the foundation for a rich but supple whole milk gravy.

Open up a biscuit, smother it in gravy, and put a couple of gently scrambled eggs on the side—and enjoy pure porcini pleasure, right out of the pantry.

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↘ Upcoming Events ↙

Jan. 29—*NYMS Annual Banquet, Ichi Umi, Manhattan, NY*

Winter Lecture Series

February 10—Gary Lincoff, "NYMS Survey of New York City Mushrooms" 6:30 PM, 41 Cooper Square, room LL 101 (southeast corner of 7th Street and 3rd Avenue)

March 24—speaker and subject TBA, 6:30 PM, 41 Cooper Square, room LL 101 (southeast corner of 7th Street and 3rd Avenue)

Additional lecture dates and business meeting to be announced by email



NYMS Newsletter

Editor—Jason Cortlund
Graphic design—Maria Reidelbach
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President—Maria Reidelbach
Vice President—Dennis Aita
Secretary—Paul Sadowski
Treasurer—Charles Luce
Walks Coordinator—Dennis Aita
Lecture Coordinator—Gary Lincoff
Study Group—Paul Sadowski
Archivist—Ralph Cox
Webmaster—Adam Rosenberg
sitemaster@newyorkmyc.org
www.newyorkmyc.org

Articles should be sent to:
Jason Cortlund
98 Underhill Ave #2
Brooklyn, NY 11238
cortlund@antiquirk.com
(512) 297-5258

Membership inquiries:
Charles Luce
518 Gregory Ave. C312
Weehawken, NJ 07086
bryanandluce@verizon.net

Address corrections:
Paul Sadowski
205 E. 94 St., #9
New York, NY 10128-3780
pabloski1@verizon.net

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Submissions for the next issue of the NYMS newsletter must reach the editor by March 15, 2011. Various formats are acceptable for manuscripts. Address questions to Jason Cortlund, editor. See above for addresses.

NEWS, ANNOUNCEMENTS & LETTERS

New York Mycological Society Business

2011 Membership Dues

Your treasurer would like to remind all members that NYMS membership fees for 2011 will be due beginning January 1. If you are renewing as an individual the fee is \$15. The family renewal is \$25. If you are a new member—joining for the first time or did not pay in 2010—the fees are \$20 individual and \$30 family. Please fill out the membership form on the back of this newsletter. There's also a digital version available on our website, under the downloads tab (<http://www.newyorkmyc.org/nymfuse/downloads.php>). Membership fees will not be processed without an accompanying signed renewal form.

ALL MEMBERSHIPS MUST BE PAID BY MARCH 31, 2011.

Please note that if you are a member of NAMA and want to renew, you must do so directly through NAMA. You should have already received a renewal form from Ann Bornstein, the NAMA membership chair. DO NOT send your NAMA renewals to me.

Thank you.
Charles Luce
NYMS Treasurer

2011 NAMA Foray Registration

Registration is now open for the 2011 NAMA Dr. Richard Homola Memorial Foray to be held Thursday, August 4 through Sunday, August 7, 2011. It will be hosted by The Western PA Mushroom Club at Clarion University in northwestern Pennsylvania, near the Alleghany National Forest.

The foray will include a choice of 20 different walks and presentations by 25 distinguished experts, including Dr. Alan Bessette and Arleen Bessette (special guest mycologists); Gary Lincoff (chief mycologist); Douglas Bassett (polypore specialist); Ernst Both (bolete specialist); Dr. Patrick Leacock; Renée LeBeuf (Mycena specialist); Dr. Frank Lotrich;

Dr. Rosalind Lowen (Ascomycete specialist); Dale Luthringer; Donna Mitchell; Dr. Shannon Nix; John Plischke; Bill Roody; Noah Siegel; Walt Sturgeon; Rod Tulloss (Amanita specialist).

There will also be an all-day pre-foray Ascomycetes workshop led by Roz Lowen on Thursday, August 4. The class size will be limited to 16 students.

As the foray is set up, it is limited to 225 people. It is going sell out early, so don't hesitate, get your registration form signed and send it along with a check today. For more information or to download the registration form, visit the NAMA website at <http://namyco.org/events/index2011-0.html>.

