

Issue 10  
July 2006



# NIFG NEWS



*Russula amethystina*  
A brittlegill fungus

*inside...*

- ***Chairman's report***
- ***New Books***
- ***New Finds***
- ***NIFG Constitution***
- ***Spot the fungus quiz***
- ***Edible fungi worldwide***
- ***Fungal Miscellany***
- ***Cookery Corner***
- ***2005 Portfolio***
- ***Foray list 2006***

# NIFG NEWS 2006

With the kind support of Museums & Galleries of Northern Ireland (MAGNI)

---

Hi Folks!

Here we are at the start of another foraying season.

And what a start. Our early outing in 2006, to Belfast Castle (13 May), produced a fungus new to Ireland! Admittedly, only a humble ascomycete (cup fungus) but a rather nice one at that. Congrats to Debbie Nelson who picked it up on the underside of a log sitting in stream water. The species in question is *Vibrissea leptospora*, a tiny greenish-grey cup (see New Finds, p. 3) which favours very wet wood early in the season.

As always, my task as Editor of the Newsletter is to provide content which reflects the varied make-up and interests of our membership—no easy task—so I had better say no more about ascomycetes (my specialist interest).

Please contact me if anything unusual or interesting in the world of fungi attracts your eye—I am always on the lookout for new material. And of course, I will gratefully accept any written contributions made by members to the

Newsletter!

One important matter should be mentioned here. At the last AGM of the Group, a Constitution for NIFG was read out, discussed and approved. Gerry, in his report, mentions this, and a copy is included in this edition, on p. 7.

Roy Anderson, Editor

Roy Anderson  
1 Belvoir View Park  
Newtownbreda  
Belfast BT8 7BL

[roy.anderson@afbini.gov.uk](mailto:roy.anderson@afbini.gov.uk)

---

## Chairman's Report 2005

With great regret I have to report that Hazel Dolling, the châtelaine of Lissan House, died on April 24, 2006 aged 83. Many of you will remember the foray we held at Lissan in October 2004, when Mrs Dolling gave us much help and support by way of suggestions for good sites and leading us to specimens of *Geastrum fimbriatum*. She was very supportive to the group as a whole, as well as individual members. A full appreciation of this remarkable lady appears elsewhere in this

### DISCLAIMER

The contents of NIFG NEWS are as accurate as can be achieved within the constraints of a small newsletter. The editorial staff take no responsibility for views expressed about the edibility or otherwise of fungi described by contributors. Edibility is a relative term and what may suit one person may react badly with another. The identification of fungi for consumption is entirely the responsibility of the individual reader. Guidance given in these pages is not definitive and regardless of the degree of expertise available, infers no guarantee of edibility. Therefore the management accept no responsibility for the consumption of fungal fruiting bodies based on information presented here, whatever the advise or ultimate consequences.

issue.

Last year was rather hectic for me, so at the 2006 AGM we divided up the workload by introducing two new posts: Foray Secretary and Acting Recorder. Debbie Nelson and Roy Anderson were elected to these posts unanimously. This arrangement is running very smoothly and thanks to both for their hard work.

As usual the AGM was held at Peatlands in our traditional manner but with rather a lot more business than normal. Twelve members attended and four apologies were received. The first item of business was the renewal of our affiliation with the British Mycological Society. This had been left to slide since affiliation needs annual renewal. Affiliation to the BMS requires us to send them a copy of our constitution. Now in the past all I did was to send them a copy of the minutes of our inaugural meeting at the Deer Park Hotel, Antrim,

in April 1996. However, this year we obtained a draft constitution from BMS debated it and finally adopted what you can find overleaf. Armed with a constitution we were then in a position to register successfully with the BMS group liability insurance scheme. Until now we had relied on the ABFG for group insurance and, indeed, we are now registered with both! But please note that if a claim were to be made it would be illegal to do so under both schemes.

After this rather heavy business session we concluded by granting Rachel Siggins life membership. Rachel was the prime mover in bringing NIFG into being and our first treasurer. Not finding any fungus group established in Northern Ireland she wrote to the BMS who gave her a list of its members and associate members. She then used this to establish the inaugural meeting mentioned above. Rachel no longer comes out on forays owing to arthritis, so on behalf of you all I sent her a fungal card thanking her for all the good work she had done for the group.

The newly established automatic upload facility for our records does not have room for comment on rare or interesting finds, so Roy is establishing a new section for these.

Membership continues to increase with a sudden influx of six recently – we now have over fifty four names on our address list (by no means all fully paid up hint! hint!). Most members have e-mail, but it would be really helpful for those without access to remedy the situation as stuffing envelopes and licking stamps is tedious.

Happy foraging for 2006.

Gerry.  
27th May, 2006

## NEW BOOKS

The Fungi Name-Trail  
A Key to Commoner Fungi  
FSC  
Field Studies Council  
Price £25.

A new series of glossy hard-card, fold-up guides are being produced by FSC. This one looks useful for beginners on fungal forays.

Fungi Europaei, Volume 10: Polyporaceae s.l.

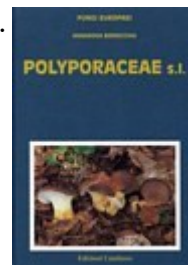
Annarosa Bernicchia  
Edizioni Candusso  
Price £77.00



Part of the Fungi Europaei series and probably a good buy if you are into the frequently baffling bracket fungi. [in Italian]

Fungi Europaei, Volume 2: Boletus

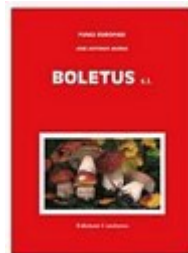
Jose Antonio Munoz  
Edizioni Candusso  
Price: £86.00



Another in the Series, on Boletes.

