



THE KEYSTONE CAP

Newsletter of the Eastern Penn Mushroomers
www.epennmushroomers.org

Summer 2019

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***Seeking one more volunteer!

EPM Annual Summer Tasting Party

Mark your calendars for Saturday, July 27 2019 for the club's annual summer tasting party, from noon until 4 or 5, for members only. Members bring a dish (usually made with mushrooms) and the club provides drinks and paper goods. The event usually finds between 20 and 30 of us hanging out and enjoying good food and camaraderie.

If using foraged mushrooms, please check EPM's Rules for Mushroom Dishes in the EPM Yahoo Group:

<https://groups.yahoo.com/neo/groups/epennmushroomers/files>

This year, the event will be held at the Jacobus Fire Hall, near Nixon Park. There will be places for us to plug in crockpots, as well as a kitchenette to wash dishes/utensils, a microwave, and refrigerators. However, there will be no stoves and no alcohol. We encourage members to bring their own reusable dinnerware in an effort to cut down on paper goods usage.

Goodwill Fire Company #1

1 South Main Street

Jacobus, PA 17407

<https://www.goodwillfire18.com/nav/hall>

False Morels on European Dining Tables by John Dawson

Cheryl and I just returned from a trip to Finland, where we were shocked to find false morels on the menu of two upscale restaurants and *Gyromitras* for sale at an open air market. I was told that, though false morels are acknowledged to contain toxins, many Finns nonetheless consider them to be edible if boiled a couple of times and the cooking liquid then discarded.

On our return I looked to see what Denis Benjamin had to say about that in his book *Mushrooms: Poisons and Panaceas*. He devotes an entire chapter to *Gyromitras*, in which he discusses eating them after such treatment; and though he agrees that many of the toxins can be removed in that way, not all can, and he regards the consumption of any false morels, especially *Gyromitras*, as akin to playing Russian roulette. Needless to say, we didn't sample any, and I would advise anyone else encountering them on a European menu to do the same.



Gyromitra brunnea (photo: John Dawson)

SAVE THE DATES

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

EPM 2019 Summer Forays

Saturdays – July 6, 20
Saturdays – August 10, 17, 24
Saturdays – September 7, 14
Sunday – September 20

NEMF 2019 Foray

August 1 – 4, 2019

NAMA 2019 Foray

August 8 – 11, 2019

FUNGI IN THE NEWS

Fungi may end invasive spotted lanternfly threat

<https://papost.org/2019/05/08/native-fungi-found-to-be-deadly-to-invasive-pest-in-pa/>

Batkoa major and *Beauveria bassiana* may save fruit farms.

Why EPM members are so sharp

<https://www.marketwatch.com/story/theyre-magic-eating-mushrooms-could-slash-risk-of-cognitive-decline-by-50-2019-03-22>

Eating mushrooms regularly may reduce the risk of mild cognitive impairment.

See how they grow

<https://www.treehugger.com/natural-sciences/trippy-timelapse-mushrooms-coming-life-pure-magic.html>

Very cool time-lapse video of fruiting fungi and slime molds.

The Internet of Fungi

<https://www.zmescience.com/science/biology/map-of-mushrooms-worldwide-16052019/>

Scientists map the “wood wide web,” a natural information superhighway.

Recipe - Tortellini with Porcini Pecorino Sauce

A delicious tried and true favorite, using dried porcini mushrooms. Quick and easy, too! Recipe by Robin Miller, author of Quick Fix Meals

1 ounce dried porcini mushrooms
1 cup boiling water
19 ounces frozen cheese tortellini
1 tablespoon olive oil
2 shallots, minced
3 cloves garlic, minced
1 teaspoon dried oregano
2 bay leaves
1/2 cup heavy cream
1/4 cup grated pecorino romano cheese
2 tablespoons minced fresh parsley

Soak dried mushrooms in hot water for 15- 30 minutes, until rehydrated and softened. Strain mushrooms through a sieve, reserving liquid. Chop any large pieces of mushrooms. Let mushroom liquid sit for grit to settle to the bottom.

Cook tortellini according to package directions.

While the tortellini are cooking, heat oil in a large skillet over medium-high heat. Add shallots and garlic and cook 3 minutes, stirring until soft. Add oregano and bay leaves and cook 1 minute, until fragrant. Add porcini mushrooms and reserved mushroom soaking liquid (leaving the last bit with grit behind) and bring to a simmer and cook for 5 minutes. Reduce heat to medium, add heavy cream and simmer 2 minutes to heat through.

Remove bay leaves with tongs, add tortellini to the mushroom sauce and cook 1 minute, to heat through. Remove from heat and stir in cheese and parsley. Serve immediately.

