

# Fall a time for foraging for fungi

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Scribner started early as well. She would travel north with her parents and grandparents every spring to hunt for morels.

"The men and children went out looking for morels and collected bags and bags of them," she said. "We probably ate more than we should."

Now at 70, she has devoted the last 10 years to becoming "a student of everything mushroom."

"There is such a variety, they are so beautiful to look at - as beautiful as any wildflower - and they are so important in the scheme of nature. They are decomposers," she said.

And there is so much people don't know about them. According to Scribner, the marvelous mushroom is often misunderstood, especially considering its place in history. For example, people thought they were evil and had dark powers during the Middle Ages, she said. But at other times in history, mushrooms were only eaten by kings and queens.

She cautions mushroom hunters about feeling like an expert too soon.

"When I started being a serious



**THIS BEAUTIFUL** bounty of chicken of the woods was scoped out by Leelanau County mushroom hunter Eric LaPaugh.

student, it took me almost two years to understand the taxonomy and being sure what I was looking at was safe," she said.



## Super Sunnies

**SUNFLOWERS** planted by Liz Hartesvelt of Suttons Bay dwarf her husband, Louis "Doc" Hartesvelt, who stands 6-feet. Although they are estimated at 12 feet, "Doc" said last year's largest sunflower was even taller.

## Workshop on mushrooms

For those interested in increasing their mushroom knowledge, Linda Scribner will offer a workshop on mushrooms in the county Government Center in Suttons Bay Township on Tuesday from 6:30-8:30 p.m.

Scribner is a certified wild mushroom expert licensed to commercially harvest and sell wild mushrooms in Michigan.

The workshop serves as an introductory class providing attendees with tips

for identifying, storing and handling wild mushroom.

"If they work with the list of 20 mushrooms, the 10 steps presented and field guides, (attendees) should be able to identify mushrooms," she said.

Recent rain, she added, will bring out mushrooms, so the workshop is well-timed.

"The fall season is the best," Scribner said. "If you really want to become a student, now is a great time."

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She processes much of what she cans from her garden.

"The first garden I ever had was during my second year at Alma College," Boissineau said.

Initially, she canned jams. However, over the years her garden produce and canning have grown, with the exception of a 4-year hiatus from 2010 to 2014 when moles took over the garden patch.

Boissineau tilled and raked the soil and put down a weed-blocking material before constructing her first 4-by-8-foot raised bed, eliminating the mole prob-

lem. She has added six more 4-by-4-foot beds since.

"I'm a small batch canner," she said. "I began canning in 2016, but didn't buy a large canning kettle until this summer."

Boissineau said you can try small-batch canning without having to break the bank.

She suggests looking for grocery products which come in authentic Mason or Ball rimmed jars, which fit standard lids and rings such as Classico marinara sauces.

No matter how well jars are washed, Boissineau takes an extra precaution by

sterilize them in boiling water and letting them air-dry before filling.

"I've been using my stainless soup pot with a round pie cooking rack set in its bottom. It worked great," she said.

This year's production includes several quarts of beans, carrots, pickled beets, and dill pickles.

"I went to canning because I was running out of freezer space and found that when you can your own beans they don't have to be mushy like the ones you get out of the Del Monte can," she said. "Besides, you can't freeze pickled beets."

# Canning for health, necessity

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