Wild Edible Fungi: A Global Overview of Their Use and Importance to People

Eric Boa  
Food and Agriculture Organisation  
Price: £19.95



I received a copy from the author parts of which are quoted on p. . Some interesting statistics and facts about world edible fungi.

[prices quoted are from NHBS]



Why not visit our Website at

[Http://www.nifg.org.uk/](http://www.nifg.org.uk/)

And see

The Online Atlas

New finds

New photos

New books

& much more.....

&



# Fungi Picture Quiz



**Can you identify these 12 fungi?**  
Answers on page 13



# Foray and other finds 2005

More interesting records from Roy Anderson. First of all, a few species new to Northern Ireland. *Can-*



*tharellula umbonata* with markedly forked gills amongst moss on Cave Hill in early November, *Coprinus friesii* from Keenaghan Lough in Fer-



managh on June 18 and *Amylostereum chailletii* from Hillsborough Forest on Douglas fir in May.



Nicky Lynn found this striking fungus on a fungus for the first time in Ireland at the RSPB Belfast Lagoon reserve. Here, the parasite, *Volvariella surrecta*, can be seen coming out of a vol-



va on top of the Clouded Agaric, *Clitocybe nebularis*. The previous most northerly record of this species in the British Isles in the BMSFRD was Lincolnshire so this is quite a find!!

.....

Some hydroids from Donegal found by Stuart Dunlop. First of all, Stuart found *Phellodon melaleucus* (smelling strongly of fenugreek ) and a possible *Hydnellum spongiosipes* in Ards Forest and then what looks like *Hydnellum concrecens* from Steeple Wood near Raphoe.

.....

Here are a few of the good finds for 2005: Ronnie Irvine found *Boletus rubellus* in Drum Manor. Although common in the south of the British Isles, it is not found often in Northern Ireland (3 records).





Arlette found *Pleurotus pulmonarius* on the foray to Slieve Gullion and although from Wales and not NI, I just have to pop in a photo of *boletus parasiti-*



*cus* fruiting out of *Scleroderma citrinum*. It is thought not really to be parasitic, but living together with the *Scleroderma* (both are ectomycorrhizal). Quite what they are doing and why is another question....

David Mitchel

Postscript by the Editor:

The Derrynoyd Foray on October 29th will go on record as the wettest outing ever. Several inches of rain fell that afternoon and a good bit of it on us! Before foray abandonment a very fine specimen of *Amanita crocea* was discovered under planted beech. This was rescued from the deluge and photographed later. Apart from being a very beautiful species as the photo indicates, there aren't many records for N. Ireland, just five in all, with three for Tyrone and one for Derry.

While on the subject of beauty, I came across the



violet coral *Clavaria zollingeri* for the first time last year. It has been known from the Barnett's Park waxcap grassland for some years but last year it appeared to particularly well and a number of clumps were recorded. One of these is shown below. There are 3 known sites in N. Ireland.

Roy Anderson



---

# NIFG Constitution

---

<b>Name</b>	The Group shall be called the Northern Ireland Fungus Group
<b>Aims</b>	<p>The Aims of the Northern Ireland Fungus Group shall be to</p> <ul style="list-style-type: none"><li>(a) record the fungi of Northern Ireland</li><li>(b) encourage an interest in the importance of fungi in everyday life wherever possible</li><li>(c) develop an understanding of fungi through forays, talks and workshops open to members of the Group</li><li>(d) increase the awareness of fungi through contact with local members of both professional and amateur groups which have environmental interests</li><li>(e) promote the conservation of fungi and of threatened habitats or rare fungi.</li></ul>
<b>Membership</b>	Shall be open to all individuals who support the Aims of the Group
<b>Executive Committee</b>	The officers of the Group shall be a Chairperson , Recorder and Treasurer, together with such other members as elected at the Annual General Meeting.
<b>Meetings</b>	An AGM will be held in March of each year to receive an Annual Report, accounts of the previous year, to elect officers and to prepare a foray program for the incoming year.
<b>Voting</b>	Shall be by a simple majority of members present.
<b>Finance</b>	All monies received shall be devoted to the Aims of the Group and shall be paid into a bank in the name of the Northern Ireland Fungus Group. The Treasurer shall keep an account of all income and expenditure and provide a report for each meeting and financial statement to the AGM. All cheques drawn against the account shall be signed by the Treasurer and by one other office bearer.
<b>Dissolution</b>	In the event of the Group being dissolved any remaining funds shall be distributed, at the discretion of the Committee, to benefit groups with similar aims operating in Northern Ireland.
<b>Amendment to the Constitution</b>	The Constitution may be altered as and when necessary by a simple majority at any AGM for which members must be notified at least 14 days in advance.

## Edible fungi from around the world

Modern mushroom farming is worth about £4 billion per yr. in the European Union. The bulk of this production is of the cultivated mushroom *Agaricus bisporus*.

Increasingly in recent years other species have entered commercial production. Examples are oyster mushrooms *Pleurotus ostreatus* and shiitake *Lentinula edodes*. Both are cultivated on woody



materials rather than manure or soil substitutes. On a recent visit to China I saw quite a lot of stacked logs under trees along major thoroughfares on which shiitake were being grown. Both shiitake and oyster fungus are



now grown commercially in the UK using specially treated logs, straw bales or sawdust blocks. The spent compost from straw and sawdust blocks can then be incorporated into animal feedstuffs as the indigestible element—lignin, has been partly digested by the fungus.

