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.

By Paul Stamets. This book is a manual for the mycological rescue of the planet. Mycelium Running marks the dawn of a new era: the use of mycelial membranes for ecological health. Linking mushroom cultivation, permaculture, ecoforestry, bioremediation and gardening, mycologist Paul Stamets makes the case that mushroom farms can be reinvented as healing arts centers, steering ecological evolution for the benefit of humans living in harmony with its inhabitants. Moreover, Mycelium Running has chapters on nutrition, medicinal properties, log and stump cultivation, natural culture, and much more. Softcover, 356 pages, with over 360 color photographs. $35.00 + Shipping & Handling.

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.

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Enclosed is your mushroom kit of *Hericium erinaceus*, a mushroom favored by many throughout the world. Lion’s Mane mushrooms grow on hardwoods, particularly oaks. In northern latitudes, it can be found on maples. This delectable mushroom is currently being studied for its potential health benefits, and a patent has recently been awarded for its production of nerve growth stimulant factors. We are constantly tracking research studies on this and other mushroom species.

The material upon which the mushroom mycelium is growing is a select blend of hardwood sawdust and chips. We use nothing but natural ingredients in our formulation—no chemical additives or pesticides, just pure Northwest alder chips, sawdust, and certified organic nutritional supplements. Lion’s Mane mycelium (the white, fuzzy stuff) is not as dense as most mushroom species. As fragile as the mycelium appears, it is truly amazing how large mushrooms can grow from this loose “mycelial platform”.

### Getting Started

Your Lion’s Mane Mushroom Patch is contained in a spawn bag and also includes a humidity tent. The Patch needs to remain in the bag it came in to grow properly; please do not remove it from this bag. The humidity tent is the perforated plastic bag that helps maintain a high-moisture environment directly around the Patch. The humidity tent is easily configured so that it remains inflated over the Patch by rolling up the base of the tent like a pant leg. Once placed over your Patch, there should be an air space of approximately 4–6 inches between the top of the patch and the

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**Ria’s Creamed Lion’s Mane Mushrooms and Green Beans**

- 2 cups heavy cream, or 1 cup heavy cream and 1 cup Half & Half
- 1 tsp butter
- 1 onion (diced)
- 2–3 cloves garlic, minced
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 4–5 cups raw green beans
- Salt and pepper to taste
- Crunchy onion topping
- Parmesan cheese

Preheat oven to 350 °F. Wash and cut ends of fresh, raw green beans. Cut Lion’s Mane into slender, fork sized slices. Saute’ Lion’s Mane in hot pan with butter and onions. When mushrooms are browning around edges, lower heat and add garlic. Add cream, basil, thyme, salt and pepper to taste. Cook on medium heat for 5–10 minutes or until sauce has thickened. (Not too thick). In a casserole dish, layer green beans along bottom of dish. Pour mushroom cream sauce over green beans. Bake 40–50 minutes. Top with crunchy onions and Parmesan cheese.
Gourmet and Medicinal Mushrooms and Mycelium Running by Paul Stamets. These books and many other items are available through Fungi Perfecti.

Preparation and Consumption

All mushrooms should be cooked before eating. We enjoy cooking Hericium Erinaceus in a wok a la stir fry. Simply cut the mushrooms into small dials, cross-ways against the spines. Heat the wok until hot and then add a tablespoon of olive oil, and then the mushrooms. (The wok should be hot before adding mushrooms.) After turning the mushrooms several times, add two cloves of minced garlic, some scallions, and/or sliced almonds. Saute until golden brown. Serve over rice. Tamari can be added with moderation to enhance flavor. Your imagination is the only limitation. We think they have the flavor of lobster—an epicurean’s dream come true. Following are more recipes using this delightful mushroom, submitted by the staff of Fungi Perfecti.

Thank you for purchasing our product! Good luck and happy mushrooming!

The Folks at Fungi Perfecti

Lion’s Mane Recipes

Casey’s Lion’s Mane Mushroom Burritos

2 cups Lion’s Mane, torn-up
2–3 tbsp chopped red onion
2 tbsp minced fresh garlic
1 tsp minced fresh ginger
½ cup fresh cilantro, chopped
Juice of ½ lime
2 tsp cooking oil
1½ cups black beans (canned or soaked)
1 tbsp cumin
1 tsp ground coriander seed
1 dash cayenne
1 dash cinnamon
Salt and pepper to taste
2 tortillas
½ cup fresh grated Parmesan cheese

Add 1 tsp oil to a skillet and bring to a medium-low heat. Add torn-up Lion’s Mane mushrooms, cover and allow to cook until slightly browned.

This Patch should be started as soon as possible after you receive it. When working with the Patch, it is important your hands are clean to minimize contamination risks.

Before you begin, observe the mass of primordia in the top of the bag. If it is less than ½” thick, it is not necessary to remove this material. You can instead leave the bag undisturbed, and proceed directly to Step 2. If the material inside the bag is more than ½” thick, proceed with Step 1.

1. Unfold the excess plastic folded over and taped to the side of the mushroom Patch. This is the top of the bag in which your Patch is housed. Open up the bag by cutting the plastic horizontally, just under the seal. After washing your hands, open the bag and remove any white, coral-like fruiting mass from the upper surface of the Patch.

