



THE KEYSTONE CAP

Newsletter of the Eastern Penn Mushroomers
www.epennmushroomers.org

Spring 2020

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COMMUNICATIONS

President:

Shawn Moyer
(717) 571-9942
smoyer@pinchotfamilymed.com

Vice Pres & Program Chair:

John Dawson
717-846-1225
Jwd7too@comcast.net

Treasurer:

Cheryl Dawson
717-846-1225
Daws1cheryl@comcast.net

Director at Large:

Devin Bily
804-615-3932
bilyds@gmail.com

Foray Chair & Recorder:

Linda Sears
570-581-1202
lkbsears@gmail.com

Webmaster:

Chris Snyder
717-768-4660
Cwsnyder@frontiernet.net

Newsletter Editor:

Lynn Nelson
717-757-4980
LynnNelson104@gmail.com

Culinary Coordinators:

Gina Vachino
410-302-6395
gvachino@gmail.com
Angela Foster
717-799-1554
CVToaster@aol.com

Message from Linda Sears, EPM foray chair

EPM is cancelling all spring forays out of an abundance of caution due to COVID-19 social distancing concerns. The PA DCNR has not only closed a number of state parks completely, but has cancelled all public group gatherings and educational events through the end of April in all its parks and forests. We may reschedule some forays based on the epidemic progression and outlook. Please stay tuned.

While it may be possible to hold the forays at alternative sites, we feel it is best to follow the policy of not having gatherings of more than ten people. It would also be very difficult to conduct an identification session when we need to stay six feet apart.

Stay positive and safe. This too will end.

Mushroom Research Center Field Trip, June 6, 2020

By John Dawson

I've made arrangements for a club field trip to the Mushroom Research Center at Penn State's main campus, which I hope to combine with a visit afterward to the Kneebone Collection in the Penn State library there (a non-circulating collection of books on mycology, including many rare and valuable items). The date for the trip will be June 6, meeting at the MRC at 10 a.m.

If you are interested in attending, contact me directly at Jwd7too@comcast.net by May 15 so that I can provide an approximate head count to the person in charge at MRC.

Mycological Trivia Questions by John Dawson

The answers are on page 2.

1. The code of nomenclature for algae, fungi and plants is independent of that for zoology, so some Latin names of fungal genera coincide with those of animals. Give three examples of such generic names.

2. What unindicted World War II war criminal was elected to membership in the U.S. National Academy of Sciences on the basis of his studies of slime molds?

NEMF 2020

The Northeast Mycological Federation's 2020 foray will be held in Joliette, Québec, September 11– September 14, 2020. More details and registration information will be available about April 1, here:

<https://www.nemf.org/2020/01/10/nemf-2020-joliette-quebec/>

SAVE THE DATES

Mark your calendars so you don't miss these FUNgi activities.

EPM 2020 Spring Forays
CANCELLED

EPM 2020 Miknis Foray
July 31 – August 2, 2020

NEMF 2020 Foray
September 11 - 14, 2020

FUNGI IN THE NEWS

Portable Test for Amatoxins
<https://newatlas.com/health-wellbeing/portable-amanitin-toxic-mushroom-test/>
A diagnostic tool for doctors and veterinarians.

The Art, Design and Future of Fungi
<https://www.cnn.com/style/article/mushrooms-somerset-house-exhibition-art-design>
Highlights from a London art center's mushroom-themed art exhibit.

Cosmic Slime
<https://www.inverse.com/science/behavior-of-single-cell-organism-may-unravel-biggest-mystery-of-universe>
Slime molds provide insight into the universe's web-like structure

Mushroom Beers
<https://www.themanual.com/food-and-drink/mushroom-beers/>
Four to try.