Eric Boa's new book, advertised on p. 3, looks at the equally interesting subject of commercially harvested wild fungi. It is in fact surprising the extent to which edible fungi are transported in the world market. Around 80 countries have an identifiable market. Boa found approximately 1100 species being traded.

Commercial harvesting is important business for at least Zimbabwe, Turkey, Poland, U.S., Korea and Bhutan. The movement of fungi is primarily from poor to rich countries.

### History of collecting

The archaeological record shows that wild fungi were probably eaten 13000 (yes 13000!) years ago in Chile. More certainly, the Romans appreciated fungi and were famous for their attachment to Caesar's mushroom *Amanita caesarea* which is still eaten in Italy today.

China has a very long history in the marketing and eating of wild



fungi, not only for nutrition, but also for medicinal purposes.

### Food value

Fungi vary in their nutritional value. Many are used merely to flavour otherwise bland local foods. Termite mushrooms *Termitomyces*, used in east and south Africa, are regarded as a reasonable substitute for meat and this has been confirmed by chemical analysis. Most fungi, however, have relatively low



protein value akin to that of vegetables.

Fungi are good sources of essential amino acids and minerals but are low in fat and digestible carbohydrates and therefore poor sources of energy—perhaps good diet foods?

As regards general health, fungi can contribute via medicinal properties. Chinese medicine is at the forefront here and an account of the trade in caterpillar fungus or wormgrass

(Continued on page 9)

*Cordyceps chinensis*, used to increase longevity and restore energy, is given separately in Miscellany, p. 10. In the present day it is commonplace to see the large bracket fungus *Ganoderma lucidum* and related species on sale for medicinal purposes on street corners in the major Chinese cities and these practices have been exported to Europe with the expansion of Chinese medicine.

### Important edible genera

Boa (2004) lists 26 genera of fungi most used for food.

The agarics are of course the most important group with *Agaricus*, *Amanita*, *Boletus*, *Cantharellus*, *Cortinarius*, *Laccaria*, *Lactarius*, *Leccinum*, *Lentinula*, *Lentinus*, *Macrolepiota*, *Pleurotus*, *Russula*, *Suillus*, *Termitomyces*, *Tricholoma*, and *Volvariella* all included. Most of these are recognisable to a British or Irish forager but not all are eaten here.

Some 43 *Agaricus* species have been used as food although at least 60 are potentially edible, although many occur in countries where fungi are not eaten widely. Amazingly 83 *Amanita* species are theoretically edible of which 42 are regularly consumed as food. *Amanita caesarea* is highly valued in Italy, Mexico, Turkey and Nepal.

Of the other genera, the largest are *Russula* with 128 edible species of which 71 are used as food and *Boletus* with 72 edible species of which 39 are used as food.

Among the jelly fungi (Heterobasidiomycetes) the ear fungus *Auricularia* is widely consumed and there are about 10 species of importance. Many genera in this group are said to taste 'earthy' and have little flavour. The Chinese eat them as texture foods i.e. because of the rubbery or jelly texture rather than taste. Some have medicinal properties. Only the European

*Tremella fuciformis* has much gastronomic appeal—it is used as a flavouring in soups and as a vegetable in salads. It is not recorded from the British Isles.

The ascomycetes or cup fungi boast 3 main edible genera, morels *Morchella*, truffles *Tuber* and caterpillar fungi *Cordyceps*. As mentioned earlier *Cordyceps* has no culinary value because of its texture and size but is consumed for medicinal purposes. The



native *Cordyceps militaris* has apparently similar properties to the Chinese version (opportunity for some entrepreneurial activity here?)....

About 18 truffles are considered edible but this doesn't take into account availability and taste. Only 8 are commonly consumed. The so-called false or desert truffles *Terfezia* are important in north Africa and parts of Asia and are mycorrhizal on *Acacia* and *Cistus*. About 5 species are eaten. When Pliny the Elder referred to 'truffles' *Terfezia* may have been intended as the Romans imported truffles from north Africa. The taste is described as nutty and a little sweet and with a strong aroma of nuts, plus a hint of butter, wine and a pinch of garlic. Seemingly addictive. Has anyone a contact in Turkey or N. Africa where we could get some?

The next group is the puffballs

and earth stars or Gasteromycetes. *Lycoperdon* is



the only genus widely traded. There are 22 edible species of which 9 are eaten widely. Key species are *Lycoperdon perlatum* and *L. pyriforme*, the common and stump puffballs respectively. Both are very common in this country but probably under-appreciated - like the giant puffball *Langermannia* (see Cookery Corner)!

Finally, the bracket fungi or Aphyllophorales. According to Boa there is a trade only in *Polyporus* and *Ramaria*. I have a feeling that *Ganoderma* should be included with *Polyporus* as it is widely used in Chinese medicine. Like *Ganoderma*, *Polyporus* has no value as food but is used more for medicinal purposes. *Ramaria* is also widely used but again this is probably in part a medicinal product. About 33 species are consumed worldwide.

Boa has assembled a great wealth of facts and figures on wild fungi as food. From species collected to importance in local economies to regulation of collection and conservation issues.