NEMF 2011 Registration

The 2011 NEMF Samuel Ristich Foray will be held at Paul Smith's College in Paul Smiths, NY from August 11 to August 14, 2011. Registration opens on January 15th. In the past, NEMF registration has closed out within the first month of opening, so early application is encouraged.

The foray will be co-hosted by Central New York Mycological Society, Mid York Mycological Society, Rochester Area Mycological Association, and Susquehanna Valley Mycological Society.

Paul Smith's College is located on beautiful Lower Saint Regis Lake, situated within the St. Regis Canoe area and the High Peaks region of the Adirondacks. It's also close to Lake Placid and Saranac Lake.

Dr. Tim Baroni, from SUNY Cortland and recipient of the Distinguished Mycologist Award from the MSA, will serve as chief mycologist. Professional mycologists in attendance will include Andy Methven (Eastern Illinois University), Alex Weir (SUNY College of Environmental Science and Forestry), and Kathie Hodge (Cornell University). The faculty will be rounded out by long-time Fungi Perfecti staffer, Jim Goiun, Gary Lincoff, Roy Halling, Roz Lowen, Rod Tulloss, Walt Sturgeon, Noah Siegel, and Bill Yule. John Plishke III will be our sorting chair.

Programs will include a mix of ID

Cont. p. 4

* Field Notes *



Central Park Post-Christmas Mushroom Count

On December 26 Gary Lincoff led a group of 22 intrepid mycophiles in the early hours of the blizzard that dumped 20" of snow on Central Park. Thirty unique mushroom species were found.

- | | |
|--|--|
| 1 Hypoxylon sp. | 19 Phellinus rimosus |
| 2 Diatrype stigma | 20 Irpex lacteus |
| 3 Nectria-like coral spots on wood | 21 Daedaleopsis confragosa |
| 4 Biscogniauxia punctata Gray spreading crust with TBD (tiny black dots) | 22 Daedalea quercina |
| 5 Pleurotus ostreatus | 23 Laetiporus sulphureus (old remains) |
| 6 Panellus stipticus | 24 Poroid crust....tan with large pores |
| 7 Hydnochaete olivacea | 25 Crust yellowish and a bit pink, green...5 foot spread on willow log |
| 8 Hymenochaete sp. | 26 Crust yellow green (small).....with tiny white fringe at margin |
| 9 Plicaturopsis crispa | 27 Crust pinkish tan, 4 foot long sheet |
| 10 Phlebia (Merulius) tremellosa | 28 Crust red brown Stereum-like..... Peniophora cf albobadia |
| 11 Stereum complicatum | 29 Crust white like paint....Peniophora cf cinerea |
| 12 Stereum hirsutum | 30 Crust with tiny, separated white teeth (not Irpex) |
| 13 Stereum ostrea | |
| 14 Stereum cf striatum (tiny, ivory, 14 shell-like) | |
| 15 Ganoderma lucidum | |
| 16 Trametes versicolor | |
| 17 Trichaptum bifforme | |
| 18 Phellinus gilvus | |

PHOTO ID: Victor Weiss, Don Recklies, Christine Jordan, Paul Sadowski, Irene Liberman, Ken Gray, Alexandra Rulle, Victoria Rulle, Gretchen Van Matre, Shirley Lindenbaum, Sokie Lee, Gary Lincoff, Vanya Seferovic, Mariya Zeremski-Seferovic, Katie Kehrig, Ava Chin, Owen Brunette, Gena Bone, Alice Barner, Steve Cooper.

Cont. from p. 2
workshops along with papermaking, cultivation, medicinals, and dyeing. Walks Chair Stacey Kalechitz has assembled a variety of foray locations close to the campus to allow maximum gathering time in the forests. Site selections have been chosen from over six million acres in the Adirondack Park.

Pat Reehil and Jean Fahey will serve as lead mycophagists. You will have the opportunity to sample some of their favorite mushroom recipes. Expect some memorable treats from these gourmet chefs. Social Chair Sandra Spacher is searching for the best local cheese and regional treats to tantalize your taste buds during our evening socials. The Bobcat Lounge will be open in the evenings for legal beverages.

