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

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Dear Shiitake Grower,

Thank you for your purchase of Fungi Perfecti’s Shiitake Mushroom Patch (pronounced “shee-tah-kay”). With proper care and attention, your Mushroom Patch should produce around 2 lbs of fresh mushrooms over its 6 month lifespan.

Your Mushroom Patch is composed of a unique blend of sterilized, enriched sawdust and wood chips, fully colonized with our select Shiitake strain. Over time, the Shiitake mushroom organism will break down the woody material, using it as a food source to produce mushrooms.

### Getting Started

For best results, **please read these instructions carefully and completely** before working with your Shiitake Mushroom Patch. The **Step-by-Step Instructions** will guide you through the growing process. The **Helpful Hints & FAQ** (Frequently Asked Questions) section will provide extra information.

If you have problems while growing your Mushroom Patch, please consult the **Troubleshooting** section of this booklet. If you have further questions or concerns, **please contact Fungi Perfecti as soon as possible. We are here to help you succeed!** See the back of this instruction booklet for complete contact information.

### Step-by-Step Instructions

1) **Open and inspect your Shiitake Mushroom Patch upon arrival.** If you see any cracks or pieces broken away from the Patch, place it back in its box for 7–10 days and then check for re-colonization. If the Mushroom Patch still appears to be in pieces or cracked, call Fungi Perfecti immediately at (800) 780-9126.

2) **Check the age of your Mushroom Patch.** On the bag containing the Mushroom Patch, you will see a white square with information about your Mushroom Patch. You should see the letters “LE” which stand for *Lentinula edodes*, the scientific name for the Shiitake. The other numbers represent the date your Mushroom Patch was created, in “month-day” format. For example, a white square that reads “LE 6-4” indicates a Shiitake Mushroom Patch that was created on June 4th. Determine if 40 days have passed from the date on the white square. If it has been less than 40 days, place the Mushroom Patch back into its box and wait until 40 days have passed. If 40 days have passed, proceed to **Step 3**.

3) **What does your Mushroom Patch look like?** After checking the age of your Mushroom Patch, examine how it looks.

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### Outdoor Cultivation

When your kit has ceased fruiting, you can break it up and use the material to inoculate logs outdoors by using the wedge technique described below. When inoculating logs or stumps, it is best to use wood that has been freshly cut at least 2 weeks before but within 6 months prior to inoculation. We recommend using a hardwood—ideally oak, alder, poplar, aspen, elm, beech, maple or similar woods. Avoid fruit trees—they are too dense and tough.

There are various strategies; one of the most successful is explained in brief below, if you would like more in depth information on log and stump cultivation, refer to *Mycelium Running* by Paul Stamets (Chapter 11).

**The “Tootsie Roll” Technique**

The spawn can be packed into the cut face of firewood logs. Loggers call these “rounds”. Another “round” of slightly smaller diameter is sandwiched on top. As each round is added, it resembles a telescoping “Tootsie-roll”. These are best located outside, in a shady and naturally moist location. Placing them in the garden, on the north side of corn, grape, pole beans, or similar towering shade-providing plants will preserve moisture. Logs inoculated with Shiitake mushroom spawn can be placed either horizontally on pallets or cinder blocks, or placed vertically with one end buried in the ground to help draw moisture from the soil up into the log. After about two months, heavily watering the stacked rounds will stimulate mushroom production.

Once you launch mushroom spawn outside, you are introducing it to a huge number of wild mushrooms, some of which may be more aggressive than your Mushroom Patch spawn, and some of which may be poisonous! Mushrooms like *Galerina autumnalis* and relatives are deadly and grow on wood. Hence, absolutely observe and follow this important warning: **never eat a mushroom growing outdoors unless is has been positively identified by an expert.**

The obvious question is: How do I contact an expert or learn about mushroom identification? We offer a number of excellent field guides written by the experts. You can also find seasoned mushroom hunters through your local Mycological Society. Many of these mycological societies are listed on the web site of the North American Mycological Society: [http://www.namyco.org](http://www.namyco.org). If you don’t find a Mycological Society in your area, you can often find a mycologist in the biology department of a local college or university.

Thanks very much for purchasing our product! We wish you luck in this and future fungal endeavors.