Origin of Fungi
<https://phys.org/news/2020-01-mushrooms-earlier-previously-thought.html>
Fossilized fungi study suggests mushrooms appeared on earth earlier than thought

EPM Annual Helen Miknis Memorial Foray

Mont Alto, Pennsylvania, July 31–August 2, 2020

The Eastern Penn Mushroomers' Helen Miknis Memorial Foray returns, after a year's hiatus to help host the NEMF regional foray, to the Mont Alto campus of Penn State University, with forays mostly in the Michaux State Forest but also in the Tuscarora State Forest. The Michaux and Tuscarora state forests provide a variety of habitats in the state parks and game lands that are lined up along Pennsylvania's share of South Mountain and the Tuscarora Ridge. Arrival begins any time after noon on Friday, July 31, with an early-bird foray Friday afternoon, usually going out sometime around 2 pm to a close site or two of the participants' choice. A full-day foray and several half-day forays will be scheduled on Saturday, depending on the desires of the participants. Our principal identifier Dorothy Smullen will return and will be ably assisted once more by Paula DeSanto. Friday and Saturday evenings are devoted to identification of finds, with our workplace and display space in the public areas of the dormitory where we stay. Review of the collection will take place Sunday morning and we will need to be out of the building by noon Sunday.

Accommodations will be in the Penn Gate II dormitory. The dormitory is a favorite and quite comfortable; accommodations are in four-person, two-bedroom suites with microwaves and mini-refrigerators in each room and a bath area shared between the two bedrooms, giving easy access even at late hours to the work area for the foray in the public areas of the dormitory. Meals, beginning with dinner on Friday and ending with breakfast on Sunday, will be in the nearby Mill Creek Café on the campus, where the staff is always delighted to have us back and the food is the best on-campus food we've had at a foray. (They even make sure we have mushrooms as part of most meals!)

Registration deadline for the Foray is July 20, 2020. The registration form is at the end of this newsletter and will also be available online at www.epennmushroomers.org

Trivia Questions Answers

Question 1 - Here are three examples (and there are likely other examples as well):

- Lactarius is a genus of fishes as well as mushrooms
- Oxyporus is a genus not only of polypores but of beetles
- There is a fungal genus Drosophila in addition to the genus of fruit flies well-known to geneticists.

Question 2 - Emperor Hirohito of Japan.

Winter Meeting Minutes

Minutes of EPM's winter meetings are available on our collaboration platform here: <https://groups.io/g/Epennmushroomers/files/Minutes>
Note that the March meeting was cancelled.

Recipe - Tarte Soleil au Champignons (Mushroom Sun Tart) by Lynn Nelson

I brought this dish to the February meeting and had several requests for the recipe, so I'm including it in the newsletter here. There are two components to this recipe: the caramelized mushroom filling and the puff pastry assembly. The filling recipe is below. The inspiration and instructions for the assembly and cooking of the tart came from a website (link below) with step-by-step instructions with photos, so I won't include those details here.

This makes one large tart, about 34 servings (32 "rays" plus the center cut in half).

Ingredients:

- 2 sheets puff pastry (1 box of frozen Pepperidge Farm puff pastry works perfectly)
- Caramelized mushroom duxelles (recipe below)
- Soy milk or egg wash to brush pastry for browning
- sesame seeds for garnish (optional)



Make the caramelized mushroom duxelles using the recipe below. It can be made a day or two in advance and refrigerated.

Follow the assembly and cooking instructions on this website:
<https://smittenkitchen.com/2015/12/feta-tapenade-tarte-soleil/>

Use these tips:

- Defrost the puff pastry in its box in the refrigerator overnight. Roll out each sheet into a 12" square and cut each into a 12" circle, using a 12" plate as a guide.
- If the puff pastry starts to become soft during the process of working with it, pop it into the freezer for 5 minutes. It must be cold and firm as you work with it. I had to do that several times during the assembly process.
- Use a little less than a cup of filling and make sure it is evenly spread across the pastry. It will be a thin layer. It is tempting to use more filling, but don't do it because it will leak out from the "rays" as you cut it.
- For nice straight "rays," use a bench scraper to cut the lines, if you have one.

