



## Kit Instructions

# The White Elm Mushroom

*Hypsizigus ulmarius*

*All ingredients are natural and organic*

Growing mushrooms is fun, easy, and a delicious source of healthy nutrients! The White Elm is anti-carcinogenic and high in protein, and its rich flavor makes this mushroom a tasty addition to any meal. Directions for growing, harvesting, cooking and preserving are below, and recipes are on the back. If you have questions or concerns call us at the farm.

### Grow them...

- It is important to not open the bag
- As soon as possible, cut 4 slits in the bag, about 1 1/2" long, evenly spaced around the bag. The White Elm will grow out of these slits.
- Place or hang the mushroom kit indoors and out of direct sunlight (which will dry out the kit). A corner in your kitchen or living room usually works well. White Elms, unlike some mushrooms, need at least 8 hours of light daily. Either sunlight or artificial light will work. White Elm mushrooms also need abundant oxygen; they absorb oxygen and emit CO<sub>2</sub>.
- White Elms prefer temperatures between 50°F and 75°F.
- Mist the outside of the bag 1–2 times a day to maintain humidity inside the bag. The ideal humidity is 75% or higher.

### Harvest them...

- You will have 3 crops of mushrooms 7–28 days apart.
- The mushrooms are ready to harvest when their edges curl upwards. Harvest by pulling out the whole cluster, or cut off individual mushrooms with a knife or scissors.

### Enjoy them...

- White Elm mushrooms have a rich, buttery flavor, and should be cooked over medium heat. Slice them into strips and add to your favorite dish during the last 5–10 minutes of cooking. They can also be sautéed in garlic and butter/oil then added to a prepared dish. White Elms are also excellent in soup.
- Preserve mushrooms by air-drying on a screen or in a dehydrator. Dried mushrooms should be sealed in an airtight container and be kept out of bright light, and should be consumed within one year. Mushrooms can also be preserved by sautéing them in butter/oil, sealing them in an airtight container and freezing.
- Don't forget to look at the recipes on the back of this sheet!

### ...And then keep on using the kit!

- When the White Elm mushrooms have stopped growing, you can create an outdoor mushroom patch by emptying the contents of the bag in a shady spot. Feed the patch with fibrous organic materials such as straw, grass clippings, leaves, coffee grounds, sticks, ... every month. The patch will fruit during warmer seasons, sometimes underneath the substrate. During dry months water the outdoor mushroom patch weekly. White Elms are great to use for companion planting in the garden, because their mycelium and fruiting bodies will enhance vegetable health and size.



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# White Elm Mushroom Recipes

*I grew them, now what do I do with them?*

## Mushroom Soup

1 cup mushrooms, sliced thin  
2 cups soup stock, your choice of type  
¼ cup soy sauce  
2 tablespoons dried paprika  
1 tablespoon dried dill  
1 cup heavy cream  
½ cup sour cream  
Salt, if desired

Put the mushrooms in a large pot and add soup stock, soy sauce, dill, paprika, and salt. Simmer, partially covered, on medium-low heat for 30 minutes. Stir in the cream and sour cream and remove from heat.

## Mushroom Omelet

1 cup fresh mushrooms or 1 ounce dried mushrooms, diced  
4 eggs  
2 tablespoons butter or 2 tablespoons olive oil  
¼ cup grated jack cheese, or the cheese of your choice  
¼ cup grated swiss cheese, or the cheese of your choice  
1 medium-size sweet pepper, chopped  
A few olives, diced

Sauté the mushrooms in butter or olive oil for 10 minutes over medium heat. Add the peppers and olives and sauté for another 5 minutes. Add the eggs, stirring frequently, and cook over medium-low heat for 5 minutes or until the eggs are done. Sprinkle the cheese on top of the eggs, fold in half and cook 4 minutes. Enjoy!

## Quinoa with Mushroom and Vegetables

1 tablespoon olive oil  
2 cups sliced mushrooms  
1 cup chopped vegetables, your choice  
1½ cups broth, any type  
1 cup quinoa, rinsed and drained  
2 tablespoon grated parmesan cheese (optional)

Heat the olive oil in a frying pan, add mushrooms and vegetables, and cook over medium heat for 10 minutes stirring occasionally. Add the broth and bring to a boil. Stir in the quinoa, reduce heat to low, cover and simmer until quinoa is tender, about 5 minutes. Sprinkle with cheese if desired.

## White Elm Mushroom Sauté

½ pound fresh mushrooms  
½ cup fresh herbs, your choice  
1 cup sliced fresh vegetables  
3 tablespoons olive oil  
1 tablespoon white wine vinegar  
Salt to taste

Heat the olive oil in an 8-10" pan over medium heat. Add the vegetables and mushrooms and cook 8 minutes, stirring frequently. Take the pan off the heat and stir in vinegar, herbs and salt, if desired. This dish can be served as a main meal, a topping or an appetizer.