The Folks At

Fungi Perfecti
Mushrooms in general are relatively high in protein, averaging about 20% of their dried mass. Further, they contribute a wide range of essential amino acids. Low in fat (between .3 and 2%) and high in fiber, mushrooms also provide several groups of vitamins, particularly thiamine, riboflavin, niacin, biotin, and ascorbic acid. Following is some nutritional information regarding the mushrooms you will harvest from your Shiitake Mushroom Patch:

<table>
<thead>
<tr>
<th>Nutrient / Unit of Measure</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>71.2</td>
<td>3.5</td>
</tr>
<tr>
<td>Total Fat, grams</td>
<td>1.32</td>
<td>2</td>
</tr>
<tr>
<td>Saturated Fat, grams</td>
<td>0.044</td>
<td>0.2</td>
</tr>
<tr>
<td>Cholesterol, milligrams</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Sodium, milligrams</td>
<td>3.6</td>
<td>0.15</td>
</tr>
<tr>
<td>Potassium, milligrams</td>
<td>540</td>
<td>15.4</td>
</tr>
<tr>
<td>Total Carbohydrates, grams</td>
<td>15.88</td>
<td>5.2</td>
</tr>
<tr>
<td>Sugars, grams</td>
<td>3.16</td>
<td>n/a</td>
</tr>
<tr>
<td>Dietary Fiber, grams</td>
<td>5.78</td>
<td>23.1</td>
</tr>
<tr>
<td>Protein, grams</td>
<td>6.58</td>
<td>13.1</td>
</tr>
<tr>
<td>Vitamin A, IU</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin C, milligrams</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Calcium, milligrams</td>
<td>4.6</td>
<td>0.4</td>
</tr>
<tr>
<td>Iron, milligrams</td>
<td>1.1</td>
<td>6.1</td>
</tr>
<tr>
<td>Vitamin D, IU</td>
<td>22</td>
<td>5.5</td>
</tr>
<tr>
<td>Thiamine (B1), milligrams</td>
<td>0.05</td>
<td>3.3</td>
</tr>
<tr>
<td>Riboflavin (B2), milligrams</td>
<td>.46</td>
<td>27</td>
</tr>
<tr>
<td>Niacin (B3), milligrams</td>
<td>4.08</td>
<td>20.4</td>
</tr>
<tr>
<td>Pantothenic Acid (B5), milligrams</td>
<td>2.32</td>
<td>23.2</td>
</tr>
<tr>
<td>Selenium, micrograms</td>
<td>15.2</td>
<td>21.7</td>
</tr>
<tr>
<td>Copper, milligrams</td>
<td>0.24</td>
<td>12</td>
</tr>
</tbody>
</table>
Does the surface look white and bumpy, like popcorn, possibly with brown streaks? If so, proceed to Step 4. Most Mushroom Patches, when started within 30 days of their delivery, will fall into this category.

Are baby mushrooms already forming? Baby mushrooms (called primordia) will look like circular brown spots about ¼–½” in diameter. Baby mushrooms grow out from the surface of the Mushroom Patch, pushing up into the air or against the plastic. If baby mushrooms have already formed, skip to Step 5.

4) “Initiate” your Shiitake Mushroom Patch.
   • Place your Mushroom Patch in a refrigerator for 3–5 days. (At this point, your Mushroom Patch should still be in its original plastic bag. Do not put your Patch in the freezer).
   • After 3–5 days, remove the Mushroom Patch from your refrigerator. Unfold the bag, carefully cut open the top of the bag, then gently pour cold, non-chlorinated, non-distilled water into the bag. (Please see the Helpful Hints & FAQ section of this booklet for more information about water.) The water should completely cover the Mushroom Patch. Let the Mushroom Patch soak for 2–4 hours. Please note: the bag may have formed some small holes during the packing/shipping process, so placing the bag in a pot or deep bowl during the soaking process is recommended.
   • After the soak is complete, carefully pour the water out of the bag. Proceed to Step 5.

5) Find a home for your Mushroom Patch.
   • Remove your Shiitake Mushroom Patch from its plastic bag (the one with the white square on it).
   • Put the Mushroom Patch on a plate, tray or pan with shallow sides. This will catch any water that runs off of your Mushroom Patch.
   • Find a good location in your home to grow the Mushroom Patch.
     ◊ Light: Your Mushroom Patch needs some ambient light to grow well. If there is enough light to read these instructions, there is enough light to grow mushrooms. Avoid direct sunlight: this can dry out your Mushroom Patch.
     ◊ Temperature: Your Shiitake Mushroom Patch will grow best between 50–80 °F. If it is too cold or too hot, mushrooms will not be able to form.
     ◊ Easy to Access: Put your Mushroom Patch in a place where you can easily water it and watch it grow. Locating your Mushroom Patch in a well-traveled part of your home will help you remember to water it regularly. Surfaces that are water resistant and easy to clean are best.

