

# Spores Illustrated

WINTER 2021-2022 *Spores Illustrated* is  
the Journal of COMA, the Connecticut-Westchester  
Mycological Association.

## MESSAGE FROM THE PRESIDENT

Greetings and Winter Salutations!

We know that many of you assume that your favorite mushroom club is basically "asleep" until things warm up a bit, but this is most certainly not the case! This is the time of year that much of the "behind-the-scenes" details get handled, and COMA's Board members have been hard at work, assuring a full year of activities, including membership renewal reminders, and weekend walks that will be starting up again in just a few months. (Can you volunteer to lead a walk? contact Taro Ietaka: [taro@ietaka.com](mailto:taro@ietaka.com). Meanwhile (back at the ranch), we will be offering a variety of Zoom (and other) programs for the benefit of your edification and enjoyment. (Did you all get to see "Psychedelia"?) Details are starting to come together for the 2022 Clark Rogerson Foray (September 2 - September 5; mark your calendars!), for which we have once again secured the services of Alan Bessette (aided and abetted by his incredible wife, Arleen) as *Chief Mycologist*. (2022 will mark 43 years for the foray!)

At the present time, the position of *Chairperson* for the Scholarship Committee is open, and we are actively seeking a COMA member who might enjoy the very limited amount of work involved in making the once-a-year decisions regarding our two scholarships. One is the Ursula Hoffmann Scholarship, which is exclusively for the Clark Rogerson Foray, and the other is the Sylvia Stein Scholarship, which may be used for COMA members who are interested in furthering their mycological education by attending any

of several yearly events, forays included. Also, we are looking for someone with knowledge of (or a background in) *commercial insurance* to handle details regarding COMA's insurance. It's not a big job, but we would like to have someone to communicate with our insurers for our CGLI policy, which we maintain as a general practice for the club, and is a requirement for some of our events, such as certain walks, or for the Clark Rogerson Foray. (The club, BTW, has an unblemished 47-year history.) Email Joe Brandt: [JLBCO@hotmail.com](mailto:JLBCO@hotmail.com).

For the next issue of *Spores Illustrated* (and as an ongoing series), we would like to entice COMA members (both old and new) to submit a short description of why you joined COMA. Anything and everything is fair game, including how you initially found out about COMA, details regarding your first experience with the club, and why it is that you and COMA are a "good fit". Email Tom Cascione: [tcascione@aol.com](mailto:tcascione@aol.com).

Looking forward to GREAT things to come!

Your ever-humble servant, Joe Brandt



The book was dampened and inoculated with *Pleurotus* (oyster mushroom) mycelium. The mycelium then digested the pages - and the words - of the book, and sprouted over the course of seven days. *Pleurotus* can digest many things - from crude oil to used cigarette butts - and is one of the fungal species that shows the most promise in mycoremediation. It is also delicious when fried lightly with garlic and will make it possible for the author to eat his words.

Image submitted by Roger Hurst

## **PIG the movie**



A quick review. I watched this on a NY to Tampa flight with no particular expectations. I just knew that Nicholas Cage plays a reclusive northwest truffle hunter so I figured it would have some myco relevance.

Well it does start out with Cage on a truffle hunt with his porcine companion. It seems the pig is his sole friend and confidant as well as being a truffle sleuth. Cage also throws together a rustic mushroom tart back at his cabin that looks delicious. Then the plot gets dark when the pet swine is pig-knapped. Cage goes to get him back.

Don't expect this to morph into an action rescue movie (thinking of Liam Neeson in "Taken"), rather Cage (who turns out to have been a master chef and culinary innovator) explores his old connections in the community of high cuisine to try and find his porky friend.

This isn't a feel good movie and when it ends it drops you off at the curb without so much as a "fare thee well" but it is brilliantly filmed and directed and Cage gives one hell of a performance. There are worse ways to spend two hours and I would recommend it to serious cinephiles.