On conservation, matsutake or *Tricholoma matsutake* is very highly regarded in Japan and is collected wild. By the 1980s wild collection declined steeply. There has been some controversy about whether collecting can actually cause the decline of a species—

clearly it can. The Japanese had to locate external sources for matsutake. The first candidate was a N. American species *Tricholoma magnivelare* but they now import substitutes from 8 different countries. The value of these imports rose from \$115 million in 1993 to \$745 million in 1997! The biggest suppliers are now China and Korea.

The estimated value of world commercial mushroom production in 2001 was \$22.5



billion. Against this the trade value of wild fungi is put at \$0.1 billion (\$100 million). This neglects all the wild fungi used for local consumption. An estimate which includes this gives a value nearer \$2 billion.

Non-wood forest products contribute a great deal to local economies. There is now wide recognition that this in many cases exceeds the value of timber in the forests and is of course renewable and sustainable which much wood extraction is not. We shouldn't forget either the incredible contribution mycorrhizal fungi make to tree health and growth. They not only maintain the health of forests but contribute



to the nutrition and income of forest dwellers.

Eric Boa's book will help to highlight and publicise this contribution and add to a brighter and more interesting future for gastronomy and sustainability in the world's forests.

*Extracts were taken from*

[Wild Edible Fungi: A Global Overview of Their Use and Importance to People](#)

Eric Boa, FAO.

### Group Leaders Meeting, Alston Hall, 16<sup>th</sup>-18<sup>th</sup> June, 2006

There are thirty plus active recording groups in the UK and every two years since 1995 their chairmen or other representatives have met for a weekend talking shop. This year it was held in Alston Hall a delightful country house nestling in the Ribble valley near Preston. Previous meetings were held at Keele University and Littledean near Gloucester. Twenty three groups together with five officers from the BMS together with Jill Sutcliffe of English Nature attended. There were quite a few apologies for absence.

The discussions lasted from 8:30pm on the Friday until 1:00pm on the Sunday and covered a very wide range of topics of interest to field mycologists. The agenda covered set business reports from the BMS, talks on various aspects of field mycology together with an open forum for ~~questions/discussions~~ topics suggested in advance by participants or the material covered in the main lectures. Throughout the weekend discussion was lively and prolonged both during the set lectures and the open forum. There were few breaks, blistering heat and by Sunday afternoon we were all shattered. In this short report it is impossible to cover all the items, but here are a few of main interest.

Sheila Spense, Herefordshire Fungus Survey Group, opened the meeting with a talk on the Hereford Fungus Festival which was aimed at getting the general public interested in mycology by way of a road show and guided walks. This illustrated the help available from the BMS by way of materials and financial help etc. David Moore gave a splendid account of the BMS mycology road show which is aimed at young children. It

was fully illustrated and of special interest were the pictures of the display at Tatton Park. The BMS publications report had something which will delight many of you. Although a fair number of us are members, not all find that *Mycologist* at all digestible and subscribe separately to *Field Mycology*. However, from next year onwards *Mycologist* is being replaced by a new Fungal Reviews Journal (or something like that) and members will be offered the choice of receiving that or *Field Mycology*. Precisely this topic was raised at the last AGM, so problem solved! Paul Kirk ran a database workshop as usual, but being in David Mitchel's kind hands I skipped that one. Sheila Spence gave another talk on Caring for God's Acre – an interesting account of foraging in Herefordshire graveyards. Some of you will recall a graveyard foray on Rathlin some years back. Finally, some kind soul distributed special offer leaflets for Roger Phillips's forthcoming book *Mushrooms* (regular price £18.99 offer £15.19 if ordered before 10<sup>th</sup> December). This is a must have, so if you would like a discount form please let me know.

GP Shannon

July 3, 2006

# Fungal Miscellany

## Happy hallucinations!



### *Magic mushrooms trader defends business in Cork*

The owners of a shop which sells hallucinogenic 'magic' mushrooms defended their business yesterday. "We are not about pushing drugs. We're about education and drug reduction," said Helen Stone, the owner of the Funky Skunk store in Cork.

Ms Stone and her business partner Steve Wilson, were selling the natural high-inducing fungi from their city centre store yesterday for €15 for a 20-gram bag. Their shop also sells Gothic-style clothes, candles, books and other items. But they have been doing a roaring trade in the magic mushrooms they import from Holland since they first started selling them six months ago.

Magic mushrooms contain



psilocin and psilocybin. Psilocybin is

converted to psilocin in the body. The effects of psilocin are very

similar to those of LSD, although psilocin is about 100 times less potent than LSD. Changes to the classification of magic mushrooms in Britain and the North last year put them in the Class A category - in the same league as heroin, ecstasy and cocaine.

The changes made it an offence to import, export, produce, supply, possess or possess with intent to supply magic mushrooms, whatever form they are in. But Mr Wilson said what they were doing was perfectly legal. "They are legal here in their raw and unprocessed form," Mr Wilson said.

The law on magic mushrooms is unclear, according to legal sources. "I had a customer in here yesterday who used to sniff three bottles of nail varnish every day," Mr Wilson said. "He came in to thank me. I would tell him that what he was doing was damaging his health. He's off the varnish now and he comes in to us for a bag of mushrooms every few days." Ms Stone said they have a very strict policy of not selling mushrooms to under-18s. And the bags also come with labels warning people of the side effects.

*Eoin English, © Irish Examiner*

### **More Seriously**

Just a reminder that magic mushrooms are a serious business. Issue 9, p. 9 highlights the change in UK Law which means that possessing magic mushrooms even in a scientific collection, is a criminal offence.