6) Set up your Humidity Tent. Now that you’ve found a good location for your up. Do not slice mushrooms. (The stems can be dried and used for a soup base or discarded.) Pour the above sauce onto the mushrooms and stir, making sure the gills become saturated with the sauce. In a 350 °F oven, bake uncovered for 30–40 minutes. Or you can barbecue on an open grill. The smoky flavor makes it even better. Yum! Serve hot with seafood, rice, pasta or whatever. Unbelievably good.

Arleen & Alan Bessette’s Dragon’s Mist Soup

| 1 cup thinly sliced, fresh Shiitake mushrooms | ½ cup drained, rinsed, 2- to 4-inch long bamboo shoots |
| 1 tablespoon vegetable oil | 2 tablespoons soy sauce |
| 1 can (14½ oz) chicken broth | ¼ teaspoon white pepper |
| 1½ cups water | 5 ounces tofu (cut into ½- to 1-inch cubes) |
| 4 cloves garlic, finely minced | 1 teaspoon salt |
| 2 scallions w/tops, minced | 1 teaspoon sesame oil |

In a saucepan, sauté mushrooms in 1 tablespoon vegetable oil over medium-low heat for approximately 5 minutes. Add broth, water and garlic; bring to a boil, reduce heat and simmer 10 minutes. Add all remaining ingredients except sesame oil. Return to boil, reduce heat and simmer 5 minutes. Just before serving, stir in sesame oil. Serves four.

Shiitake Balsamic Vinaigrette

3 cups canola oil
½ cup sesame oil
1 cup water
1 cup red wine
1 cup balsamic vinegar
1 cup soy sauce
½ cup toasted sesame seeds
2–3 cups dried Shiitake mushrooms, chopped/ground into small pieces (about twice the size of a peppercorn. If some of it gets ground into powder along the way, all the better!)

Combine all ingredients in a vessel that can be shaken without leaking, then shake well. Allow to sit for 24 hours in order for the Shiitakes to swell up and distribute their flavor throughout the mixture. Serve over salad or as a dip for raw vegetables.

Andrew Weil’s Shiitake Teriyaki

1 cup dried Shiitake
½ cup sake
½ cup soy sauce
2 tablespoons light brown sugar
2 chopped green onions
a few drops (roasted) sesame oil

Reconstitute 1 cup dried Shiitake by covering with hot water and let stand till caps are completely soft. (Or cover with cold water, microwave on high for 2 minutes and let stand.) Cut off and discard stems. Squeeze excess liquid from caps and slice into ¼ inch pieces. Place pieces in saucepan with ¼ cup sake, ¼ cup soy, and 2 tablespoons light brown sugar. Bring to boil and simmer, uncovered, till liquid is almost evaporated, tossing mushrooms occasionally. Remove from heat, cool, and chill. Sprinkle with finely chopped green onions and a few drops of dark (roasted) sesame oil. Serve as appetizer, side dish, or over rice.
Instructions describe the cycles of growth of your Shiitake Mushroom Patch. We are continually refining our methods to improve performance, but Fungi Perfecti cannot control how many or what size of mushrooms are produced on each flush.

**Problem:** “There’s something that looks like white mold growing on my Shiitake Mushroom Patch!”

**Solution:** If a white fuzzy growth appears on the surface of your Mushroom Patch, this is most likely Shiitake mushroom mycelium. Mycelium is the network of fungal cells that absorb nutrients and give rise to mushrooms. This mycelium is simply re-growing, searching for more nutrition and moisture to help grow mushrooms. If this growth has a pleasing, sweet aroma, it is almost certainly mycelium. However, if this growth turns green or smells very unpleasant (think mold in a bag of bread), please see the next troubleshooting step or contact Fungi Perfecti for assistance.

**Problem:** “There’s green mold growing on my Mushroom Patch!”

**Solution:** If green mold appears, try spraying the affected areas with a hydrogen peroxide solution. To create the solution, mix 10 parts water with 1 part 3% Hydrogen Peroxide. The peroxide solution will kill the mold spores but will not harm the shiitake mycelium. Alternatively, physically removing any small spots of mold can help. Using a clean knife, very carefully remove a small chunk of the Patch where the mold is growing—only take enough to remove the mold. You may also wash down the Mushroom Patch with a hard burst of water from a garden hose; this may wash away mold spores.