EPM Co-Sponsor of NEMF 2019 Foray

Our club will be one of the sponsoring clubs in 2019 for the NEMF's 43rd Samuel Ristich Foray. Presented annually by the Northeast Mycological Federation, it will be held this year at Lock Haven University in Clinton County, Pennsylvania, August 1–4, 2019. We will need volunteers to assist in various roles. No special skills are required.

The NEMF foray is a great place to learn and to get acquainted with others that are like-minded. See the subsequent section for details about the NEMF foray.

Since the foray is so close to our territory this year, some members might be able to participate as commuters in order to help for just a day or two. It's a

lot more fun, though, to stay in the housing provided and participate in the evening events.

Some examples of the types of tasks for which volunteers are needed:

- Help at the registration desk the first day (and maybe the second)
- Direct people to parking
- Help distribute signs
- Foray leader - this does not require identifying fungi, but does require making sure the bus returns with exactly the people it went out with, as well as having some information about the site, which would be provided by the foray chairs
- Run specimens from the identifiers to the display tables. This does require some knowledge, but there is always someone around who can tell you where something belongs
- Help prepare for the mycophagy event - needs a willingness to clean and slice, help serve
- Clean up

Please consider volunteering. If interested or you have questions, contact John Dawson, Cheryl Dawson, or Linda Sears.

Northeast Mycological Federation Annual Foray

The Northeast Mycological Federation, commonly referred to as NEMF, is a consortium of more than a dozen northeastern mushroom clubs, including EPM and ranging from Washington, D.C. north through Pennsylvania, New York and New England to Quebec. Each year, on a seven-year rotation, one or more of those clubs sponsors a regional foray in their area. This year our club is a co-sponsor, together with the New Jersey Mycological Association, the Western Pennsylvania Mushroom Club, and the Central Pennsylvania club. So the 2019 foray will be held closer than it has been or will be in six years, namely, at Lock Haven State University, with mushroom collecting in the woodlands around Lock Haven. It provides a wonderful opportunity to learn from a large group of very knowledgeable people as well as to get acquainted with mushroomers from other areas. And since our club is one of the co-sponsors, we really would like to see members of the club attend and volunteer to help out. There are many tasks involved in making this available to such a large group of fungiphiles, many of which require little or no expertise in identifying fungi.

The foray extends from Thursday noon on August 1 until Sunday noon on August 4 and attracts upwards of 200 participants. Dormitory lodging and meal service are provided for those choosing to reside on campus, but there are also commuter options. In addition to collecting forays each morning and afternoon from Friday through Saturday (as well as an early-bird foray on Thursday afternoon), there is a full schedule of lectures, workshops and social events (including mycophagy), beginning Thursday evening and continuing through Saturday afternoon, with a banquet on Saturday night. Sunday morning is devoted to an overview of the specimens that have been collected and identified. A distinguished faculty of professional and experienced amateur mycologists are recruited to serve as lecturers, workshops leaders and identifiers. The faculty, lecturers, etc. are always very available and helpful to us amateurs and it is always a wonderful collaboration between the professionals and the amateurs.

The registration form for this year's foray is included at the end of this newsletter. We encourage our members to take advantage of the many opportunities for learning and camaraderie that this gathering provides.

EPM – 2019 SUMMER FORAY SCHEDULE

OPEN TO CLUB MEMBERS & PUBLIC

Special message from Linda Brynan Sears regarding 2019 summer foray schedule:

Please be aware that there are club forays scheduled which will be advertised to the public by State Park staff as fungi educational events. You are free to foray as you usually do. The educational walks and talks will be conducted by myself, John Dawson (if available), and any club member who feels able to do so. Please step up to the plate if you feel confident. You may also be of assistance during the identification process.

I am also conducting several educational events which are not regularly scheduled club forays, but which all members are encouraged to attend. Come learn and/or help to teach others what you know about mushrooms!

Saturday, July 6, 2019 – 10 am – Boyd Big Tree Conservation Area

Directions: From US 322: take the Fishing Creek Exit. Turn east onto Fishing Creek Valley Road (SR 443). The conservation area is 2.6 miles on the right. Go in the main park entrance and park in the lot at the end of the road.

Fishing Creek Valley Rd., Harrisburg, PA 17112

GPS: 40.355788, -76.857673

Park Website: <http://www.dcnr.state.pa.us/stateparks/findapark/boydbigtreepreserve/index.htm>

Saturday, July 20, 2019 – 10 am – Colonel Denning State Park

This foray will be advertised to the park's campground and to the public as an educational event. You are free to foray as you normally do.

Pavilion #2 has been graciously reserved for us by the park. Please proceed to the left and down from the large equestrian parking area.

Directions: The park is eight miles north of Newville and nine miles south of Landisburg, along PA 233.