Lodging will consist of a variety of college dormitory offerings. Room assignments will be made on a first-come, first-served basis. There are nearby private motels and campgrounds if the college experience is not for you. Meals will be served cafeteria style. Commuters are welcome. Details about the different housing and meal options can be found on the registration form.

Visit the NEMF website (www.nemf.org/files/2011.html) to download a registration form and find more information. For questions, please contact Peter Molesky (Registrar Chair) by phone at 315-339-3515 or by Email at pcmolesky@aol.com.

2011 Mycology Seminars at the Humboldt Institute on the coast of Maine!

In support of field biologists, modern field naturalists, and students of the natural history sciences, Eagle Hill offers specialty seminars and workshops at different ecological scales for those who are interested in understanding, addressing, and solving complex ecological questions. Seminars topics range from watershed level subjects, and subjects in classical ecology, to highly specialized seminars in advanced biology, taxonomy, and ecological restoration. Eagle Hill has long been recognized as offering hard-to-find

seminars and workshops which provide important opportunities for training and meeting others who are likewise dedicated to the study of the natural history sciences.

Eagle Hill field seminars are of special interest because they focus on the natural history of one of North America's most spectacular and pristine natural areas, the coast of eastern Maine from Acadia National Park to Petit Manan National Wildlife Refuge and beyond. Most seminars combine field studies with follow-up lab studies and a review of the literature. Additional information is provided in lectures, slide presentations, and discussions. Seminars are primarily taught for people who already have a reasonable background in a seminar program or in related subjects, or who are keenly interested in learning about a new subject. Prior discussions of personal study objectives are welcome.

July 31—August 6: Mushroom Identification for new Mycophiles; Foraging for Edible and Medicinal Mushrooms (Greg Marley)

August 28—September 1: Toxic and Look-Alike Mushrooms and the Management of Mushroom Toxicities: A Seminar for Emergency Care and Health Care Providers (Tamas R. Peredy, John Saucier, and Lawrence Leonard)

September 11—17: Mushrooms and Other Fungi (Rosalind Lowen and Dianna Smith)

Detailed information about the seminars, lodging options, meals, costs, and an online application form can all be found at: <http://www.eaglehill.us>. Or, for more information, please contact the Humboldt Institute, PO Box 9, Steuben, ME 04680-0009. Phone: 207-546-2821. E-mail: office@eaglehill.us



Member Profile: Claude Martz

What brings you to mushroom hunting?

It's always been one of my favorite pastimes. It's almost impossible for me to walk or hike in the woods and not look left and right to see if I can spot any mushrooms.

Where, when, and/or with whom did you first hunt mushrooms?

I can't remember exactly when and where, but one of my first memories is when I must have been eight or nine years old, sleeping over at my cousin's house. My uncle would wake me up at dawn to go mushroom hunting for mostly *Agaricus arvensis* and *Agaricus campestris* mushrooms in the grassy cow's pasture. It did open my eyes to the vast and exciting world of mushrooms.

What scientific aspects of fungi interest you (if they do)?

Recognizing the species and understanding why one specific mushroom belongs to a certain group or genus. Also, the influence they have on plants and trees.

How do you decide whether or not to eat a mushroom?

First, if I'm not 100% positive I use my books to help me identify or make a spore print if necessary—especially if it's a species I'm not too familiar with. Only if it's something I can absolutely positively ID do I dare cook or dry it.

How do you like to eat mushrooms (if you do)?

Fresh, of course, is the most desirable—sautéed in butter or with a cream sauce and something simple like pasta or risotto, or along side a good cut of meat. For lack of finding them fresh or in the off season, we use dried ones reconstituted along with fresh shitakes or buttons, and of course cream and butter!

Do you collect any fungus-related objects?

Objects? Not really, but I do enjoy collecting books from both the US and France, where I grew up and still visit during mushroom season.

What's your favorite fungus/why?

If they're fresh, some of my favorites would be chanterelles, *Agaricus campestris* (which I don't often find around here), and of course morels. If dried, *Boletus edulis* or Black Trumpets—they have such a strong and wonderful taste, especially for sauces.

Are you secretive about the places where you've found mushrooms growing?