Tom Cascione

### **AND NOW FOR A MORE PROFESSIONAL MOVIE REVIEW of a FOLK HORROR FILM WITH KILLER FUNGI**

**'Gaia'** (South Africa 2021) 84% on Rotten Tomatoes Available on Amazon Prime, YouTube and Google Play Jaco Boucher's film is many genres in one: folk horror, eco horror, survival film, creature feature. It's also about killer mushrooms



Monique Rockman in “Gaia.”<sup>L</sup>

The film opens as two South African forest rangers, Gabi (Monique Rockman) and Winston (Anthony Oseyemi), paddle down a river. Their overhead surveillance drone crashes, but not before Gabi sees a figure on camera. Entering the forest to investigate, she injures her foot in a trap yet manages to reach the ramshackle home of the survivalists Barend (Carel Nel) and his son Stefan (Alex van Dyk). Later, after the three beat back a creature that invades the cabin, Gabi realizes that dark supernatural forces are at play in the father and son’s devotion to Mother Nature.

The film’s message is a folk horror chestnut: Nature is good, and technology and the city are bad. What’s refreshing is the eye-popping cinematography by Jorrie van der Walt, who makes flora — the movie was shot in South Africa’s Garden Route region — appear breathtakingly lush.



The film often looks like a fashion commercial — wild mushroom spores float like twinkling stars, and cute little plants sprout from Gabi's body. Don't let the beauty deceive you — what you're watching is a natural world out for blood.

## Your Garden Isn't Winding Down: It's Still Lichen Season

By Margaret Roach

NY TIMES Published Nov. 3, 2021 Updated Nov. 4, 2021

After the distraction of fall leaves has passed, don't assume that your garden is dormant. It's time to appreciate the beauty of lichen.



Unpainted wood garden furniture is a popular substrate for colonies of certain lichens, including common greenshield (*Flavoparmelia caperata*), spangled rosette (*Physcia millegrana*), hammered shield (*Parmelia sulcata*) and a crustose species called *Lecanora strobilina*. Credit...Margaret Roach

What are lichens? They are neither plant nor animal.

If that doesn't make them inscrutable enough, there is also this: A lichen might, at first glance, be mistaken for an errant wad of chewing gum or a misplaced splatter of paint.

But they are very much living creatures and are thought to be one of the earliest land-dwelling forms of life. They are among the most widespread, too, present on every continent, covering

an estimated 8 percent of the planet's land. They inhabit even Antarctica and the harshest deserts, including some places where plants and animals cannot thrive.

Closer to home, you may find them happily taking up residence on your wooden garden bench or picket fence, stone walls or other rock surfaces, or on the trunks and branches of trees and shrubs.

These subtle beauties offer plenty to look at in every season. So don't try telling the scientists who study them that your garden is winding down.



Lichens come in colors found nowhere else in nature, thanks to chemicals secreted by the fungus within them. Splotches of yellow on bark or rock could be the foliose lichen called candleflame (*Candelaria concolor*). Credit...Jordan Hoffman

\*

It's always lichen season, say [Jessica L. Allen](#) and [James C. Lendemer](#), the authors of "Urban Lichens: A Field Guide for Northeastern North America," out this month from Yale University Press. But fall is the time when these organisms can really command our attention, after the visual distraction of fall leaves fades.





A wall cap stone that has been left undisturbed in a shady spot has become the home of a diversity of lichens, including a fruticose species in the genus *Cladonia*. Its branchlike bodies, or thalli, stretch upward, like tiny shrubs. Credit...Margaret Roach

### **If It's Not a Plant, What Is It?**

.Most of a lichen's structure is the fungus. The alga lives with it, and in return for shelter it provides photosynthesis, producing sugars that sustain the fungus. But the two are not alone. "In many ways, lichen are miniature universes," Dr. Allen and Dr. Lendemer write, as a diverse community of bacteria, non-lichen fungi, nematodes and tardigrades (also known as water bears) live in and on a lichen.

Many other creatures also rely on lichens, from moths whose larvae use them as food to hungry caribou, deer and moose. Hummingbirds and flying squirrels incorporate bits of lichen into their nests.

And take note, gardeners: Lichens help with soil formation by accelerating the breakdown of rocks. They perform nutrient-cycling, too, as the cyanobacteria in them fix nitrogen from the atmosphere, converting it into a more usable form.

Many plants, including epiphytic ones, depend on lichens for humidity and moisture.