From Harrisburg: take I-81 South to exit 37 toward Newville. Continue past Newville on Rt. 233 North. As you approach the park on Rt. 233 you will see a sign on the right for Colonel Denning. Then notice a sign Slow Park Entrance. Turn right, and the park office is right there.

Once at the park, go past office toward the Trail Center. Go past the parking lot on the right and over the bridge and up the hill, past the large equestrian parking area. Turn left and go downhill to Pavilion #2.

1599 Doubling Gap Rd., Newville, PA 17241

GPS: 40.282809, -77.413924

Park Website: <http://www.dcnr.state.pa.us/stateparks/findapark/coloneldenning/index.htm>

August 1 - 4, 2019 – NEMF ANNUAL SAMUEL RISTICH FORAY – LOCK HAVEN UNIVERSITY, LOCK HAVEN, PA

<http://www.nemf.org/samuel-ristich-foray/>

Details above.

Saturday, August 10, 2019 – 10 am – Gold Mine Rd. (Stony Creek Trail Head East – SGL 211)

Directions: To reach the northeastern trailhead from the north Lebanon area, take SR 72 north. Where it crosses the Appalachian Trail SR 72 becomes SR 443. When you reach Gold Mine Rd. turn left (north) and follow it to the top of the mountain; continue down to the bottom of the mountain. Just before the Evening Branch bridge, turn left onto Stony Valley Railroad Grade. The trailhead and parking are straight ahead.

Stony Valley Railroad Grade, Jonestown, PA 17038

GPS: 40.526178, -76.537447

Saturday, August 17, 2019 – 10 am – Little Buffalo State Park

This is an educational event, not a regularly scheduled club foray. All are welcome!

Directions: From PA 322, take the Newport Exit and follow PA 34 South through the town of Newport. One mile from town, turn right onto Little Buffalo State Park Road (County Rd. 4010) to the park. Go past the Park Office and Holman Lake. Turn left onto Swimming Pool Rd. Take the first right into parking area. Park as close to the Park's sign board as possible in order to have easier access to trails. There are rest room facilities here.

GPS: 40.451877, -77.188730

Park Website: <http://www.dcnr.pa.gov/StateParks/FindAPark/LittleBuffaloStatePark/Pages/default.aspx>

Saturday, August 24, 2019 – 10 am – Minnich's Hit – Haldeman Tract

Directions: From Lancaster: Take US 30 W to PA-283 W. Follow signs for Harrisburg. Take the I-283 N toward I-81/I-83/Harrisburg. Merge onto I-83 N. Continue onto US-322 W. Merge onto I-81 S/US-322 W. Use the right lane to take exit 67A-67B for US-22 W/US-322 W toward Lewistown. At the interchange US-322 W, use the right lane to follow signs for US-22 W toward Lewistown. Take the 225 North Halifax N exit. Continue onto PA-225 N/Peters Mountain Rd. Turn right onto PA-325 E/Clarks Valley Rd. Go 10.5 miles, turn left onto T557. Continue onto Carsonville Rd/T534B. Turn right to stay on Carsonville Rd/T534B. Turn right onto Back Rd. Take the 2nd left onto White Oak Rd. Turn left to stay on White Oak Rd. Destination will be on the right "Minnich's Hit" - Game Lands Rd./White Oak.

Game Lands Rd., Halifax, PA 17032

GPS: 40.552541, -76.7473984

Park Website: http://www.docs.dcnr.pa.gov/cs/groups/public/documents/document/dcnr_20028408.pdf

Saturday, September 7, 2019 – 10 am – Nolde Forest

Note: I've found some very unusual species at this park about the same time of year. You may find this interesting.

Directions: Nolde Forest is in Berks County, Pennsylvania, on PA 625, two miles south of PA 724 or three miles north of PA 568.

Take 222 North from Lancaster past Adamstown. Go right onto 568 (Allegheny Rd.) for 2 miles, then go left onto 625 North (New Holland Rd.). It is 3.7 miles to Nolde Forest. Keep going past the Park Office, past a dirt road on the left, then go left at the next road. This will take you to a parking lot at the Sawmill. There are restrooms available here.

2910 New Holland Rd., Reading, PA 19607

GPS: 40.281406, -75.948288

Park Website: <http://www.dcnr.state.pa.us/stateparks/findapark/noldeforest/index.htm>

Saturday, September 14, 2019 – 10 am – Clarence Schock Memorial Park at Governor Dick

This is an educational event, not a regularly scheduled club foray. All are welcome!

Directions: From York: Take US-30 E (12.3 miles). Take exit toward PA-441 N (roughly 2 miles). Turn right onto Long Ln. (.8 miles), make slight right onto PA-23 E and then immediate left back onto Long Ln. (1.4 miles). Turn right onto PA-772 E (3.2 miles). Turn left onto Milton Grove Rd. (1 mile). Turn right onto Meadow View Rd. (4.7 miles). Turn right onto Cider Press Rd. (.3 miles). Turn left onto Camp Rd. (2.3 miles). Turn left onto Pinch Rd. (.8 miles). Turn right into Governor Dick Parking Lot.