After either a hydrogen peroxide or garden hose treatment, it is helpful to dry out the Patch for 10–14 days. This should hopefully remove the mold. If problems persist, please contact Fungi Perfecti for guidance.

### Cooking Shiitake Mushrooms

Shiitake mushrooms are wonderfully flavorful and good for you. We enjoy slicing the mushrooms and cooking them in a wok or skillet as a stir fry. To prepare, cut the stem away from the cap. You can then use the cap in a variety of ways (some examples are given below). The stems are too tough to eat sautéed or stir fried but can be boiled w/vegetables to make stock or ground up to make a pâté. **Please keep in mind: all mushroom should be cooked before eating!**

#### Paul & Dusty’s Ultimate Shiitake Recipe

Mix in a bowl the following ratios:

<table>
<thead>
<tr>
<th>Paul’s Version</th>
<th>Dusty’s Version</th>
</tr>
</thead>
<tbody>
<tr>
<td>70% olive oil</td>
<td>¼ cup olive oil</td>
</tr>
<tr>
<td>15% sesame oil</td>
<td>¼ cup sesame oil</td>
</tr>
<tr>
<td>10% tamari or soy</td>
<td>4–5 tablespoons tamari</td>
</tr>
<tr>
<td>5% white wine</td>
<td>2 glugs and 1 splash of white wine</td>
</tr>
<tr>
<td>pinch of black pepper</td>
<td>1–2 cloves of crushed garlic</td>
</tr>
</tbody>
</table>

Stir vigorously as the ingredients tend to separate. Set aside. Take a pound of fresh, whole Shiitake mushrooms. Cut the stems from the caps. Place gills facing

7) Watering your Mushroom Patch. For misting, use a plant mister or a common spray bottle—make sure the bottle is clean and free of chemical residues. If you do not already have a mister bottle, you should be able to find one at a local store.

Start misting your Mushroom Patch 2–3 times a day with **non-chlorinated, non-distilled water** (please see the **Helpful Hints & FAQ** section of this booklet for more information about water). Each time you mist, spray the Mushroom Patch until the entire surface is moist, but not saturated. You may also spray the inside of the humidity tent—this will help maintain humidity in drier climates. After each misting, be sure to put the humidity tent back over your Mushroom Patch.

8) Mushrooms! Continue misting your Mushroom Patch 2–3 times a day. Mushroom primordia (baby mushrooms) should start forming within 5–10 days of misting. After approximately 2 weeks of misting, you should be preparing to harvest your first flush of Shiitakes. If at the 2 week point your mushrooms are not ready to harvest, wait and continue misting for a few more days until they are ready.

During the final days of growth, the mushrooms may push against the humidity tent. If the mushrooms “outgrow” the humidity tent, you can remove the tent during this period, though you may need to mist more frequently to compensate for the humidity loss.
The best stage to harvest is when the edges of the mushroom cap are slightly inward curved or rolled under. If the edges of the mushroom cap begin to flatten out, this is a sign that the mushrooms are definitely ready to harvest! To harvest, carefully cut the mushrooms off with clean scissors or knife at the base of each stem, leaving as little stem on the surface of the Mushroom Patch as possible. See the Cooking Shiitake Mushrooms section of this booklet for hints on storing and enjoying your harvest! Please note: You do not need to harvest all mushrooms at once. Harvest each mushroom as it becomes mature.

If by this time you do not have any mushrooms forming, you may have missed the first “window of opportunity” for growth. But don’t worry; your Patch will still produce mushrooms, it is just a bit delayed. Please proceed to Step 9 to “restart” your Mushroom Patch.

9) After you have harvested all of your mushrooms (or 2 weeks have passed with no mushrooms) remove the humidity tent, pour off any standing water in the plate or tray, and stop daily misting. Let your Mushroom Patch dry out for 10–14 days. Your kit will turn very dark brown—nearly black—over time. This is a healthy, natural part of the life cycle of your Shiitake Mushroom Patch. If no mushrooms form after misting for 2 weeks or more, you may need to “restart” your Mushroom Patch. See Steps 8 and 9 for directions.