I may not tell someone I don't know well where the good spots are, but I really do enjoy sharing with enthusiastic NYMS members. I'm also still hunting for more of these secret spots myself.

What is your favorite season to mushroom hunt?

The fall for the great variety of my favorite species and the beauty of nature all around.

What habitats do you prefer to hunt in?

The woods are my favorite, but it's that very special place right along the edge of the tree line where the grass is still present, right before the under-forest, facing south for the light.

Do you keep a life list of species you've found?

Yes, I do try to keep a personal list of things I've found, usually with a picture, but I'm not obsessive about details.

Do you know many mushroom enthusiasts (mycophiles) or are you relatively alone in this pursuit (outside of your NYMS associations)?

I have friends in other states, especially out West, that love to look for mushrooms. And certainly when we go back to visit my family in Alsace in the summer or fall, we have lots of special spots in the woods and fields we return to year after year. 🍄





Champignons de Paris

By Maria Reidelbach

Ordinary supermarket mushrooms, *Agaricus bisporus*, are, I think, often unfairly maligned. These delicious beauties were the original cultivated mushroom, grown in France beginning in 1707 and known as champignons de Paris. By 1893 the Pasteur Institute worked out how to sterilize spawn and made cultivation more predictable and scientific. These days, the species is cultivated in a range of colors and sizes and marketed as crimini, portobello, baby bella, etc., but they are all virtually the same mushroom, one that cooks up juicy, umami, and fragrant.

The following recipes are from Rozanne Gold's *Recipes 1-2-3*, a cookbook in which the recipes use only three ingredients each (not counting salt and pepper). She takes button mushrooms, coddles them in warm olive oil, then seasons the juices with a splash of sherry vinegar and a crunch of coarse salt. They've never tasted better. She said mushrooms cooked this way will last for weeks in the fridge, but mine didn't. In fact, they didn't make it to the fridge! There's no reason why her technique wouldn't work with other types of mushrooms, and other types of vinegar, too. A tip o' the hat to Katie Kehrigh for recommending this recipe.

Coddled Button Mushrooms

1 pound large mushrooms (about 18)

1/2 cup extra virgin olive oil

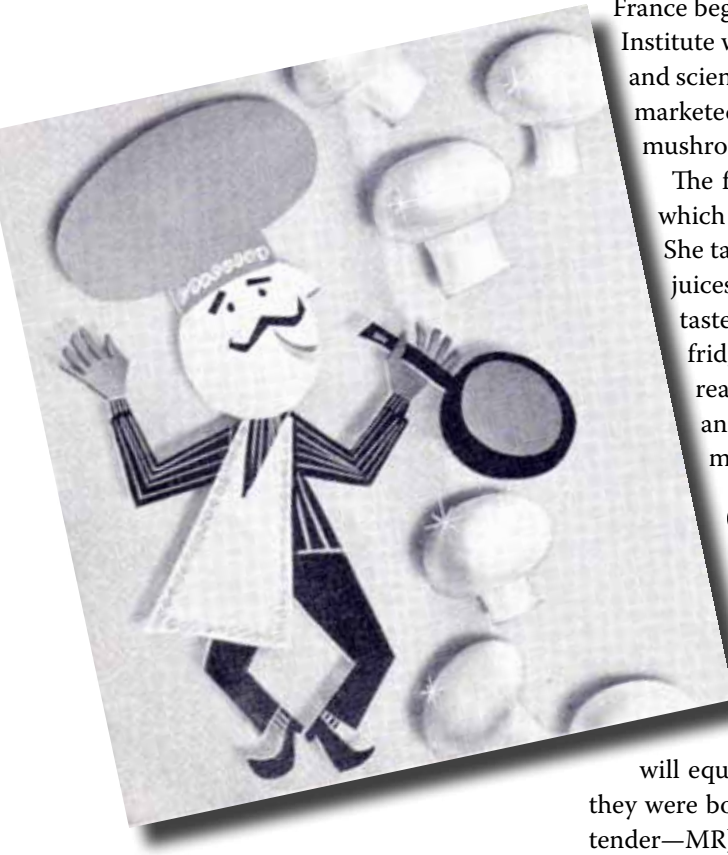
2 tablespoons sherry vinegar

Cut the stems off the mushrooms level with the bottom of the cap (leaving the stub of the stem). Beginning at the edge, peel the mushroom caps with your fingers; save the trimmings and the cut stems, which

will equal about 1 cup. [I wondered about this step and tried some unpeeled—they were both good, but the skinless caps absorbed more juices and were meltingly tender—MR]

Put the mushrooms, stems up, in a nonstick skillet large enough to hold them in a single layer. Pour the olive oil over the mushrooms and sprinkle with 1 teaspoon coarse salt. Cover with a round piece of baking parchment.