From North: From Rt. 78 take Rt. 343 S into Lebanon. Turn right onto Maple St. proceed 3 blocks and getting into left lane after 9th St. Turn left onto 10th St. (Rt. 72 S) go 4.8 miles. Take exit for PA-117 toward Mt. Gretna (2.2 miles). Turn left onto Pinch Rd. (1.1 miles). Turn left into Governor Dick Parking Lot.

From East: From Rt. 322 take Rt. 72 S. After passing PA Turnpike, turn right onto Cider Press Rd. Turn right onto Pinch Rd. (1.5 miles). Turn right into Governor Dick Parking Lot.

3283 Pinch Rd., Mt. Gretna, PA 17064

GPS: 40.237724, - 76.459083

Park Website: <http://www.parkatgovernordick.org/>

HUNTING SEASON IS UPON US - FROM THIS DATE FORWARD CLUB FORAYS SWITCH TO SUNDAYS -

Sunday, September 22, 2019 – 10 am – SGL 211 (Stoney Creek RR Trailhead)

Directions: From Harrisburg go West on Route 322. At Dauphin, turn right onto the first road after the underpass:

- Continue onto Allegheny St. (0.1 mi.)
 - Turn right onto Schuylkill St. (289 ft.)
 - Turn right onto Erie St. (0.1 mi.)
 - Turn left onto Stoney Creek Rd. (8 mi.) to the Stoney Valley RR trail head parking lot.
- Stoney Creek Rd. becomes Ellendale Rd. for the last 0.8769 mile.
(The road becomes a dirt road.)

Stoney Creek Rd., Ellendale Forge 17018

GPS: 40 24 7.56, -76 50 17.16



**2019 Samuel Ristich Foray: 43rd Annual Foray – Northeast Mycological Federation
August 1–4, 2019 – Lock Haven State University
Registration Form -- Registration closes July 15. A late fee applies after June 30.**

Name(s): (Nickname for nametag?) _____ Organization and/or Hometown _____ If child, age _____

Home Phone: _____ Cell Phone: _____

Address: _____

Email address: _____

I want to share a room/suite with: _____

Please assign a roommate. I am male female.

I want a single room; to assign a suitemate, I am male female.

Liability waiver-ALL adults in your party must sign: By signing below, I release Lock Haven State University and the Northeast Mycological Federation, Inc., the host clubs, their 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 NEMF foray.

Print name	Signature	Date
_____	_____	_____
_____	_____	_____

If you need more lines, attach a copy of this sheet.

Special needs (We will try to accommodate needs; handicap access, special dietary, late arrival, local transport, etc.):

I can help at the foray. I am interested in being a vendor. I can help with local transport.

Fees (see note below):	Number of persons	Fee	Total
➤ Resident (double occupancy rate is per person)*:			
-Adult: 3 nights (Thurs.-Sat.), single occupancy	_____ X	\$405 =	_____
-Adult: 2 nights (Fri.-Sat), single occupancy	_____ X	\$340 =	_____
-Adult: 3 nights (Thurs.-Sat.), double occupancy	_____ X	\$390 =	_____
-Adult: 2 nights (Fri.-Sat), double occupancy	_____ X	\$325 =	_____
-Child 4 to 12: 3 nights in suite with parents	_____ X	\$100 =	_____
-Child 4 to 12: 2 nights in suite with parents	_____ X	\$75 =	_____
➤ Commuter, Thurs--Sun:			
All activities including 8 meals & socials	_____ X	\$240 =	_____
➤ Commuter, Fri--Sun:			
All activities, including 5 meals and socials	_____ X	\$215 =	_____
➤ Student or commuter -- activities only, no meals or socials	_____ X	\$100 =	_____
➤ Late registration (after June 30):	_____ X	\$30 =	_____
➤ 2019 T-shirt _____ XXL + _____ XL + _____ L + _____ M + _____ S	_____ X	\$15 =	_____

***Note:** 3 nights includes 8 meals (Thurs. dinner—Sun. breakfast), 2 nights includes 5 meals (Fri. dinner—Sun. breakfast).

Total owed: _____

Make check out to NEMF (in US dollars on a US bank) for the total, and mail with this form to: NEMF registration
c/o John and Cheryl Dawson
393 Waters Road
York, PA 17403-4751

Confirmation of registration and detailed directions will be sent by email if an address is provided, otherwise by regular mail. Questions may be directed to the registrars, John or Cheryl Dawson, by email at nemf2019registration@comcast.net, or by phone at 717-846-1225. Find more information at www.nemf.org.