Any Questions? Need More Information?

Should you have any questions, call our Mushroom Hotline at (360) 426-9292. Our hours are 8:30am–4:30pm Pacific Time, Mondays through Fridays. We will be happy to help you! We also offer technical support for our products via email at info@fungi.com.

For more detailed information on mushroom cultivation, we suggest you consult the book *Growing Gourmet & Medicinal Mushrooms*, available from Fungi Perfecti for $44.95 plus shipping and handling. This book explains in detail cultivation techniques and growing parameters for 31 different edible and medicinal mushroom species. With 574 pages and more than 400 photographs and diagrams, this is the definitive text on mushroom cultivation for both hobbyist and professional growers.

We supply and instruct mushroom growers worldwide, amateurs and professionals alike. Contact us via phone, fax or email for a free color brochure. Or you can browse our complete product line and order securely with your Visa, MasterCard, American Express or Discover Card at our Web site, www.fungi.com.

If you purchased this Fungi Perfecti® product from another retailer or catalog company, please offer them the courtesy of your continued business. Thank you!

Fungi Perfecti, LLC
P.O. Box 7634 • Olympia, WA 98507, USA
ORDER LINE: (800) 780-9126 • PHONE: (360) 426-9292
FAX: (360) 426-9377 • EMAIL: info@fungi.com
www.fungi.com

© Paul Stamets, all rights reserved.
The Enokitake Mushroom Patch™
Flammulina velutipes

Welcome to the exciting experience of growing your own gourmet mushrooms! The Enokitake mushroom is native to most of the temperate regions of the world, growing primarily on hardwoods and occasionally conifers. Most wild fruitings differ in appearance from their cultivated cousins, with short stems and wide, thick caps. This mushroom was popularized by the Japanese (Enokitake is Japanese for “The Snow Peak Mushroom”) and is quite popular in Asian cuisine. It is also known as “The Golden Needle Mushroom.”

Getting Started

Your Mushroom Patch is composed of a unique blend of sterilized, enriched sawdust and wood chips, fully colonized by our select Enokitake mushroom strain. Over time, the mycelium will break down the wood, using it as food to produce mushrooms. We refer to this bag containing the Enokitake mycelium as your “Mushroom Patch.” You will also find a larger plastic bag with holes punched in it, called a “humidity tent.” For best results, please read these instructions carefully and completely before working with your Enokitake Mushroom Patch. The Step-by-Step Instructions will guide you through the growing process. The Helpful Hints section will provide extra information and troubleshooting advice.

If you have problems while growing your Mushroom Patch that cannot be resolved with the Helpful Hints, please contact us as soon as possible. We are here to help you succeed! See the back of this instruction booklet for complete contact information.

Please note: Mature mushrooms produce spores. Spores will

Helpful Hints

- If primordia are not apparent within one week of initiation, cut open the bag and dump half a tray of ice cubes onto the cottony surface of the Mushroom Patch. Tape the top of the bag closed and return it to the initiation location for another 3–5 days. Keep in mind primordia are very tiny (less than 1mm across) and bright yellow. Please ensure there are no primordia forming before adding ice cubes.

- When harvesting your crop of mushrooms it is best to harvest an entire cluster of mushrooms (stem and all) to avoid contamination issues. It is not advisable to leave a “stub” of mushroom stem on the block. However, all of the mushrooms do not need to be harvested at once and smaller clusters can be left on the block to fully mature.

- Clean the pan or saucer that the Mushroom Patch is sitting on regularly and avoid letting standing water accumulate and stagnate.

- If you find a spot of contamination on your block (usually greenish or bluish fuzzy mold), spray or dab on a dilute solution of over-the-counter hydrogen peroxide and water (1:10 ratio) onto the mold spot. Hydrogen peroxide will kill mold spores but will not harm the living mycelium of your Mushroom Patch.

- If only a few mushrooms appear and they turn a crispy, dark brown it is probably because the temperature exceeds 70 °F at some point during the day. In that case, move the Patch to a cooler location (preferably the refrigerator if there is space).

Thank you for purchasing our product! We hope you enjoy your Enokitake mushrooms as much as we do.

The Folks at Fungi Perfecti
Important Note

We do not recommend cultivating Enokitakes outdoors unless you are proficient in mushroom identification, or know someone who is. Wild Enokitakes can be easily confused with other mushrooms, among them the Galerina genus, which are poisonous. Please do not attempt outdoor cultivation of Enokitake mushrooms unless you are certain you can positively identify them.