10) After the dry out period, poke 3 small holes in the top of the Mushroom Patch with a clean skewer or chop stick. Place your Patch in a clean bucket or pot and fill it with cold, non-chlorinated, non-distilled water. The Mushroom Patch will float, so you will need to weigh it down with something. We suggest placing a plate or bowl over the Patch and then putting a brick or a few small rocks on top. Let your Mushroom Patch soak for 2–4 hours.

11) After the 2–4 hour soak, remove your Mushroom Patch from the water and place it back in its original location. Put the humidity tent back over the Mushroom Patch and resume misting 2–3 times a day (go back to Step 7 for directions).

You may be able repeat the dry out and re-soak process 3–4 times. After each mushroom flush (or cycle of growth), allow the Mushroom Patch to dry out and rest for 10–14 days.

Your kit will turn very dark brown—nearly black—over time. This is a healthy, natural part of the life cycle of your Shiitake Mushroom Patch.

Helpful Hints & FAQ

Water: Whether soaking or misting, it is important to use non-chlorinated, non-distilled water for your Mushroom Patch. Spring water, well water, or rain water collected in a clean container are great choices. Avoid collecting rainwater from roofs or gutters; these may introduce contaminants into the water.

If you have chlorinated tap water, you must remove the chlorine before using it for your Mushroom Patch. We suggest one of two methods:

1. Fill a pot of water, boil for 5–10 minutes, then cool to room temperature. Once cool, you can use this water. (Do not soak or spray with hot water!)
2. Fill a pot of water, then let sit out for 24 to 48 hours—this will allow the chlorine to dissipate naturally.

Please note: most water filters do not adequately remove chlorine; please use one of the methods described here.

Humidity/Watering Your Mushroom Patch: Shiitake mushrooms require 85–95% humidity in order to produce properly. Misting 2–3 times a day and covering your Mushroom Patch with the humidity tent will help maintain humidity. If you live in a low humidity environment, you may need to mist more frequently. Also, for those in dry climates, covering a few of the holes on the top of the humidity tent with clear tape will greatly increase the humidity and the chances of your Patch producing healthy mushrooms. Some common factors that can prevent sufficient humidity are wood stoves, baseboard heaters, space heaters, and air conditioners—try to locate your Mushroom Patch away from these fixtures in your home.

Spores: Mature mushrooms produce spores. You could think of spores as the microscopic “seeds” of the mushroom which appear as a white dust or powder underneath the growing mushrooms. Spores will easily wipe off of most smooth surfaces such as painted wood or kitchen counter tops. Spores may be more difficult to clean off of tablecloths or other highly porous surfaces. For this reason, we suggest placing your Mushroom Patch on a surface that is easy to clean.

Troubleshooting Guide

Problem: “I’ve been misting for weeks, but no mushrooms have grown!”

Solutions:

- **Water:** Make sure you are using non-chlorinated, non-distilled water.
- **Moisture:** If you do not see droplets of moisture forming on your Mushroom Patch or humidity tent between misting, your Patch may be too dry. Mist more frequently and/or mist more heavily. Keep your Patch away from wood stoves, furnaces or other heat sources.
- **Temperature:** If your Mushroom Patch is too cold or too hot, it may not grow well. Shiitake mushrooms grows best from 50–80 °F.
- **Missed “Window of Opportunity”:** If no mushrooms form after misting for 2 weeks or more, you may need to “restart” your Mushroom Patch. See Steps 8 and 9 for directions.

Problem: “I only got one mushroom on the first crop!”

Solution: Please keep in mind that this Mushroom Patch grows in cycles; not all of the mushrooms will grow on the first cycle. With proper care, we expect this Mushroom Patch to produce about 2–3 lbs of fresh Shiitake Mushrooms over the course of their life—however, this will take time. Steps 7–11 of the Step by Step
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<tr>
<th>Paul’s Version</th>
<th>Dusty’s Version</th>
</tr>
</thead>
<tbody>
<tr>
<td>70% olive oil</td>
<td>¼ cup olive oil</td>
</tr>
<tr>
<td>15% sesame oil</td>
<td>¼ cup sesame oil</td>
</tr>
<tr>
<td>10% tamari or soy</td>
<td>4–5 tablespoons tamari</td>
</tr>
<tr>
<td>5% white wine</td>
<td>2 glugs and 1 splash of white wine</td>
</tr>
<tr>
<td>pinch of black pepper</td>
<td>1–2 cloves of crushed garlic</td>
</tr>
</tbody>
</table>

Stir vigorously as the ingredients tend to separate. Set aside. Take a pound of fresh, whole Shiitake mushrooms. Cut the stems from the caps. Place gills facing up, put in a pan or wok with the ingredients. Cover or put the humidity tent back over your Mushroom Patch.