### *Irish teens among top users of ecstasy and mushrooms in EU*

Ireland's teenagers are among the highest users of ecstasy and magic mushrooms in a survey of 26 European countries, according to a study released yesterday.

The EU's drugs agency also said market stalls in Ireland and Britain, together with so-called 'smartshops' in the Netherlands, played a key role in kick-starting a magic mushroom trend in Europe.

It warned that while they have been banned in Ireland since January, dealers are looking at ways of making them available.

About 5% of Irish 15 to 16-year-olds had used ecstasy, making them the second-highest group in a list of 12 countries. Over 4% claimed to have used hallucinogenic mushrooms, putting them third-highest in the study conducted three years ago.

One-fifth of the students questioned said the mushrooms were easy to get. One report quoted locals in Co Kilkenny saying that when they were in season people would hunt them in the wild.

Among 15 to 24-year-olds over 5% had used mushrooms, but the chart-toppers are the Czechs, Dutch, French and Belgians.

In some countries the mushrooms are more frequently used than ecstasy.

More than half of French young people said they had tried the fungi.

The report quoted sources in Britain saying there were more

than 300 shops and stalls selling some of the 100 hallucinogenic varieties in shops and stalls in 2004.

The sales were worth an estimated £1.5m (€2.2m) and the British Treasury collected over £255,000 (€370,000) in tax

The report was issued to coincide with World No Drugs Day today, with a warning from the EU that drug use and deaths are at unprecedented levels and show little sign of falling.

The inquest is due to be resumed today at the Dublin Country Coroner's Court in Tallaght into the death of Colm Hodkinson, a 33-year-old man who fell from a fourth-floor apartment in Dun Laoghaire after eating magic mushrooms.

*Ann Cahill © Irish Examiner*

### **Tibetan herders join rush for prize fungus**

Yajiang, China (Reuters) - Amid towering mountains stretching from western China into Tibet, a tiny fungus is luring herders into a feverish treasure hunt that promises wealth to people who have often been bystanders at China's economic party.

At a mountain pass more than 4,000 metres (13,000 feet) above sea level outside Yajiang County in Sichuan province, a herder, Tangba, and a dozen other men have joined tens of thousands of Tibetans hunkered on treeless slopes across the region, squinting for signs of what Chinese call "worm grass" -- a prized medicine.

"You can become rich if you're lucky, make a bit of money if you're not, but it's not easy," Tangba said, clutching a jar half-filled with shrivelled, yellowish stalks. "That why Tibetans are best at it. We know our home."

"Worm grass" is not really a plant. Known by Tibetans as "summer-grass winter-worm", it forms when a parasitic fungus hijacks and devours the bodies of ghost moth larvae that have burrowed into the alpine soil for up to five years. It then steers their bodies to the surface so it can spread its spores.

The mummified moths, two inches or more long, are a traditional Tibetan cure-all that promoters say helps fight AIDS, cancer and ageing. As Tibetan medical ingredients have won adherents in China and abroad, worm grass and other alpine fungi and plants have become lucrative commodities, luring almost entire villages on harvests from May to July.

"Now many families are going out to find it, just leaving the old people at home. I thought it was a bit crazy too, but I also want to make money," said Celang. He planned to quit his job in a Kangding town restaurant in western Sichuan to hunt fungi.

With luck, Celang said, he could make 2,000 yuan (136 pounds) in a month or two, compared to 400 yuan a month in the restaurant.

Children get special school holidays to go picking, officials go AWOL, and in some areas influxes of thousands of temporary pickers take much of the crop, sparking violence with locals and even killings, according to Chinese news reports.

*Chris Buckley © Reuters*

[Compiled by RA]

### **Giant (Puffball) Omelette**

225g	giant puffball - thinly sliced
4 tbsp	butter
60ml	chopped fresh chives/scallions
60ml	chopped fresh parsley
60ml	double cream
6	eggs, lightly beaten
	salt & pepper

Sauté the mushrooms in half the butter, until the liquid has almost evaporated. Add the herbs and set aside.



Melt the remaining butter in an omelette pan on a moderate heat. Blend the cream into the eggs and add salt and pepper, then pour into pan. When the egg mixture starts to set lift the

# Cookery Corner

edges, and tilt the pan so the remaining runny mixture can flow to the heat. When the mixture just stops flowing add the sautéed mushrooms to the omelette. When the omelette starts to turn golden brown at the bottom, fold in half and slide onto a plate.

Serve immediately.

## Puffball fritters with soft-boiled eggs and bacon

- 4 slices pancetta, or streaky bacon
- 2 cloves garlic, finely chopped
- 4 large slices from a puff ball, about 1cm/½in thick
- 2 eggs, beaten and seasoned with salt and pepper
- 100g white breadcrumbs (from a day old loaf)
- 4 whole eggs salt & pepper
- olive oil for frying
- a few salad leaves

Chop the bacon or pancetta into thick matchsticks and fry in a little olive oil until crispy. Throw in the chopped garlic and fry until it starts to take colour. Remove the garlicky pancetta and put on kitchen paper. Bring the four whole eggs to the boil in a small pan of cold water and boil them for just 4 minutes to get soft-boiled eggs

Dip the puffball slices in the beaten egg, then coat well in the breadcrumbs. Fry in the same oil left from frying the pancetta (with perhaps a little extra added), turning once until crispy and golden brown.