Cooking Enokitake Mushrooms

The first step is to trim away the base of the mushroom clusters where they were pulled from the Patch, discarding the bits of substrate that cling to them. Like most of our mushrooms, Enokitakes are best sauteed in a little olive or sesame oil over a medium- to medium-high heat until most of the water has been cooked out of them, approximately 15 to 20 minutes. They can then be added to soups, stir fries, or used as a topping for meats, rice dishes or salads. Their delicate flavor adds a savory note to foods without overpowering them. The whole mushrooms can make an elegant and tasty accent to just about any dish. You can also dehydrate Enokitakes for later consumption. We recommend our Garden Master Dehydrator for this and all of our mushroom kits, which can be found on the web at fungi.com. Please note: mushrooms should always be cooked before they are eaten.

Step-by-Step Instructions

1. Rest & Recovery
The first thing to do upon receiving your Enokitake Patch is to place it in a cool, dark place for one week, to allow the mycelium to recover from its journey. Do not open the bag containing the Mushroom Patch!

2. Initiation & Primordia Formation
After one week has passed, it is time to initiate your Mushroom Patch. Remove the tape, unfold the plastic and pluck the sides of the bag outward so that it is fully upright. Place the bag in a location between 40–50 °F to initiate primordia (baby mushroom) formation. Initiation can take 3–5 days or more. If you can’t find a location below 50 °F, you can initiate your Enokitake Patch in the refrigerator. This simulates autumn weather and “tricks” the mycelium into forming mushrooms. Note: If you do not see primordia forming after one week, please refer to the “Helpful Hints” section at the end of these instructions.

3. Opening the Bag
Enokitake mushrooms are very forgiving and grow well whether you open the bag or not. In fact, you could leave the bag closed for the entire duration of the mushroom growing process if you choose. As the Mushroom Caretaker, there are a number of decisions you must make. You can choose whether or not to cut open the bag, and how high to leave the side walls or “collar” depending on how you’d like your mushrooms to form. If you

appear as a white dust or powder on the surface around the Patch or on the Patch itself. Spores are easily wiped off of most smooth surfaces such as painted wood and Formica, but may stick to tablecloths or other highly porous surfaces. Please take this into consideration when selecting the ideal location for your Patch.
leave the bag closed, Enokitake grow tall and skinny, forming small caps due to the high level of CO₂ in the bag (see step 3a). Alternatively, if you open the bag after primordia (Enoki noodles) start forming, the mushrooms will grow only as tall as the collar and will develop larger caps (see step 3b).

3a. **Closed Bag:** If you are fruiting your Patch with the bag closed, you do not need to mist it or use the humidity tent. Continue to step 4 and observe as your “Enoki noodles” elongate and mature into delicious mushrooms.

3b. **Open Bag:** If you decide to open the bag, make a horizontal cut just below the filter patch and trim the sides to the desired height if necessary. A 4–6” collar is recommended for best results. Punch one or two small holes in the bottom of the bag for drainage and place the Mushroom Patch on a plate, pie tin or other shallow dish to catch the water. Note: Do not leave excess water pooled in the bottom of the container; if water accumulates, dump it out.

**Please note:** If you chose to open the bag, you will need to mist the Patch and use the humidity tent from then on. To maintain humidity, spray your Enokitake Patch 2–4 times per day using a spray bottle. We recommend misting the inside walls of the spawn bag and humidity tent rather than directly saturating the Patch. Make sure not to use chlorinated or distilled water; spring, well or rain water are best, although boiled tap water will work as well. To remove chlorine, gently boil tap water for 20 minutes. Once cool, you can use it to water your Mushroom Patch.

4. **Fruiting**
Now that primordia have formed, it is time to watch your Enokitake mushrooms mature. To maintain ideal conditions for fruiting Enokitake mushrooms, you now have 2 choices based on the ambient temperature in your home.

4a. **Warmer Homes:** If room temperature is consistently over 70 °F, we recommend leaving your Patch in the fridge to fruit for best results. Keep in mind it may take longer to produce at cooler temperatures. If you decided to fruit your mushrooms in an open bag, it does not need to be misted as frequently in the fridge. Condensation on the inside of the humidity tent is a sign that humidity levels are adequate for mushroom formation.

4b. **Cooler Homes:** If room temperature is between 50 and 70 °F, you can remove the Patch from the fridge, and place it in an ideal location of your choice. This can be a counter top, side table, or other location with moderate temperatures and ambient light (not in direct sunlight). If you opened the bag, be sure to keep the humidity tent over the Patch at all times in between misting.