Over a very low flame, heat the mushrooms slowly. Cook 5 minutes, turn mushrooms on the other side, and cook 5 minutes. Continue to cook on each side for 4 to 5 minutes, for a total cooking time of 18 to 20 minutes. Remove the mushrooms with a slotted spoon. Add the vinegar and 12 whole black peppercorns to the juices in pan. Cook over medium heat 2 to 3 minutes. Pour over the mushrooms. Serve at room temperature.



Illustrations above and right are from an undated vintage recipe pamphlet.

The following recipe uses the trimmings from the above. It's a simple recipe, but again, the gentle, slow, cooking method develops the flavors and texture of the mushroom.

Mushroom Paté

1 cup mushroom trimmings (peelings and stems)

2 tablespoons olive oil

2 small cloves garlic, finely chopped

Put all the ingredients in a small, heavy pot with a cover. Cook, covered over low heat for 25 minutes, or until the mushrooms are very soft. Add salt and freshly ground black pepper to taste. Uncover and cook 1 minute. Puree in a food processor until smooth.

Serve on crostini, stuff under chicken or turkey skin, or coat meat to be roasted.



Mushrooms in Our Marketplaces

By Dennis Aita

We have a new fancy food store in Manhattan—Eataly—which is focused on Italian food and food-related items. They also carry an interesting assortment of fresh wild and exotic mushrooms, truffles and truffle products, as well as other products containing fungi.

On two occasions this winter I have spotted a mushroom which I only had seen a couple of years ago in another store (Manhattan Fruit Exchange in the Chelsea Market) but had not bought and tasted as they weren't in good condition.

We're talking about the Elf Mushroom (a relatively new name for the white king oyster, *Pleurotus nebrodensis*, not to be confused with the cream to brownish-capped king oyster, *Pleurotus eryngii*, which is now commonly found in many of our markets).

Both of these mushrooms can be found wild in the Mediterranean region and are now being cultivated. While the Elf Mushrooms may have been really fresh, all white, and in great condition for Christmas at Eataly, they were turning yellow and had an disagreeable smell both times this winter when I was there.

Our newsletter editor, Jason, joined me for the second trip to Eataly and we both agreed that now was not the time to buy them and try them. Unfortunately, this is not an uncommon situation in many of our stores that sell mushrooms. Why can't quality stores throw out their old mushrooms—and buy fresh stuff to replace them—as they do with their old lettuce and other vegetables?

At the Garden of Eden store on West 23rd Street, Jason and I saw water-logged and dirty chanterelles from the West Coast, porcini (*Boletus edulis*) from South Africa, and large black trumpets, also from the West Coast, that didn't have as much of an odor as many of the ones found here in the East. *Cont. p. 8*



And in Manhattan's Chinatown, in the large indoor food shopping markets as well as outside at the outdoor market under the Manhattan Bridge, one now sees more mushrooms such as king oysters, beech mushrooms, enokitake, button mushrooms, fresh shiitake, and maitake that one had been finding in the uptown stores. But the prices there are considerably cheaper than uptown. 🍄

Just warm enough

Mammals' body temperatures may represent balance between warding off fungi and limiting food needs

By [Tina Hesman Saey](#)

From *ScienceNews* [January 1st, 2011; Vol.179 #1](#) (p. 15)

Web: http://www.sciencenews.org/view/generic/id/67029/title/Just_warm_enough

The fungi may be to thank for mammals' warm blood, a new theory suggests. But exactly how hot-blooded an animal is may depend on balancing fungal protection with food consumption.