### 7) Watering your Mushroom Patch.

For misting, use a plant mister or a common spray bottle—make sure the bottle is clean and free of chemical residues. If you do not already have a mister bottle, you should be able to find one at a local store.

Start misting your Mushroom Patch 2–3 times a day with non-chlorinated, non-distilled water (please see the Helpful Hints & FAQ section of this booklet for more information about water). Each time you mist, spray the Mushroom Patch until the entire surface is moist, but not saturated. You may also spray the inside of the humidity tent—this will help maintain humidity in drier climates. After each misting, be sure to put the humidity tent back over your Mushroom Patch.

### 8) Mushrooms!

Continue misting your Mushroom Patch 2–3 times a day. Mushroom primordia (baby mushrooms) should start forming within 5–10 days of misting. After approximately 2 weeks of misting, you should be preparing to harvest your first flush of Shiitakes. If at the 2 week point your mushrooms are not ready to harvest, wait and continue misting for a few more days until they are ready.

During the final days of growth, the mushrooms may push against the humidity tent. If the mushrooms “outgrow” the humidity tent, you can remove the tent during this period, though you may need to mist more frequently to compensate for the humidity loss.
Now that you’ve found a good location for your Mushroom Patch, when started within 30 days of their delivery, will fall into this category.

If so, proceed to Step 4. Most Mushroom Patches, when started within 30 days of their delivery, will fall into this category.

**Are baby mushrooms already forming?**

Baby mushrooms (called *primordia*) will look like circular brown spots about ¼–½” in diameter. Baby mushrooms grow out from the surface of the Mushroom Patch, pushing up into the air or against the plastic. If baby mushrooms have already formed, skip to Step 5.

4) **“Initiate” your Shiitake Mushroom Patch.**

- Place your Mushroom Patch in a refrigerator for 3–5 days. (At this point, your Mushroom Patch should still be in its original plastic bag. Do not put your Patch in the freezer).
- After 3–5 days, remove the Mushroom Patch from your refrigerator. Unfold the bag, carefully cut open the top of the bag, then gently pour cold, non-chlorinated, non-distilled water into the bag. (Please see the Helpful Hints & FAQ section of this booklet for more information about water.) The water should completely cover the Mushroom Patch.
- Let the Mushroom Patch soak for 2–4 hours. Please note: the bag may have formed some small holes during the packing/shipping process, so placing the bag in a pot or deep bowl during the soaking process is recommended.
- After the soak is complete, carefully pour the water out of the bag. Proceed to Step 5.

5) **Find a home for your Mushroom Patch.**

- Remove your Shiitake Mushroom Patch from its plastic bag (the one with the white square on it). Do not put your Patch in the freezer.
- Put the Mushroom Patch on a plate, tray or pan with shallow sides. This will catch any water that runs off of your Mushroom Patch.
- Find a good location in your home to grow the Mushroom Patch.
  - **Light:** Your Mushroom Patch needs some ambient light to grow well. If there is enough light to read these instructions, there is enough light to grow mushrooms. Avoid direct sunlight: this can dry out your Mushroom Patch.
  - **Temperature:** Your Shiitake Mushroom Patch will grow best between 50–80 °F. If it is too cold or too hot, mushrooms will not be able to form.
  - **Easy to Access:** Put your Mushroom Patch in a place where you can easily water it and watch it grow. Locating your Mushroom Patch in a well-traveled part of your home will help you remember to water it regularly. Surfaces that are water resistant and easy to clean are best.

6) **Set up your Humidity Tent.** Now that you’ve found a good location for your

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**Helpful Hints & FAQ**

Surfaces that are water resistant and easy to clean are best.

**EASY TO ACCESS**

Your Shiitake Mushroom Patch will grow best between 50–80 °F. If it is too cold or too hot, mushrooms will not be able to form.

**LIGHT**

Your Mushroom Patch needs some ambient light to grow well. If there is enough light to read these instructions, there is enough light to grow mushrooms. Avoid direct sunlight: this can dry out your Mushroom Patch.

**TEMPERATURE**

Your Shiitake Mushroom Patch will grow best between 50–80 °F. If it is too cold or too hot, mushrooms will not be able to form.

