



Reishi

Kit Instructions



Ganoderma lucidum

Growing mushrooms is fun, easy, and a delicious source of healthy nutrients! Reishi is an anti-inflammatory, anti-tumor, liver and spleen support, increases oxygen absorption and a cardio tonic. Directions for growing, harvesting, cooking and preserving are below. If you have questions or concerns please contact us. *All ingredients are natural and organic. The kit contains following ingredients: hardwood sawdust, nitrogen supplement, grain spawn and mushroom mycelium. The mushrooms are 100% gluten-free.*

Grow them...

- Reishi is one of the easiest grow-at-home kits because they require virtually no upkeep! Once you get the kit home *do not* take it out of the bag or open the bag. Reishi needs the high humidity and high CO2 environment in order to form antlers and the sealed bag is the perfect environment for them to grow.
- The mushroom kit should be kept indoors and out of the direct path of a heat source so the kit does not dry out. A corner in your kitchen, living room, bathroom, laundry room... usually works well.



Four environmental factors mushrooms need maintained to grow and thrive are humidity, light, temperature, oxygen.

Humidity

The ideal humidity range to grow Reishi is 85% - 95%. If your Reishi antlers dry out they will stop growing. In order to maintain this humidity level do not open the bag. The amount of moisture in the bag is perfect.

Light

Reishi mushrooms need light, either artificial or natural light. The reishi fruiting bodies will grow towards this light. This can usually be accomplished by having the kit anywhere in your home where it is in indirect light. *Some fungi contain photoreceptors that are primarily active during the fruiting body stage.*

Temperature

Reishi prefer temperatures between 65°F and 85°F.

Oxygen

Reishi mushrooms also need oxygen; they absorb oxygen and emit CO₂. Make sure the kit is not placed in an area with limited oxygen like sealed in a tote or it will not be able to grow. The white filter patch on the bag allows for oxygen to enter the bag while filter out contaminants. Make sure the filter patch is not obstructed.

Harvest them...

- Reishi is a very slow-growing mushroom which usually takes about 1 month for the antlers to fully form. Reishi will only produce one crop.
- The mushrooms are ready to harvest when their antlers reach the top of the bag. When you are ready to harvest the mushrooms cut the top of the bag open and cut down one side of the bag to the sawdust block. This will allow you to roll the bag down, as seen in the photo. Harvest the mushrooms by twisting the base.
- Store fresh mushrooms in a paper bag in your refrigerator. Fresh Reishi mushrooms will usually keep up to 3-5 days in the refrigerator before needing to be dried. Reishi can be dried in a dehydrator or air dried by putting them in a warm, dry spot for a few days.



Ready to harvest, the antlers had reached the top of the bag.

...And then keep on using the kit

When the Reishi block is done growing indoors we like to add the blocks to our garden or as a top dressing in our potted plants to help with moisture retention. The Reishi blocks help break up clay soil and adds nitrogen.



Storing and Enjoying them...

Reishi mushrooms are wonderful for mushroom teas, tinctures, soups, stews, rice dishes and sauces. They have high levels of vitamins B1, B2 and B3 along with many health benefits.

If you would like to preserve the mushrooms, they can be dried by air-drying in front of a fan or in a warm, dry place or in a dehydrator at 110°F for 4-6

hours until completely dry. Dried mushrooms should be sealed in an airtight container and be kept in the dark. Dried mushrooms are shelf stable for many years.

Reishi is too tough to eat (similar to bay leaves) so you must simmer Reishi in some type of liquid for at least ½ hour (up to as many hours as you like) to extract the medicinal properties. The medicinal properties of Reishi will seep out into the liquid. Afterwards pull out the Reishi mushrooms and discard them. (If using in clear water to make tea you can reuse the Reishi mushrooms 2 more times before discarding them. Dry the mushrooms between uses or store in the refrigerator for up to 1 day between uses).



Reishi can be cooked in rice, soup, sauces, stews, bone broth, made into a tea or tincture. It has a mild, earthy flavor which is usually not noticeable unless drinking it as a tea.

A standard serving is 5 grams of dried Reishi for every 5 cups of liquid. This equates to about 1 antler.

Reishi Mushroom Vegetable Soup

Ingredients:

- 1 tbsp olive oil
- 1 medium yellow onion, diced
- 4 garlic cloves, minced
- 2 tbsp fresh ginger, peeled and grated
- 2 carrots, sliced 1 cm thick
- 1 fennel bulb, diced (fronds reserved)
- 2 cups fresh mushrooms, sliced (your choice)
- 6 cups water
- 2 antlers of dried reishi mushrooms
- ¼ cup miso paste
- 1 tbsp allspice
- 1 tbsp thyme
- 3 cups kale, chopped
- Sea salt & black pepper to taste
- Fennel fronds, minced

In a large soup pot, heat up the olive oil over medium heat. Add the onion and sauté for 2 minutes. Add the garlic and sauté for 1 minute. Add the ginger and the remaining vegetables (except the reishi) and sauté for another 5 minutes or until golden brown.

Add the water, reishi, miso paste and dried spices.

Bring your soup to a boil and then reduce the heat to bring to a simmer. Cover and cook for 1 hour. Stir the kale into the hot soup to wilt.

Add salt and pepper to taste. Top with fresh fennel fronds and enjoy!

Servings: Makes 6 servings



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LEBANON, OREGON
THEMUSHROOMERY@GMAIL.COM
WWW.THEMUSHROOMERY.NET