## Mushroom Paté

- 3/4 lb chopped mushrooms
- 2 tbsp butter
- 8oz cream cheese
- 1/2 tsp curry powder
- 1 tsp Worcester sauce
- 1 tbsp dry sherry
- 1/2 cup pecans, chopped

Sauté the mushrooms in butter until dark (about 5min or so) and drain. Process or puree with the cream cheese, curry, Worcestershire sauce, and sherry. Fold in the pecans and

refrigerate. Garnish with parsley or watercress.

## Mushroom & herb soup

- 50g rindless bacon
- 1 white onion, chopped
- 15ml sunflower oil
- 350g flat field mushrooms
- 600ml beef stock
- 30ml sweet sherry
- 2 tbsp chopped fresh herbs
- Or
- 2 tsp dried herbs

Roughly chop the bacon and place in saucepan. Cook gently until the fat comes out.

Add the onion and oil and cook until soft.

Cop the mushrooms add to the pan and cover and cook over a low heat until they have softened.

Add the stock, sherry, herbs and seasoning and simmer for 10-15min.

Place in a blender and blend until fairly smooth. Serve with a dollop of crème fraîche.

## COOKERY EVENING 2006

Please take note of an important date for your diary.

Mary has very kindly agreed to host a cookery evening once again in 2006.

It is proposed to meet at Mary's cottage on Tuesday 24 October. Please bring along suitable raw materials and yourself of course, for a bit of craic and culinary exploration!

- 1) Ugly milkcap *Lactarius plumbeus*
- 2) Giant Club *Clavariadelphus pistillaris*
- 3) Big blue pinkgill *Entoloma bloxamii*
- 4) Common porcrest *Schizophyllum commune*
- 5) Bulbous honey fungus *Armillaria gallica*
- 6) Smoky spindles *Clavaria fumosa*
- 7) Hedgehog fungus *Hydnum repandum*
- 8) Clouded funnel *Clitocybe nebularis*
- 9) Southern bracket *Ganoderma australe*
- 10) False morel *Gyromitra esculenta*
- 11) Stinkhorn *Phallus impudicus*
- 12) Blushing rosette *Abortiporus biennis*

FUNGI PICTURE QUIZ

# Conservation News etc.

Michael Jordan's CD entitled 'The Provisional 2006 BAP List of Endangered Fungi' dropped through the letterbox the other day.

This gives a full account of the new British proposed BAP species and is available to individual members of the ABFG free.

Space does not permit a full review here but in a future edition of the Newsletter the remaining species in the List will be given and the List will be reviewed.

In the meantime please note that only species definitely recorded in Ireland are figured below with full details from the CD:

- 1) *Amanita friabilis* (Karst.) Bas
- 2) *Armillaria ectypa* (Fr.) Lam.
- 3) *Bankera fuligineoalba*



Fleshy, tawny, finely scaly agaric; solitary or in dense clumps in wet base-rich habitats often with mosses on moorland.

**Dimensions:** cap 4-8cm dia; stem 4-8cm tall x 0.8-1.2cm dia.

**Cap:** yellowish-brown to brown, somewhat scaly at the centre and striate at the margin, hygrophanous; at first convex then flattened or slightly depressed with age. **Flesh** white, thin and firm **Gills:** cream to pinkish, adnate-decurrent, broad, crowded. **Stem:** pallid yellowish-brown; more or less equal; ring absent; 'bootlaces' absent. **Spores:** pallid cream, smooth, ellipsoid, non-amyloid, with droplets, 7-9 x 5.0-5.5µm. Basidia 4 spored.

**Odour:** not distinctive. **Taste:** not distinctive. **Chemical tests:** none.

**Occurrence:** autumn. **Edible.**  
**Action required:** site protection and monitoring against habitat loss.

(Schm.) Pouz.

4) *Battaraea phalloides* (Dicks.) Pers.

5) *Boletopsis perplexa* ined.

6) *Boletus immutatus* (Pedler & Hills) Hills & Watling

7) *Boletus pseudoregius* (Hub.) Estades

8) *Boletus regius* Krombh.

9) *Boletus rhodopurpureus* Smotl.

10) *Boletus torosus* Fr.

11) *Bovista paludosa* Leveille

12) *Calocybe onychina* (Fr.) Donk

13) *Cantharellus friesii* Quel.

14) *Cantharellus melanoceros* Desm.

15) *Chlorencoelia versiformis* (Pers.) Dixon

16) *Clavaria purpurea* Fr.

17) *Cotylidia pannosa* (Sow.) Reid

18) *Entoloma bloxamii* (Berk. & Br.) Sacc.

19) *Geastrum berkeleyi* Massee

20) *Geastrum corollinum* (Bat.) Hollos



■ Medium sized agaric with violet or grey-blue cap, concolorous stem and pinkish gills; solitary or in trooping groups in unimproved grasslands including meadows and dry lawns.

■ **Dimensions:** cap 4-8cm dia; stem 4-6cm tall x 1.0-2.5cm dia.

**Cap:** dark violet to grey-blue or grey-brown when old; conical when young then expanded campanulate with distinct umbo, margin acute and incurved for a long time, projecting somewhat; flesh white, blue beneath the cuticle, thin at the margin. **Gills:** whitish when young then cream-pink to pallid pinkish-brown, broad, narrowly adnate, edges smooth. **Stem:** dark blue with some whitish fibrils, base often white tomentose, equal, solid when young, hollow when old.

■ **Spores:** reddish-brown, with 5-6 angles, 6-9 x 6-8µm. Basidia (2 or) 4 spored; cystidia absent.

■ **Odour:** rancid. **Taste:** slightly radishy. **Chemical tests:** none.

■ **Occurrence:** autumn.