**Do the mushrooms have baby mushrooms already forming?**

Baby mushrooms (called *primordia*) will look like circular brown spots about ¼–½” in diameter. Baby mushrooms grow out from the surface of the Mushroom Patch, pushing up into the air or against the plastic. If baby mushrooms have already formed, skip to Step 5.

After 3–5 days, remove the Mushroom Patch from your refrigerator. Unfold the bag, carefully cut open the top of the bag, then gently pour cold, non-chlorinated, non-distilled water into the bag. (Please see the Helpful Hints & FAQ section of this booklet for more information about water.) The water should completely cover the Mushroom Patch.

Let the Mushroom Patch soak for 2–4 hours. Please note: the bag may have formed some small holes during the packing/shipping process, so placing the bag in a pot or deep bowl during the soaking process is recommended.

After the soak is complete, carefully pour the water out of the bag. Proceed to Step 5.

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**Arleen & Alan Bessette’s Dragon’s Mist Soup**

- 1 cup thinly sliced, fresh Shiitake mushrooms
- ⅛ cup drained, rinsed, 2- to 4-inch long bamboo shoots
- 1 tablespoon vegetable oil
- 1 can (14½ oz) chicken broth
- ⅛ cups water
- 4 cloves garlic, finely minced
- 2 scallions w/tops, minced
- 1 teaspoon salt
- 1 teaspoon sesame oil
- 1/2 cup sesame oil
- 2–3 cups dried Shiitake mushrooms, chopped/ground into small pieces (about twice the size of a peppercorn. If some of it gets ground into powder along the way, all the better!)

In a saucepan, sauté mushrooms in 1 tablespoon vegetable oil over medium-low heat for approximately 5 minutes. Add broth, water and garlic; bring to a boil, reduce heat and simmer 10 minutes. Add all remaining ingredients except sesame oil. Return to boil, reduce heat and simmer 5 minutes. Just before serving, stir in sesame oil. Serves four.

**Shiitake Balsamic Vinaigrette**

- 3 cups canola oil
- ⅛ cup sesame oil
- 1 cup water
- 1 cup red wine
- 1 cup balsamic vinegar
- 1 cup soy sauce
- ⅛ cup toasted sesame seeds
- 2–3 cups dried Shiitake mushrooms, chopped/ground into small pieces (about twice the size of a peppercorn. If some of it gets ground into powder along the way, all the better!)

Combine all ingredients in a vessel that can be shaken without leaking, then shake well. Allow to sit for 24 hours in order for the Shiitakes to swell up and distribute their flavor throughout the mixture. Serve over salad or as a dip for raw vegetables.

**Andrew Weil’s Shiitake Teriyaki**

- 1 cup dried Shiitake
- 2 tablespoons light brown sugar
- ⅛ cup sake
- 2 chopped green onions
- ⅛ cup soy sauce
- a few drops (roasted) sesame oil

Reconstitute 1 cup dried Shiitake by covering with hot water and let stand till caps are completely soft. (Or cover with cold water, microwave on high for 2 minutes and let stand.) Cut off and discard stems. Squeeze excess liquid from caps and slice into ¼ inch pieces. Place pieces in saucepan with ⅛ cup sake, ⅛ cup soy, and 2 tablespoons light brown sugar. Bring to boil and simmer, uncovered, till liquid is almost evaporated, tossing mushrooms occasionally. Remove from heat, cool, and chill. Sprinkle with finely chopped green onions and a few drops of dark (roasted) sesame oil. Serve as appetizer, side dish, or over rice.
Mushrooms in general are relatively high in protein, averaging about 20% of their dried mass. Further, they contribute a wide range of essential amino acids. Low in fat (between .3 and 2%) and high in fiber, mushrooms also provide several groups of vitamins, particularly thiamine, riboflavin, niacin, biotin, and ascorbic acid. Following is some nutritional information regarding the mushrooms you will harvest from your Shiitake Mushroom Patch:

### Nutritional Information

**Serving size: 20 grams dried mushrooms (200 grams fresh)**

<table>
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<tr>
<th>Nutrient / Unit of Measure</th>
<th>Amount</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories</td>
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<td>Total Fat, grams</td>
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<td>Saturated Fat, grams</td>
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<tr>
<td>Sugars, grams</td>
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<td>Protein, grams</td>
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<td>Riboflavin (B2), milligrams</td>
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<td>Niacin (B3), milligrams</td>
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<td>Pantothenic Acid (B5), milligrams</td>
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<td>Selenium, micrograms</td>
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<td>21.7</td>
</tr>
<tr>
<td>Copper, milligrams</td>
<td>.24</td>
<td>12</td>
</tr>
</tbody>
</table>
Dear Shiitake Grower,

Thank you for your purchase of Fungi Perfecti’s Shiitake Mushroom Patch (pronounced “shee-tah-kay”). With proper care and attention, your Mushroom Patch should produce around 2 lbs of fresh mushrooms over its 6 month lifespan.