The optimum body temperature for organisms to ward off fungal infections without burning too much energy is 36.7° Celsius — close to the core body temperatures of mammals, including humans, researchers at Albert Einstein College of Medicine in New York City reported online November 9 in *mBio*. The finding is the latest piece of evidence for a theory that fungi may have been a driving force in the evolution of mammalian body temperatures. The new mathematical analysis also helps explain why mammals aren't even hotter.

"Mammals don't make any sense," says Arturo Casadevall, a microbiologist at Einstein who devised the theory. "We have to eat all the time. Our reproduction rate is low." In fact, until catastrophic events caused the extinction of the dinosaurs, "mammals were an experiment that wasn't going anywhere," he says.

Casadevall wondered why reptiles didn't retake control of the Earth once environmental conditions had stabilized again.

A couple of pieces of evidence led him to develop the new theory. First, a massive fungal bloom swept the Earth about the time of the dinosaur extinction. "The world became a huge a compost pile," he says.

Second, fungi plague plants, insects and other cold-blooded creatures far more often than they do mammals or birds. Putting two and two together, he formulated a theory that the warm body temperatures of mammals and birds might have protected them from fungal pathogens, while diseases caused by fungi might have been a factor keeping the reptiles from rising again.

"We are cautiously suggesting that fungi may have been responsible for the success of the mammals," he says.

To test the theory, Casadevall and Vincent Robert of the CBS Fungal Biodiversity Center in Utrecht, the Netherlands, measured the thermal tolerance of 4,802 types of fungi. For every degree Celsius the researchers raised the temperature above 30° C, 6 percent fewer fungal species could grow, the team reported last year in the *Journal of Infectious Diseases*.

Most mammals have body temperatures of about 37° C (98.6° Fahrenheit). But if higher temperatures ward off more fungi, why don't mammals run even hotter?

In the new paper, Casadevall and coauthor Aviv Bergman, an evolutionary systems biologist also at Einstein, attempted to answer the question with a mathematical model. Mammalian body temperature is a trade-off between fighting fungi and burning too much fuel, they found.

"If you were to go higher, you'd have more protection, but then you'd have to eat a lot more," Casadevall says.

Their model doesn't address all the biological questions related to mammalian body temperature, says Bergman, but it does suggest that threats from fungi could impose constraints on some aspects of mammalian evolution.

"I think it's a really cool idea," says Leah Cowen, a medical mycologist at the University

Cont. p. 11



A Term Defined: Decurrent

Etymology: Latin *decurrent-*, *decurrans*; present participle of *decurrere* to run down; from *de-* + *currere* (to run)

The adjective "decurrent" describes a physical feature of plants or fungi that runs or extends downward along a stem—such as leaves, gills, or pores.

Many species of *Cantharellus* (chanterelles) and *Pleurotus* (oysters) feature decurrent gills, which extend from the underside of the cap down the stem.

Decurrent artwork provided by NYMS club member and natural science illustrator Anne Yen (www.anneyenillustration.com).

Dousing yourself with Permethrin? Not so fast!

By Claudine Michaud

This in response to an article by Dennis Aita in the NYMS newsletter that recommended the use of the chemical Permethrin for repelling ticks ("Permethrin for Ticks," Summer 2010).

Permethrin is a very dangerous chemical for your body and the environment and it is not the only solution for preventing illness due to bites by ticks.

What else can be done? The first step is to learn about ticks. Yes, they can carry dreadful disease-causing bacteria, including *Borelia burgdorferi* (the bacterium responsible for Lyme Disease), *Babesia microti*, and *Ehrlichia chaffensis*. These diseases can be transmitted when an infected tick bites and attaches itself to a host for 24 to 48 hours.

Approximately 25% of ticks carry Lyme Disease. Flu-like symptoms and a target-shaped rash can appear about a week after a bad bite. Lyme Disease is treatable (consult the Center for Disease Control website for more information, <http://www.cdc.gov>).

Deer ticks mature in three stage—larva, nymph, and adult—feeding once at each stage. The larva bite, being the tick's first meal, is no danger. Nymphs and adults, however, may have had their first meal on an infected mammal--and from there can transmit the diseases to humans.