Discard this, as it is very bitter and not suitable for eating. Once you have removed the majority of the growth, roll the bag down and tape it tightly down to the top of the Patch, making sure not to cover the sides of the bag. The sides of the bag are where your mushrooms will emerge.
2. Using a razor blade or sharp knife, cut one or more small slits on the sides of the Patch. The holes you create should be ½" or smaller, to help conserve moisture. The cuts should be made in the zone one inch below the top and two inches above the bottom. This is where the mushrooms will form later on. Overall, we recommend a maximum of 2–4 slits in the sides of the Patch. Alternatively, a method we often use in our grow rooms calls for cutting just one horizontal slice (about 2–3" long) in the upper third of the bag. This allows the patch to concentrate its energy and produce one or more very large mushrooms at this location. Please note that the inner plastic bag maintains moisture within the substrate. If the slits are too large or too numerous the mycelium can dry out, limiting production. **Tip:** cutting the slit(s) on only one side of the patch makes efficient use of space inside the humidity tent.

3. For best results, this Patch should be fruited indoors on a plate, dish or pan. Place it in a location where it can remain undisturbed for a few weeks and it is exposed to some indirect light with temperatures ranging from 55–75 °F. If you have enough light to read these instructions, there is enough light to fruit your mushroom Patch.

4. Spray the patch with a fine mist, until the entire surface is moist. **Be sure to use water that is neither chlorinated nor distilled.** Spring, rain or well water is best, although boiled tap water will work too. Once moistened, place the humidity tent over your mushroom Patch. Be sure it is supported and is not contacting the Patch directly. Ideally the Patch should be misted 2–4 times a day so that moisture droplets are always present on the surface where the mushrooms are developing. It is extremely important to maintain a high humidity as the mushrooms start forming. **Tip:** to help maintain high humidity, spray the inside of the humidity tent before replacing.

5. In 7–14 days you will notice small pinkish-white to yellow “balls” forming on the surface of the Patch at the sites where you cut the slits. These are young mushrooms, also known as **primordia.** In about a week’s time the mushroom balls will enlarge, changing color from pinkish-white to yellow or yellowish-white. The best size at which to harvest will vary greatly depending on how many slits you placed in the bag; the mature mushrooms can be anywhere between the size of a golf ball and that of a softball. You can tell the mushroom is reaching maturity when you observe the characteristic spines elongate. If the mushrooms turn yellowish or brown from the top, this is a sign they should be harvested immediately.

Your kit can produce several flushes, depending on many variables, most importantly the watering. Usually 1–2 pounds of mushrooms can be harvested from each Patch before it expires. Even though your Patch has expired, the remaining, resident mycelium is still bioactive. You can use this “sawdust spawn” to inoculate hardwood logs and stumps. Methods for outdoor inoculation of logs and stumps are fully described in *Growing*
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- 2–3 tbsp chopped red onion
- 2 tbsp minced fresh garlic
- 1 tbsp minced fresh ginger
- ½ cup fresh cilantro, chopped
- Juice of ½ lime
- 2 tsp cooking oil
- 1⅛ cups black beans (canned or soaked)
- 1 tbsp cumin
- 1 tsp ground coriander seed
- 1 tsp ground cinnamon
- 1 dash cayenne
- 1 dash cinnamon
- Salt and pepper to taste
- 2 tortillas
- ½ cup fresh grated Parmesan cheese

Add 1 tsp oil to a skillet and bring to a medium-low heat. Add torn-up Lion’s Mane mushrooms, cover and allow to cook until slightly browned, and then the onions. Add remaining ingredients and saute until vegetables are tender. Serve over rice.

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The Lion’s Mane Mushroom Patch™
(Hericium erinaceus)

Enclosed is your mushroom kit of Hericium erinaceus, a mushroom favored by many throughout the world. Lion’s Mane mushrooms grow on hardwoods, particularly oaks. In northern latitudes, it can be found on maples. This delectable mushroom is currently being studied for its potential health benefits, and a patent has recently been awarded for its production of nerve growth stimulant factors. We are constantly tracking research studies on this and other mushroom species.

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and aromatic, stirring occasionally in the meantime. Add a sprinkle of water if the mushrooms begin to dry out in cooking.

While the mushrooms begin to cook, add the other 1 tsp of oil to another skillet and bring to medium heat. Add beans, cumin, coriander, and 1 tbsp garlic. Add cayenne and salt taste, as well as a small dash of cinnamon. Cover and allow to cook for approximately 10–12 minutes, until hot and softened to the desired consistency.

Once the Lion’s Mane has become slightly browned and tender, add the red onion. Recover and let cook for 2–3 more minutes. Next, add the ginger, cilantro, lime juice, the remaining 1 tbsp garlic, and salt and pepper to taste. Mix thoroughly, recover, and allow to cook for another 3–4 minutes.

Once both the mushroom mixture and the beans have been cooked to completion, mix them together, then scoop equal portions into the two tortillas and sprinkle on the grated cheese. At this time, you can also add other ingredients—small amounts of salsa, tomato, avocado, and/or sour cream are all great complements. While the sky’s the limit with burrito mix-ins, keep it simple; don’t overpower the delicate flavor of the Lion’s Mane mushroom. When all the good things are added, wrap up the burritos and enjoy!

Ria’s Creamed Lion’s Mane Mushrooms and Green Beans

2 cups heavy cream, or 1 cup heavy cream and 1 cup Half & Half
1 tbsp butter
1 onion (diced)
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1 teaspoon dried basil
1 teaspoon dried thyme
Salt and pepper to taste
Crunchy onion topping
Parmesan cheese

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