

Hello Friend of Maddax Woods,

The board of the Friends of Maddax Woods welcome you to the New Year 2025 and the beginning of a new year of natural beauty and discovery in Maddax Woods!

The abundant rain has the river channel running high and fast and the trails and pathways are muddy and can be slippery. Looking down to your next steps is needed for safety but can also be an opportunity to see the emergence of fresh blooms of fungi and mushrooms that line the paths and creep up the tree bark. The magic of fungi and mushrooms is not only in what we see above ground, but what is happening underneath the soil that is so different from the shrubs, trees and flowers that we will see coming soon. The benefits to the forest floor and to the air we breathe is also a little appreciated feature of their growth.

Marla, our intrepid nature guru has captured the following photos of current findings. See if you can spot the ones shown below. If you find other examples we would love to receive a photo to share with others through this newsletter.



Fairy Ink Caps (mushrooms have stems and caps)



Cauliflower Coral fungi type (fungi grow

from



Orange Jelly fungi type (there are many 'types'

of jelly fungi)



Turkey Tail mushroom fungi (known as both mushroom and fungi - see the pattern of the spread 'turkey tail' shapes).

Here are some fun facts about fn-gi to share with friends:

Mushrooms are a type of fungi. Mushrooms are characterized by having a stem and a cap. Most fungi are known by their type and there can be several types within a category of fungi (eg: cauliflower fungi type).

\*The lifecycle of a mushroom is very unique:

Mushrooms are fungi and grow differently than fruits and vegetables. Mushrooms begin as spores. Mushrooms are decomposers and break down dead plants to recycle their nutrients and when mature produce the fungal spores that grow the mushroom plant. When spores germinate, they grow into a lacy, filament-like root network called mycelium. Under that bulbous exterior is an underground network of mycelium that scavenges the soil for food.

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\*It takes science to grow mushrooms:

Mushrooms flourish under precise conditions both in nature and in grow-houses. In nature, they grow in the compost that they make and in grow-houses they grow in special compost mixtures. Mushrooms can thrive without any light. Unlike green plants that convert sunlight to food through photosynthesis, the mushrooms gather nourishment from their growing medium, called compost. Only select mushrooms are edible and it takes a keen eye to find the edibles. Edible mushrooms are limited to carefully cultivated varieties.

\*Mushrooms produce Vitamin D when exposed to ultraviolet light, but they don't need light to grow:

When some mushrooms are exposed to ultraviolet light such as from sunlight or an ultraviolet lamp, they produce a nutritionally significant amount of Vitamin D2. White mushrooms, crimini or brown mushrooms, portabella mushrooms, and maitake mushrooms are excellent producers of Vitamin D2 when exposed to ultraviolet light. Mushrooms that have been exposed to UV light are the only source of Vitamin D on the produce aisle!

We look forward to seeing you 'In The Woods',  
Board, Friends of Maddax Woods

Monthly work party - Saturday, January 18 - 9:00-noon, sign in at the entry picnic table.  
Board meeting - Thursday, January 23 - 3:30pm-5:30pm, Trillium Room at the West Linn Public Library.