Next, do some research on Permethrin and other chemical repellents like DEET. Keep in mind that a great deal of this research is funded by the corporations that produce these chemicals and that it can take many years to appreciate the damage they do to the body and the environment. Many more serious studies should be done before making the decision to use these products.

A good alternative to potentially harmful chemical repellants is to work on prevention when going outdoors. Choose light-colored clothing that provides sufficient contrast for spotting ticks on your body. Wear long pants that can be tucked into socks and some sort of long-sleeve shirt or jacket. After each use, wash your outdoor clothing in hot water and dry at high heat.

Also, it is very important to always make a full body check as soon as you return

Remember!

2010 membership renewals received after April 1st are at the new member rate of \$20 (individual) and \$30 (family). Make checks payable to the New York Mycological Society. If you wish to become a member of NAMA (the North American Mycological Association), make a separate check for \$32, payable to NAMA, and mail it with the NYMS dues to Charles Luce, Treasurer, 518 Gregory Ave., #C312, Weehawken, NJ 07086. Use the membership coupon in this issue.

Stay responsibly in touch with us. If your telephone number, mailing or email address changes, please contact Paul Sadowski, Secretary with your new information. On your membership form, please consider going paperless when it comes to receiving these newsletters. Newsletters sent via email (PDF file format) are in color, have live web links, help us contain costs, and use fewer natural resources!

NYMS walks policy: We meet when public transportation arrives. Check the walks schedule for other transportation notes. Walks last 5-6 hours and are of moderate difficulty except where noted. Bring lunch, water, knife, and a basket for mushrooms. Leaders have discretion to cancel walks in case of rain or very dry conditions. Be sure to check your email or contact the walk leader before a walk to see if it has been canceled for some reason. Non-members' attendance is \$5 for an individual and \$10 for a family.

Warning: Many mushrooms are toxic. Neither the Society nor individual members are responsible for the identification or edibility of any fungus.

home, using a mirror if necessary. Pay special attention to favorite tick hiding places-- armpits, groin, scalp, and in folds of skin (like between your toes).

If you find a tick attached to your body, it's not the end of the world. Use a pair of tweezers to remove it. Grip it as close to the head as possible and make sure to remove all of it. Then clean the point of attachment with alcohol. Do a full body check even if you use Permethrin and/or DEET, as they are not 100% effective at repelling ticks.

I don't use any chemicals on my clothes when I go outdoors. I am still occasionally bitten by ticks, but I've never caught any diseases caused by ticks by following these simple steps of prevention.

Know what you are doing and why—make the decision to use Permethrin or not based on knowledge. There is a lot of time to do research before our next mushroom season starts with the Morel Breakfast in May. 🍄

Experience: I nearly died after eating wild mushrooms

'The scary thing about the Destroying Angel is that it tricks you into thinking you are making a recovery – then it destroys your liver'

By Richard Eshelman (as told to Sophie Haydock)

[The Guardian](#), Saturday 13 November 2010

Source link: <http://www.guardian.co.uk/lifeandstyle/2010/nov/13/nearly-died-eating-wild-mushrooms>

Four years ago, a few days before my 56th birthday, I went to one of my favourite spots – a park about a quarter of a mile from my home in Ithaca, New York.

That summer had been hot and humid, and there were mushrooms everywhere. I saw some on the ground I thought were edible ink caps – white, with their caps down. I also spotted a bigger mushroom nearby with its cap open – it looked poisonous to me. I should have remembered that mushrooms grow in colonies: it was likely that the lone bigger mushroom and the smaller versions were the same. But I didn't think. It was a glorious day and I felt invincible. I picked three or four of the small ones and took them home.

As a young man, I used to look for morels and meadow mushrooms. At college, I'd taken a course in mushroom hunting. I didn't consider myself an expert, but I did know that there was a very toxic mushroom called the [destroying angel](#), one of the most deadly mushrooms in the world.

At home, I spent some time looking for my mushroom book to identify what I'd picked, but couldn't find it. I was in a rush because I was going out, so I thought, "It's OK, I know what I'm doing. These are definitely [ink caps](#)." I fried them with butter and ate them as a side dish. Ink caps usually give out a residue when you cook them. These didn't, which should have been my first clue that they weren't what I thought they were. They didn't taste great – in fact, there was something quite bland about them. "I won't bother eating these again," I thought.