"They're like sponges in the environment, soaking up moisture quickly and releasing it slowly into the area," Dr. Lendemer said. "Without lichens, the forest is drier and sadder."

Lichens are highly sensitive to pollution, making them excellent indicators of air quality, and of habitat quality in general. The industrial revolution's impact reduced lichen diversity, especially

in cities, until the clean-air legislation of the 1960s and 1970s gradually made even urban areas hospitable again.

So a lichen-rich landscape is reason to celebrate.

### **The Three Types (and Many Colors) of Lichens**

Although they have no roots, lichens need a home base, called a substrate, to attach to. Common substrates include stone, wood or bark, and soil, but lichens can live on anything.

“They seem to have arrived at the perfect way to live on land,” Dr. Lendemer said. “They end up all looking pretty similar as a result, because it’s a recipe for success.”

There are three types of lichens, and figuring out which type you’re looking at is the first step in identifying it.

Crustose lichens are completely attached to the substrate they grow on; no lower surface can be seen, and to remove the lichen means removing some substrate, too. Foliose species have lobed, leaflike bodies, or thalli; you can see both their upper and lower surfaces, which are different colors. Fruticose lichens have thalli that are branch-, cup- or club-like, imparting the look of tiny shrubs.

Lichens also come in various colors, the result of chemicals secreted by the fungus and not found anywhere else in nature. “Lichens produce the full rainbow of visible colors that we can see, and beyond,” Dr. Allen said.

“A rainbow of color in the forest,” Dr. Lendemer concurred.

Those substances serve various functions, including providing the lichens with protection from ultraviolet radiation, and some have biomedical or bioactive properties.



The foliose lichens you’re most likely to see on a tree in the garden are the common greenshield (*Flavoparmelia caperata*) and the rough speckled shield (*Punctelia rudecta*), standouts even in the snowy days of winter. Credit...Margaret Roach



## Where to Look for Them

Dr. Allen recommends starting your backyard hunt at eye level, on the bark of trees and shrubs. Look for gray or brownish patches — or even splotches of yellow, a hallmark of goldspecks (*Candelariella*) and candleflame (*Candelaria concolor*).

Next, look at areas around the base of woody plants, where extra humidity may support lichen. And have a careful look in the cracks and crevices of unpainted wood furniture and between panels of wood fencing.

Stone walls are common substrates as well, and concrete can be home to lichens like sidewalk firedot (*Caloplaca feracissima*), “a very lovely yellow-to-orange one that literally grows under your feet,” Dr. Allen said.

But even with lichens that you can see from a distance: Get closer and use a magnifying lens. “Then the magic really happens,” she said, “to reveal patterns, variations in color and some crustose types that are otherwise hidden.”



Image

A species of a foliose lichen in the genus *Xanthoparmelia* that is starting to establish itself on a stone wall resembles oversized snowflakes. Credit...Margaret Roach

## What's in a Name?

There are more than 25,000 known lichen species globally, with about 300 to 400 new ones identified every year. In New York City alone, there are about 120 — a sharp increase from a century ago, thanks to cleaner air.

Despite what Dr. Lendemer calls their “often-humble common names,” like Old Gray Dust, Board-Dweller and Curly Biscuits, lichens can have lofty — or positively celestial — associations. The biblical manna from heaven was a lichen.

And sometimes even the formal Latin names can be fun.

Although Dr. Lendemer remains in New York and Dr. Allen is in Cheney, Wash., they continue to do fieldwork together. Regular trips to the Southeast, the area of greatest lichen diversity in the United States, have led to a joint discovery of two previously unknown species there.

They named them for two famous daughters of the South: In 2019, they dubbed one *Hypotrachyna oprah*, to honor Oprah Winfrey, and in 2015, *Japewiella dollypartoniana* was their nod to Dolly Parton.



A stone wall is the substrate of choice for a mix of foliose lichen species in the genus *Xanthoparmelia*. Credit...Margaret Roach

### **Life Expectancy: Extra-Long**

A final piece of advice: Don't ask a lichenologist how to “fix” the lichen on the bark of your trees.