■ **Action required:** grassland ecology research; survey and monitoring; protection against habitat loss and degradation.

21) *Geastrum elegans* Vitt.

22) *Geastrum minimum* Schwein.

23) *Geoglossum atropurpureum* (Bat.) Pers.

24) *Gomphus clavatus* (Pers.) Gray

25) *Heridium coralloides*



■ Dark purple earth tongues growing singly or in small clusters on soil in acid grasslands

■ **Dimensions:** 6-9cm tall x 0.5-1.2cm dia.

■ **Fruit body:** blackish-purple when wet to almost black when dry; irregularly furrowed and compressed in the upper part arising from a more cylindrical stem with a finely scaly surface; flesh: concolorous, fragile. **Asci:** 100-120 x 10-12µm. **Spores:** (8) brown, vermiform with rounded ends, smooth, 20-35 x 5-6µm. Paraphyses slender with swollen tips firmly agglutinated with purplish brown matter.

■ **Odour:** not distinctive.

■ **Taste:** not distinctive.

■ **Chemical tests:** none.

■ **Occurrence:** autumn to early winter.

■ **Action required:** survey and monitoring; protection against habitat loss and degradation.

(Scop.)Fr.

26) *Hericium erinaceus* (Bull.)  
Pers.

27) *Hohenbuehelis culmicola*  
Bon

28) *Hydnellum aurantiacum*  
(Bat.)Karst.

29) *Hydnellum caeruleum*  
(Horn.)Karst.

30) *Hydnellum concrescens*  
(Pers.)Banker

31) *Hydnellum ferrugineum*  
(Fr.)Karst.



■ Small reddish-brown funnel shaped cap with pale margin and spiny under-surface; solitary or in groups, often fused, on soil in broad leaf woods

■ **Dimensions:** cap 2-7cm dia; stem 1-3cm tall x 0.3-0.8cm dia.

■ **Fruit body:** cap reddish-brown darkening towards the centre, margin pallid; shallowly infundibuliform, rosette-shaped, radially wrinkled, with small erect scales at the centre; stem brownish, equal or tapering downwards, downy, wrinkled; flesh: dark vinaceous-red, blackish towards the stem base, tough, corky; spines at first pallid then pinkish or reddish-brown, decurrent. **Spores:** light brown, tuberculate, sub-spherical, non-amyloid, 4.5-6.0 x 3.5-4.5µm. Basidia 4 spored; cystidia absent.

■ **Odour:** faintly mealy. **Taste:** not distinctive. **Chemical tests:** none.

■ **Occurrence:** late summer to autumn.

■ **Action required:** survey and monitoring; protection against habitat loss and degradation.

32) *Hydnellum peckii* Banker

33) *Hydnellum scrobiculatum*  
(Fr.)Karst.

34) *Hydnellum spongiosipes*  
(Peck)Pouzar



■ Small brown irregular cap with paler margin, spiny under surface and dark spongy stem; solitary or in **Dimensions:** cap 2-19cm dia; stem 2-6cm tall x 1-3cm dia.

■ **Fruit body:** cap pallid or cinnamon-brown, margin more pallid; at first top-shaped becoming shallowly infundibuliform, rosette-shaped, downy, unevenly wrinkled and tuberculate; stem dark brown with whitish dots, stout, equal or tapering downwards, densely downy; flesh: dark russet-brown; thick and spongy; spines at first pallid then russet brown, decurrent, coarse.

**Spores:** light brown, coarsely tuberculate, sub-spherical, non-amyloid, 5.5-6.5 x 4.5-5.5µm. Basidia 4 spored; cystidia absent.

■ **Odour:** not distinctive. **Taste:** not distinctive. **Chemical tests:** none.

■ **Occurrence:** late summer to autumn.

■ **Action required:** survey and monitoring; protection against habitat loss and degradation.

35) *Hygrocybe spadicea*  
(Scop.)Karst.

36) *Hygrophorus pudorinus*  
(Fr.)Fr.

... to be continued

## OBITUARY

Hazel Dolling June 13, 1923 to  
April 24, 2006

Hazel Dolling, or to give her full title, Lady Hazel Radclyffe Dolling, was the last surviving member of a rather eccentric and impoverished old Ulster Plantation family, the Staples, who had owned the Lissan Estate, near Cookstown, since 1620. A splendid account of her ancestors' eccentricities (including the "barefoot baronet" who thought wearing leather shoes blocked out the earth's magnetic field hence causing ill health) can be found on the obituaries page of *The Daily Telegraph* May 5, 2006.

Mrs Dolling was a good friend to NIFG and many of us will remember her kindness and practical help at the Lissan foray of October 2004. In particular she allowed our lady members to use her downstairs loo with the somewhat unnerving advice to beware of the dog – just where the dog was hiding out was never quite clear. She did not actually foray herself, but gave us many good tips as to where interesting specimens might be found. As a result we included among our collections the beautiful and uncommon waxcaps *Hygrocybe calyptriformis*, *Hygrocybe insipida* and *Hygrocybe quieta* together with the uncommon earthstar *Geastrum fimbriatum*. After the foray she, unlike most landowners, kept in contact by sending slightly dotty postcards of Lissan House containing quaint descriptions of various fungi. Ronnie Irvine writes: "As for Hazel, she was a woman whose interest could be awakened in almost any subject. Certainly, after fungus group visited Lissan House I had several phone calls about the fungi she had seen. I dropped in on a few occasions and we had short walks to look at specimens she had found around the estate. She had managed to get herself a rather limited book on fungi which I think rather frustrated her because it was so limited."