That night, I told friends I'd just eaten wild mushrooms. One asked if they'd had white caps and gills, and I said, yes. She told me her mother said never eat mushrooms that are white all over. I shrugged it off and said I knew what I was doing. But she planted the first seed of doubt.

The next morning, I woke up about 4am, ran to the bathroom and started throwing up. Then the diarrhea began. I thought, perhaps my friend was right; maybe I've eaten poisonous mushrooms.

I went again to look for my mushroom book, which I now found. I looked up the destroying angel – and there were my exact symptoms: eight hours after eating, it will cause vomiting and diarrhea. And then it destroys your liver – there's no antidote and 60-80% of people don't survive. I realized I'd made the biggest mistake of my life.

The scary thing about the destroying angel is that it tricks you into thinking you are making a recovery. After the vomiting and diarrhea, you start to feel better. Knowing this, I acted quickly and called the hospital. They recommended going back to where I

picked the mushrooms to see if I could find another so they could identify it – which is what I did. Then I drove myself to the emergency room. As I left my house, I thought, "Look around, you may never be back here."

At that point, I hadn't told anyone else that I suspected I'd poisoned myself. I called work, because I had a shift that night. Eventually, I called my girlfriend. I felt embarrassed that all my friends and family would know I'd made such a terrible mistake.

The doctors ran some tests and confirmed I'd eaten the destroying angel. I was the third person that year to be admitted after eating one. The two before me hadn't survived. I was sent to another hospital a few hours away; it was the best place to be if my liver failed and I needed a transplant.

I was still vomiting and the diarrhea was constant. I had tubes down my throat, and the doctors took blood samples every hour to monitor my liver. They asked me questions to check I was lucid. The critical night was on Friday, three days after I'd eaten the mushrooms, when I went into intensive care. I was given high doses of penicillin and the next morning my liver began to recover. I didn't need a transplant, but my kidneys were badly damaged. I was kept in for another week. All I know is that I survived – one doctor said it was a miracle.

I haven't had the courage to pick wild mushrooms since – I don't trust myself – but my experience shouldn't deter others. The mistake I made was assuming I knew what I was eating. I wasn't paying attention and I'm lucky to be alive. 🍄



Just Warm Enough, cont. from p. 8

of Toronto. What's striking about the new study is that the model is simple, "but the vision is large," potentially answering a huge question in evolutionary biology. "This is a big picture question addressed by a simple mathematical model."

The real mark of a good model is whether it can make predictions, says Joseph Heitman, a microbiologist and geneticist at Duke University. This model is "really creative and a bit out there," he says, but "one of the beauties of it is that it is fairly straightforward."

One might predict from this model that raising an animal's temperature would lead to greater resistance to fungi. Lowering body temperature would then be expected to make animals more vulnerable to fungal infections.

Frogs and other amphibians in decline around the world — in part because of infections with a chytrid fungus — may provide some evidence that the theory is correct. Warming up infected frogs can help clear them of the fungus, Heitman says.

Reducing a mammal's temperature in the laboratory to find out whether lower body temperatures lead to fungal disease is difficult because messing with body temperature can affect many other biological processes. But hibernating bats may provide a clue that Casadevall is onto something, says David Blehert, a microbiologist with the U.S. Geological Survey's National Wildlife Health Center in Madison, Wis.

Blehert studies white-nose syndrome, a fungal disease that is killing bats in large numbers in the eastern United States. A fungus called *Geomyces destructans* infects bats while they are hibernating — a time when body temperatures drop from 40° C to about 7°. "They're not warm-blooded when they get infected," Blehert says. When bats are up and around and at their normal body temperature, they seem impervious to the infection, he says.

In a report published November 11 in *BMC Biology*, Blehert and others described how the fungus, which erodes and replaces the bat's skin, damages wings and leads to death. Casadevall's idea has "become important in our thinking about this disease," Blehert says.

The idea of a link between fungal disease and body temperature is not controversial among scientists, Blehert says. "It's very logical." 🍄



The cartoon above, by Glen Jones, is available on a t-shirt: www.store.glenz.com.

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Paul Sadowski
205 E. 94 St., #9
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