### Harvest
When the stems are 3–6 inches tall or the caps have started to flatten out, the mushrooms should be harvested. Gently pull each cluster of mushrooms away from the base of the Patch, taking care to disturb the surface of the Patch as little as possible. If a cluster contains both mature and immature mushrooms, harvest it anyway; the young mushrooms are equally tasty.

Once you have harvested the first flush of mushrooms, remove the humidity tent and set the Mushroom Patch somewhere to dry. After two weeks, re-initiate your Patch by dumping half a tray of ice cubes into the bag and starting the process over again. Often a second flush can be achieved using this method, typically 2 weeks after the first. A third flush is extremely unlikely, though not inconceivable. Once your Patch has stopped producing, you can break it up and discard it in your garden compost pile; mushroom mycelium makes excellent compost.
leave the bag closed, Enokitake grow tall and skinny, forming small caps due to the high level of CO₂ in the bag (see step 3a). Alternatively, if you open the bag after primordia (Enoki noodles) start forming, the mushrooms will grow only as tall as the collar and will develop larger caps (see step 3b).

3a. **Closed Bag:** If you are fruiting your Patch with the bag closed, you do not need to mist it or use the humidity tent. Continue to step 4 and observe as your “Enoki noodles” elongate and mature into delicious mushrooms.

3b. **Open Bag:** If you decide to open the bag, make a horizontal cut just below the filter patch and trim the sides to the desired height if necessary. A 4–6” collar is recommended for best results. Punch one or two small holes in the bottom of the bag for drainage and place the Mushroom Patch on a plate, pie tin or other shallow dish to catch the water. Note: Do not leave excess water pooled in the bottom of the container; if water accumulates, dump it out.

**Please note:** If you chose to open the bag, you will need to mist the Patch and use the humidity tent from then on. To maintain humidity, spray your Enokitake Patch 2–4 times per day using a spray bottle. We recommend misting the inside walls of the spawn bag and humidity tent rather than directly saturating the Patch. Make sure not to use chlorinated or distilled water; spring, well or rain water are best, although boiled tap water will work as well. To remove chlorine, gently boil tap water for 20 minutes. Once cool, you can use it to water your Mushroom Patch.

4. **Fruiting**
Now that primordia have formed, it is time to watch your Enokitake mushrooms mature. To maintain ideal conditions for fruiting Enokitake mushrooms, you now have 2 choices based on the ambient temperature in your home.

4a. **Warmer Homes:** If room temperature is consistently over 70 °F, we recommend leaving your Patch in the fridge to fruit for best results. Keep in mind it may take longer to produce at cooler temperatures. If you decided to fruit your mushrooms in an open bag, it does not need to be misted as frequently in the fridge. Condensation on the inside of the humidity tent is a sign that humidity levels are adequate for mushroom formation.

4b. **Cooler Homes:** If room temperature is between 50 and 70 °F, you can remove the Patch from the fridge, and place it in an ideal location of your choice. This can be a counter top, side table, or other location with moderate temperatures and ambient light (not in direct sunlight). If you opened the bag, be sure to keep the humidity tent over the Patch at all times in between misting.

**Harvest**

When the stems are 3–6 inches tall or the caps have started to flatten out, the mushrooms should be harvested. Gently pull each cluster of mushrooms away from the base of the Patch, taking care to disturb the surface of the Patch as little as possible. If a cluster contains both mature and immature mushrooms, harvest it anyway; the young mushrooms are equally tasty.

Once you have harvested the first flush of mushrooms, remove the humidity tent and set the Mushroom Patch somewhere to dry. After two weeks, re-initiate your Patch by dumping half a tray of ice cubes into the bag and starting the process over again. Often a second flush can be achieved using this method, typically 2 weeks after the first. A third flush is extremely unlikely, though not inconceivable. Once your Patch has stopped producing, you can break it up and discard it in your garden compost pile; mushroom mycelium makes excellent compost.
Important Note

We do not recommend cultivating Enokitakes outdoors unless you are proficient in mushroom identification, or know someone who is. Wild Enokitakes can be easily confused with other mushrooms, among them the *Galerina* genus, which are poisonous. Please do not attempt outdoor cultivation of Enokitake mushrooms unless you are certain you can positively identify them.

Cooking Enokitake Mushrooms

The first step is to trim away the base of the mushroom clusters where they were pulled from the Patch, discarding the bits of substrate that cling to them. Like most of our mushrooms, Enokitakes are best sauteed in a little olive or sesame oil over a medium- to medium-high heat until most of the water has been cooked out of them, approximately 15 to 20 minutes. They can then be added to soups, stir fries, or used as a topping for meats, rice dishes or salads. Their delicate flavor adds a savory note to foods without overpowering them. The whole mushrooms can make an elegant and tasty accent to just about any dish. You can also dehydrate Enokitakes for later consumption. We recommend our Garden Master Dehydrator for this and all of our mushroom kits, which can be found on the web at fungi.com. Please note: mushrooms should always be cooked before they are eaten.