Caramelized Mushrooms Duxelles

This recipe makes more than is needed for the tart, but it is easier to caramelize a larger amount. The leftovers are great spread on crostini, stirred into scrambled eggs, folded in an omelet, added to a pasta sauce, mixed into cream cheese for a savory spread, added to a grilled cheese sandwich, stirred into mashed potatoes, etc.

I used white button mushrooms, but a mixture of white and cremini would be good, too.

- 1.5 pounds mushrooms, cleaned, trimmed, and quartered
- 2 Tbsp. olive oil
- 1/2 onion, peeled, root removed, and cut into 6-8 chunks
- Pinches of salt
- 1 Tbsp. tomato paste
- 1 Tbsp. dry white wine

Place olive oil in a large non-stick skillet and heat over medium heat.

Place onion chunks in a food processor and pulse several times until finely minced. Scrape out with a rubber spatula into the skillet and sprinkle with a pinch of salt. Cook, stirring frequently until softened, about 5 minutes.

Add tomato paste and cook, stirring very frequently, until slightly caramelized, about 5 to 10 minutes.

Meanwhile, place half the quartered mushrooms in the food processor (no need to clean it after the onions) and process until very finely chopped, scraping down the sides of the food processor. Process until almost pureed; it will look like mush. Add to the skillet. Repeat with the other half of the mushrooms.

Add a pinch of salt and cook the mushroom mixture for 30 minutes, over medium heat, stirring frequently. This will look like a wet mess at first. Over time, the liquid will cook off, and the mushrooms will take on a dark, caramelized color, and will become a thick paste. Lower the heat as it gets drier to prevent sticking.

Raise the heat and add the wine to deglaze. Scrape the bottom of the pan to remove any stuck-on mushroom bits. Stir constantly and cook until mixture is dry and wine has completely evaporated. Season to taste with salt (it won't need much).

Chill well in the refrigerator before using.

Note: The inspiration for this caramelized mushroom paste came from a mushroom ragu served at L'Artusi's in NYC.

**2020 Helen Miknis Foray Registration Form: Eastern Penn Mushroomers
July 31—August 2, 2020 – Penn State/ Mont Alto Campus
Registration closes July 20, 2020.**

<u>Name(s):</u>	<u>Organization and/or Hometown</u>	<u>If child, age</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

Address: _____ Phone(s): _____
 _____ Email: _____

____ I want to share a room/suite with: _____
 ____ Please assign a roommate. I am ____ male ____ female.
 ____ I would prefer a single room and will pay the \$25 supplement.

Liability waiver-ALL adults in your party must sign: By signing below, I release The Pennsylvania State University and the Eastern Penn Mushroomers and its officers and members, foray participants and instructors from any and all liability and loss arising from any accident, injury or illness which may result from activities while attending the Helen Miknis foray.

Print name	Signature	Date
_____	_____	_____
_____	_____	_____
_____	_____	_____

Special needs (We will do our best to accommodate needs such as handicap access, special dietary, late arrival, etc.):

Fees:	<u>Number of persons</u>	<u>Fee</u>	<u>Total</u>
____ Attendance only (all activities but no meals or accommodations):	_____	X \$75	= _____
____ Attendance Saturday only (all activities, but no meals or accommodations)	_____	X \$35	= _____
____ Attendance as above but with meals:	_____	X \$135	= _____
____ Attendance with room and board 2 nights, 5 meals (Fri. dinner—Sun. breakfast)			
➤ EPM member:	_____	X \$200	= _____
➤ Non-member of EPM:	_____	X \$220	= _____
____ Single supplement:	_____	X \$25	= _____

Total owed:

Make check out to Eastern Penn Mushroomers for the total, and mail with this form to:
 2020 Helen Miknis Foray, C/o Cheryl Dawson, 393 Waters Road, York, PA 17403-4751. (Confirmation of registration and detailed directions will be sent by email if possible, otherwise by regular mail.) Questions to Cheryl Dawson at EPMClub@gmail.com, or at 717-846-1225. More information at www.epennmushroomers.org.