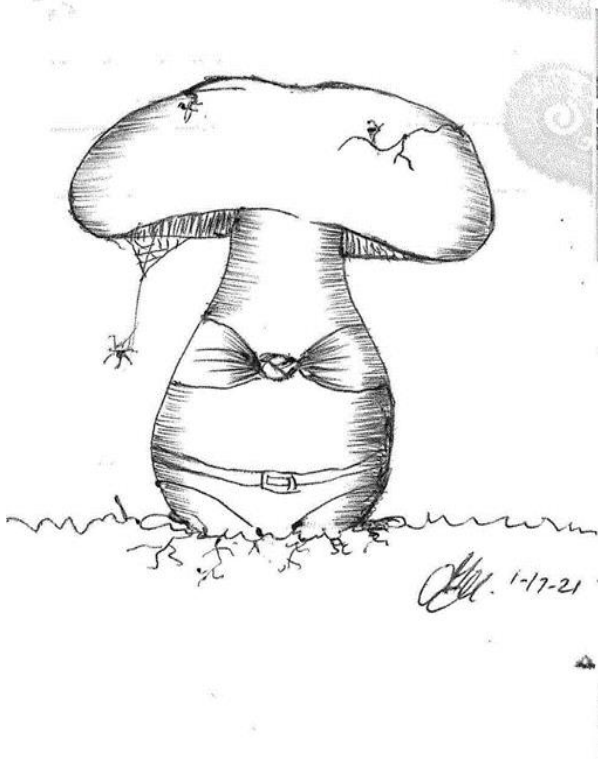
Lichens do not harm their substrates, or take nutrients from the trees or shrubs they attach to. Look, but do not disturb them; take a photo, not a sample. Live and let live.

Because live, they do — a long life and then some. “If you can see a lichen without magnification, and it's a couple of inches across, it's probably 20 or 30 years old,” Dr. Allen said. “Lichens keep growing until something around them shifts. That decades-old colony you're looking at? Think back even further, she said, to the parent colony that came before it, on a nearby tree, and the parent before that, “forming a long, unbroken lineage back in time”



Lichens counter the traditional narrative, the pair agreed. “They do things differently, which I think is why so many people are attracted to them,” Dr. Lendemer said. “With animals, you can see how many generations there have been. But with lichens, it’s nonlinear, and not how we’re taught to see the world.” Celebrate the difference, the lichenologists say. Celebrate their staying power.

**THE BELOW SKETCH HAS NOTHING TO DO WITH LICHENS BUT I LIKE IT AND PROMISED A FRIEND TO USE IT IN SPORES**



Original Art by Maria Matzoros

**PSILOCYBE’s GOING BIG BUSINESS**

**MJBiz**

SHOULD MARIJUANA EXTRACTORS CONSIDER THE MUSHROOM MARKET By Hilal Bahcetepe February 4, 2022

Growing decriminalization and interest in psilocybin have kept the potential future shroom boom on the marijuana industry’s radar. It’s got cannabis entrepreneurs wondering: Is there profit in the emerging psychedelic industry, and can cannabis equipment be used for mushroom extraction?

The global psychedelic therapeutic market, which includes more drugs than just psilocybin, is estimated to reach \$6.8 billion in value by 2027,

So, should cannabis extractors take the leap to mushroom extraction?

The answer appears to be: Maybe.

Psilocybin and cannabis are polar opposites – literally. Cannabinoid molecules are nonpolar, while psilocybin is.

Wesley Ray, a hemp grower in Oregon who is conducting research and breeding with mushrooms, thinks the two could coexist.

A high concentration of CO2 is required to grow mushrooms and is naturally produced in them.

Ray believes that cannabis growers could create a sustainable cycle between the two compounds. “And that’s fantastic, because there’s a whole ecosystem that can be created,” he said. “You can take one room and dump the CO2 from your mushrooms into your grow.

“That way, you’re not using propane burners or (additional) CO2, you’re just using growing life to create your CO2.”

One company, Hielscher Ultrasonics in Teltow, Germany, offers technology specific to extracting mushrooms that runs for \$7,530.