Step-by-Step Instructions

1. Rest & Recovery
The first thing to do upon receiving your Enokitake Patch is to place it in a cool, dark place for one week, to allow the mycelium to recover from its journey. **Do not open the bag containing the Mushroom Patch!**

2. Initiation & Primordia Formation
After one week has passed, it is time to initiate your Mushroom Patch. Remove the tape, unfold the plastic and pluck the sides of the bag outward so that it is fully upright. Place the bag in a location between 40–50 °F to initiate primordia (baby mushroom) formation. Initiation can take 3–5 days or more. If you can’t find a location below 50 °F, you can initiate your Enokitake Patch in the refrigerator. This simulates autumn weather and “tricks” the mycelium into forming mushrooms. Note: If you do not see primordia forming after one week, please refer to the “Helpful Hints” section at the end of these instructions.

3. Opening the Bag
Enokitake mushrooms are very forgiving and grow well whether you open the bag or not. In fact, you could leave the bag closed for the entire duration of the mushroom growing process if you choose. As the Mushroom Caretaker, there are a number of decisions you must make. You can choose whether or not to cut open the bag, and how high to leave the side walls or “collar” depending on how you’d like your mushrooms to form. If you appear as a white dust or powder on the surface around the Patch or on the Patch itself. Spores are easily wiped off of most smooth surfaces such as painted wood and Formica, but may stick to tablecloths or other highly porous surfaces. Please take this into consideration when selecting the ideal location for your Patch.
Helpful Hints

• If primordia are not apparent within one week of initiation, cut open the bag and dump half a tray of ice cubes onto the cottony surface of the Mushroom Patch. Tape the top of the bag closed and return it to the initiation location for another 3–5 days. Keep in mind primordia are very tiny (less than 1mm across) and bright yellow. Please ensure there are no primordia forming before adding ice cubes.

• When harvesting your crop of mushrooms it is best to harvest an entire cluster of mushrooms (stem and all) to avoid contamination issues. It is not advisable to leave a “stub” of mushroom stem on the block. However, all of the mushrooms do not need to be harvested at once and smaller clusters can be left on the block to fully mature.

• Clean the pan or saucer that the Mushroom Patch is sitting on regularly and avoid letting standing water accumulate and stagnate.

• If you find a spot of contamination on your block (usually greenish or bluish fuzzy mold), spray or dab on a dilute solution of over-the-counter hydrogen peroxide and water (1:10 ratio) onto the mold spot. Hydrogen peroxide will kill mold spores but will not harm the living mycelium of your Mushroom Patch.

• If only a few mushrooms appear and they turn a crispy, dark brown it is probably because the temperature exceeds 70 °F at some point during the day. In that case, move the Patch to a cooler location (preferably the refrigerator if there is space).

Thank you for purchasing our product! We hope you enjoy your Enokitake mushrooms as much as we do.

The Folks at Fungi Perfecti
Any Questions? Need More Information?

Should you have any questions, call our Mushroom Hotline at (360) 426-9292. Our hours are 8:30am–4:30pm Pacific Time, Mondays through Fridays. We will be happy to help you! We also offer technical support for our products via email at info@fungi.com.

For more detailed information on mushroom cultivation, we suggest you consult the book Growing Gourmet & Medicinal Mushrooms, available from Fungi Perfecti for $44.95 plus shipping and handling. This book explains in detail cultivation techniques and growing parameters for 31 different edible and medicinal mushroom species. With 574 pages and more than 400 photographs and diagrams, this is the definitive text on mushroom cultivation for both hobbyist and professional growers.

We supply and instruct mushroom growers worldwide, amateurs and professionals alike. Contact us via phone, fax or email for a free color brochure. Or you can browse our complete product line and order securely with your Visa, MasterCard, American Express or Discover Card at our Web site, www.fungi.com.

If you purchased this Fungi Perfecti® product from another retailer or catalog company, please offer them the courtesy of your continued business. Thank you!

Fungi Perfecti, LLC
P.O. Box 7634 • Olympia, WA 98507, USA
ORDER LINE: (800) 780-9126 • PHONE: (360) 426-9292
FAX: (360) 426-9377 • EMAIL: info@fungi.com
www.fungi.com

© Paul Stamets, all rights reserved.