There are not many remarkable ladies like Hazel Dolling around and we all hope that her plans to preserve Lissan House for the future will be successful.

GP Shannon

# FORAY PROGRAMME 2006

## NEW FORAY ARRANGEMENTS!

We have decided to try a new arrangement for forays. This essentially means that on each date 2 forays will be held.

The first foray on a given date (for those who wish to foray all day) will start at 11am and go on until 12.30pm.

There will then be a return to the meeting point for lunch and a second foray (along previously established lines) will be held from 1pm to 4pm. This will allow those wishing to spend more time at the site to do so. These arrangements are subject to alteration. Details will be forwarded of any changes.

Please visit [www.nifg.org.uk](http://www.nifg.org.uk) for maps and much fuller instructions for finding meeting points.

## May 13<sup>th</sup> 2006, Belfast Castle -

**Grid Ref: J329792**

Leave Belfast on the Antrim Road. Follow the signs for the Belfast Castle. It is signposted on your left from the Antrim Road. Meet in the car park of the Castle Grounds

## July 22<sup>nd</sup> 2006 Rea's Wood, Co. Antrim - Grid Ref: J146 852

The site of the Old Deer Park Hotel has now been fenced off and demolished. Parking is available at the entrance to the lane leading to the wood. From Belfast, follow the M2 north. At Junction 5 turn off towards Templepatrick. Follow the road through a series of roundabouts (4 in total). At the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> follow the signs posted Antrim. At the 4<sup>th</sup> and final roundabout, take the left turn, posted International Airport and Crumlin. Follow this road for approx 300yds. You will see the sign for the 'Old Deer Park Hotel'. You can park here.

## August 19<sup>th</sup> 2006 Murlough Nature Reserve, Co. Down - Grid Ref: J 397339

Follow road signs for Newcastle from Belfast. Pass through Ballynahinch, Clough and on to Dundrum on the A2. Pass through Dundrum village following the signs for Newcastle. Along the road there are brown signs for Murlough Nature reserve. Meet in the main car park.

## September 2<sup>nd</sup> 2006 The Umbra, UWT Reserve - Grid Ref: C 726358

Access to the reserve is by a footpath just beyond the level crossing, coming from Downhill. Head to Coleraine on the A26. Once in Coleraine follow the A2 towards Downhill. Pass through Downhill towards

Benone. You will pass over a level crossing. In front of you will be an electricity substation. Parking is available here or on the grassy verge opposite. Permission from UWT has been given to park here.

## September 16<sup>th</sup> 2006 Baronscourt

From Belfast to Baronscourt Estate follow signs for M1 motorway heading west and continue to Ballygawley where you should turn right at the roundabout onto the A5 signed Omagh/Derry. On entering Omagh turn left at the traffic lights onto the bypass and continue on A5 until next roundabout, taking second left exit for Newtown Stewart / Strabane and Derry (A5). Follow signs to Newtown Stewart and travel along new bypass taking second exit left signed Newtown Stewart, which will bring you to a T-junction at the bottom of the town where you should turn right. After passing a Spar shop on the right-hand side, take the B84 to Drumquin. About 4 miles from Newtown Stewart is the main estate entrance on the right. Go down to the car park by the Estate Office and report there.

## September 30<sup>th</sup> 2006 Castle Espie, Co. Down - Grid ref: J 495668

From Belfast, head towards Dundonald and then to Comber. If you are on the A22 directly to Comber do not leave this road. You will come to a roundabout. Turn right. Follow the road for 100yds and turn left onto Ballydrain Road (signposted for Castle Espie). From all other directions, once in Comber town centre you will see a large square and monument. At the square there will be signs for Castle Espie WWT. Follow the signs. You will pass a police station and come to a roundabout. Go straight ahead, following the signs for Downpatrick and Killyleagh. Pass the Texaco Garage. Just before the 40mile/hr sign there is a road on your left (Ballydrain Road) signposted for Castle Espie. Take this road. Approx 2 ½ miles along is the entrance for Castle Espie. Meet in the car park picnic area.

## October 7<sup>th</sup> 2006 Brantry Lough, Meeting with Armagh Field Club,

## - Grid Ref: H750534

Approaching from Belfast, the easiest way is to go the end of the M1, and then continue along the A4 for 2.5 miles, till you reach the B45 Dungannon to Caledon road. Go south towards Caledon on this road for about 5 miles (forking right to avoid the Armagh turn) and take the next right after crossing the R Oona. After 2 miles and going up a hill, take a left turn. The car park is on the left after a further 0.6 miles.

## October 21 & 22<sup>nd</sup> Residential: Dromantine College Conference Centre - Grid ref: J 0790362

Dromantine College can be found just south of Poyntzpass. Advanced booking for overnight stay and dinner is essential, and this should be done as soon as possible through Gerry. Foray details to come.

## November 11<sup>th</sup> 2006 Glendun Farm, Co. Antrim - Grid Ref: D 201 317 OS 1:50,000 Sheet 5

The 80 ha (196 acre) Glendun Hill Farm Reserve may be reached from either Cushendall or Ballycastle. Take the A2 as far as Glendun Viaduct. Follow signs for Glendun, and travel west up the glen for approx. 1.2 km. The farm is on the other side of the river. As the river is frequently high, we recommend using the footbridge at the eastern end of the farm, parking cars at the lay-by on the Glendun Road. Glendun can also be reached from the mountain road crossing Slieveanorra from the Ballymoney direction.