The machine breaks the cell walls of the mushroom and releases molecules from psilocybin and psilocin – another hallucinogenic compound found in magic mushrooms – into a solvent. (In other words no more dehydrating-rehydrating etc)

### **\*AND IN LIGHT OF THE ABOVE, THE TIMES THEY ARE A CHANGING**

New York Lawmaker Files Bill To Legalize Medical Psilocybin Treatments, With Focus On First Responders And Veterans

By Kyle Jaeger: Published in Marijuana Moment December 14, 2021





A New York lawmaker introduced a bill to legalize psilocybin mushrooms for medical purposes and establish facilities where the psychedelic could be grown and administered to patients.

Assemblyman Pat Burke (D) filed the legislation, which would create a system in New York that's similar to the psilocybin program that was legalized via a ballot initiative in Oregon last year.

The bill lists a series of medical maladies that could qualify a patient to access psilocybin—such as cancer, multiple sclerosis, PTSD, autism and Parkinson's disease—but it also states that it could be recommended for “any other condition” certified by a practitioner. Therapists would need to take a two-hour training course provided by the Department of Health in order to certify patients for the psychedelic therapy. Regulators with the Department of Health would be responsible for licensing psilocybin service centers where people could receive the treatment in a medically supervised environment, and they would also license cultivators, processors and testing facilities. There would also be a license for scientists to research the fungi.

## **AND NOW FOR MORE TRADITIONAL NON FREAKY CULTIVATION**

### **Permafungi: Vertically cultivated mushrooms are blossoming in Brussels' cellars**

Located in a former large industrial site, the Tour & Taxis in Brussels, former inventory cellars are now used to flower several fungi that are supplied to multiple restaurants and stores in the city. Permafungi, a fungi producer, started cultivation in 2013 with a simple experiment: growing mushrooms using coffee grounds. Shortly after cultivation had proven successful, Permafungi started supplying several customers in the city. After discovering vacant cellars at the Royal Depot, the company moved into a larger facility to meet the growing demand

#### **Unique growing style**

The bags are hung vertically so all growing surfaces can be used for mushroom cultivation. Every room is filled with many bags, which are all oyster mushrooms. Julie explains that it's the most convenient variety to grow on coffee grounds, especially in these former inventory spaces. As the bags are hanging, we don't depend on the ground to cultivate so we can occupy different or abandoned spaces.



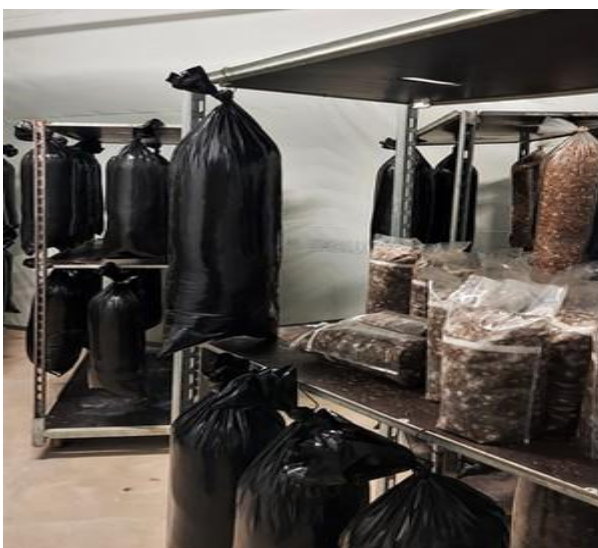
*Julie checking on the produce*





### Growing process

Julie explains that before the mushrooms are put to rest and grow, they undergo a whole process first. Coffee grounds gathered from local restaurants, and coffee bars are mixed with straw and mycelium to create a proper growing medium. Once that's done correctly, the substance is put into bags and put to rest for two weeks in the incubation room with an average temperature of 21°C celsius. Then, the mycelium (the vegetative part of a fungus) can start to do its job, decompose and spread.



The mycelium eats all coffee grounds, and once that's done, the substance is turned white. After that, the bags are placed into a fruiting room to start the growing process. Humidity levels are put up (80%), lamps are turned on, and air vents are active to provide the best growing environment for the mushrooms. After a week, it's harvesting time, and soon the mushrooms are delivered to customers.

Besides offering two kinds of mushrooms, oyster mushrooms and eryngii, (Pleurotus Eryngii – The King Trumpet Oyster) growing kits are also available for consumers, so they can get their hands dirty at home. Soon, the company is hoping to kick off tours and workshops at their facility again, educating groups on the fascinating cultivation processes. For more information:

Julie Jacquain, Production- and communication manager

[julie@permafungi.be](mailto:julie@permafungi.be) [www.permafungi.be](http://www.permafungi.be)

**Permafungi**



## Finding Dracula

### A COMA original by Zaac Chaves

The pandemic has spurred all sorts of rash decision-making. Among the humdrum of video calls some of us are compelled to get far outside our comfort zones. For me this impulse met with an extraordinarily low pandemic-priced passage to South America.

There I intended to seek out *Dracula spp.*, a genera of orchids exhibiting fungal mimicry. And it took a few days to find a road without a mudslide leading to *El Pahuma Orchid Reserve* where I met a guide who spoke a little English. We started up a promising trail, 5,900 ft up an active volcano.



The first mimic I identified on the trail however was not an orchid but a mushroom. Success. My first ever *Phallus indusiatus*. A single black fly perched on this stinkhorn sucking up the last fetid bits of gleba.

Mushrooms like this one were part of the reasons why I wanted to visit *Dracula spp.* For it's habitat. While the *Dracula* orchid group is a common spectacle at shows it is with necessary regret that I might encounter them there. The best shows lack this incredible habitat – and at worst – some of these shows suppliers have been linked to the widespread piracy of ecologically harmful orchid poaching.

As we continued on I learned about how these specific orchids are understudied due to overlapping some of the worlds most dangerous terrorist zones. Anyone who studies in these places risks disappearing. Directly outside the capital city of Quito seemed safer. At least according to the guide who worked there.

Sure enough where you find orchids you must find fungi. All orchids have obligate fungal companions. Whenever you are around orchids obligate fungal companions are nearby. This applies to the *Cypripedium acaule*, or the moccasin flowers, that we commonly find in the northeast. One study showed this orchids main fungal associates to be *Tulasnella tomaculum* and *Russula laccata*.<sup>1</sup> Without fungi orchids would not exist(at least not for very long). On the contrary where you find orchids, you might see fungi.

One of the notable features of *Dracula spp.* is a mushroom-like petal, the *labellum*. This part uncannily mimics mushrooms in both form and odor enough to attract those flies believed to help mistakenly spread its spores. I am not sure if I captured that likeness so well in my photo.



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1 Bunch, W. D., Cowden, C. C., Wurzbarger, N. and Shefferson, R. P., Geography and soil chemistry drive the distribution of fungal associations in lady's slipper orchid, *Cypripedium acaule*. Botany, 2013, 91, 850–856.



And we found many orchids and finally at last we found a single *Dracula sp.* orchid. However in choosing a guide who spoke English I neglected to ensure he spoke latin too. At least I could know the genera, if not the species. I had found *Dracula sp.*

I was grateful to see this up close and for the intimate bits of ecology and culture passed though along the way. I also came to appreciate many of the people who lived here preserving the facility and guiding tours. I also came to better admire some of my friends who spent time here too including Lawrence Millman, John Michelotti, and especially Elio Schaechter.<sup>2</sup>

2. Escaping WWII in 1941, Elio Schaechter fled Italy in 1941 where he started studying microbiology in Quito, Ecuador. He worked on this for ten years before settling in the US. Elio wrote *In the Company of Mushrooms: A Biologist's Tale*.

## **SADLY, A PASSING**

Carol Levine, age 93, longtime COMA member and resident of Stamford, Conn., passed away on January 8, 2022

. Born on October 22, 1928 in Brooklyn, NY Carol graduated Phi Beta Kappa in 1949 from University of Vermont, where she met her beloved husband, the late Julian Levine, MD,. They went on to share more than 50 years of love, devotion, four children and much laughter. They were loving, kind, brilliant, generous, hard-working and deeply funny people

Carol received her Master's of Education in 1972 from Fairfield University, and a certificate in botany in 1975 from The New York Botanical Garden. After working for many years in her husband's medical practice, she went on to teach botany for more than 35 years at the Garden, where she was once named Teacher of the Year, and at the Bartlett Arboretum in Stamford, where she also served on the Board of Directors.

Her book, *A Guide to Wildflowers in Winter: Herbaceous Plants of Northeastern North America*, published by Yale University Press, 1995, was called "a classic of American botanical literature." She was also a member of Connecticut Botanical Society, Connecticut-Westchester Mycological Society, New England Wildflower Society, and Torrey Botanical Society.

Carol was never happier than when she was in nature, and hiked every Monday with her ALFASAC group (Audubon Ladies Fresh Air and Standing Around Club) into her 90s. If there was anything Carol loathed, it was to be idle, hence her nickname The Energizer

Bunny. She loved to travel and visited all seven continents, including Antarctica. Her car had two speeds: fast and faster. (Alternate nickname: Leadfoot Louie.) Insatiably curious, she never stopped reading or learning. She once took off in the midst of an evening storm to attend a lecture on the dung beetle. She was game for just about anything, and could make any mundane outing into an adventure. She could get just as excited to go to the town dump as she was to canoe down the Amazon River.

A memorial service will be held at a later date. As Carol would have said, “Please, don’t fuss!” In lieu of flowers, donations may be made to The Bartlett Arboretum, 151 Brookdale Rd, Stamford, CT 06903 **Taken from the Levine family’s obituary**

- I. **Let’s lighten up with a recipe**
- II. **Dumplings with mushroom filling.**



The dumpling wraps are easy to find in stores, not only Asian specialty. They feed the whole family and are easy to make with hundreds of fillings; you can do egg and garlic chives for breakfast, cabbage and carrot/bean sprouts for light lunch, and any meat combination. Note: When making fillings it is very important to add onions, often green/chives.

As for sauce: it is easy to buy some or mix soy sauce, sesame oil, and Szechuan oil.

**Szechuan oil:** I was taught to make this by a family member. Due to economic circumstances when ingredients were often unavailable; they used what they had.

Take any mix of canola and vegetable oil, or any mild oil! Then any mix of coriander seeds, cumin seeds, sometimes fennel seeds, coarse ground pepper, a little salt, and most importantly Szechuan peppercorns (green have more numbing power but red is easier to find). Use a mortar to pound the seeds a bit or wrap them in a towel and smash them. Combine oil and seeds and shake well every day for at least two weeks. How much spice you add depends on your tastebuds.

**Chicken of the Woods filling:**

Sautee the Chicken of the Woods with garlic and leeks (white part and light green) with a little olive oil and Oaked Chardonnay, salt and pepper. When Mushrooms are soft, add \*butter. I leave the pan to sit for a few hours or overnight. (\*or margarine for Vegans)

Run the mixture through the meat grinder or food processor. I add dill or Thai basil sometimes during this step. Depending on what flavor you desire, it can be cilantro or spring onion.

**Pork and Hen of the Woods:**

Sautee shredded Hen of the Woods with garlic and olive oil, salt and pepper. Run ground pork with the mushrooms through a meat grinder\*. Add scallions, soy sauce and sesame oil (a little goes a long way). Mix thoroughly. (\*or food processor)

Putting it together:

Take a dumpling wrapper and put a dollop of filling. Take some water and wet the edges. Fold. I recommend to go to YouTube to see how to fold and stand dumplings up. Put dumplings onto paper towel lined tray and freeze.

To Cook:

Take a non-stick pan and drizzle with olive oil. Heat. Place dumplings and add HOT water 1/3 of the way. Cover with a lid and cook 12 minutes. Spray with additional olive oil after draining

To Serve:

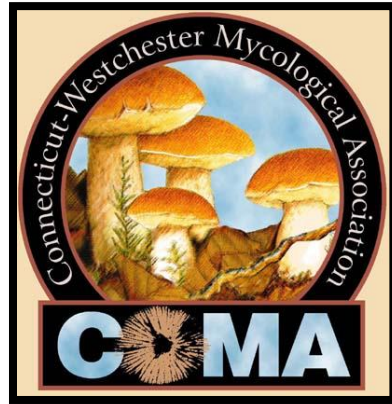
The chicken of the woods really pair best with Ramp oil. (In the spring puree the ramp leaves and bottle with good olive oil)

The pork and Hen of the Woods dumplings go well with Szechuan oil and dumpling sauce.

KSOUSHA



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and committee  
members are:**



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