Your Mushroom Patch is composed of a unique blend of sterilized, enriched sawdust and wood chips, fully colonized with our select Shiitake strain. Over time, the Shiitake mushroom organism will break down the woody material, using it as a food source to produce mushrooms.

Getting Started

For best results, please read these instructions carefully and completely before working with your Shiitake Mushroom Patch. The Step-by-Step Instructions will guide you through the growing process. The Helpful Hints & FAQ (Frequently Asked Questions) section will provide extra information.

If you have problems while growing your Mushroom Patch, please consult the Troubleshooting section of this booklet. If you have further questions or concerns, please contact Fungi Perfecti as soon as possible. We are here to help you succeed! See the back of this instruction booklet for complete contact information.

Step-by-Step Instructions

1) Open and inspect your Shiitake Mushroom Patch upon arrival. If you see any cracks or pieces broken away from the Patch, place it back in its box for 7–10 days and then check for re-colonization. If the Mushroom Patch still appears to be in pieces or cracked, call Fungi Perfecti immediately at (800) 780-9126.

2) Check the age of your Mushroom Patch. On the bag containing the Mushroom Patch, you will see a white square with information about your Mushroom Patch. You should see the letters “LE” which stand for Lentinula edodes, the scientific name for the Shiitake. The other numbers represent the date your Mushroom Patch was created, in “month-day” format. For example, a white square that reads “LE 6-4” indicates a Shiitake Mushroom Patch that was created on June 4th.

Determine if 40 days have passed from the date on the white square. If it has been less than 40 days, place the Mushroom Patch back into its box and wait until 40 days have passed. If 40 days have passed, proceed to Step 3.

3) What does your Mushroom Patch look like? After checking the age of your Mushroom Patch, examine how it looks.

Outdoor Cultivation

When your kit has ceased fruiting, you can break it up and use the material to inoculate logs outdoors by using the wedge technique described below. When inoculating logs or stumps, it is best to use wood that has been freshly cut at least 2 weeks before but within 6 months prior to inoculation. We recommend using a hardwood—ideally oak, alder, poplar, aspen, elm, beech, maple or similar woods. Avoid fruit trees—they are too dense and tough.

There are various strategies; one of the most successful is explained in brief below, if you would like more in depth information on log and stump cultivation, refer to Mycelium Running by Paul Stamets (Chapter 11).

The “Tootsie Roll” Technique

The spawn can be packed into the cut face of firewood logs. Loggers call these “rounds”. Another “round” of slightly smaller diameter is sandwiched on top. As each round is added, it resembles a telescoping “Tootsie-roll”. These are best located outside, in a shady and naturally moist location. Placing them in the garden, on the north side of corn, grape, pole beans, or similar towering shade-providing plants will preserve moisture. Logs inoculated with Shiitake mushroom spawn can be placed either horizontally on pallets or cinder blocks, or placed vertically with one end buried in the ground to help draw moisture from the soil up into the log. After about two months, heavily watering the stacked rounds will stimulate mushroom production.

Once you launch mushroom spawn outside, you are introducing it to a huge number of wild mushrooms, some of which may be more aggressive than your Mushroom Patch spawn, and some of which may be poisonous! Mushrooms like Galerina autumnalis and relatives are deadly and grow on wood. Hence, absolutely observe and follow this important warning: never eat a mushroom growing outdoors unless it has been positively identified by an expert.

The obvious question is: How do I contact an expert or learn about mushroom identification? We offer a number of excellent field guides written by the experts. You can also find seasoned mushroom hunters through your local Mycological Society. Many of these mycological societies are listed on the web site of the North American Mycological Society: http://www.namyco.org. If you don’t find a Mycological Society in your area, you can often find a mycologist in the biology department of a local college or university.

Thanks very much for purchasing our product! We wish you luck in this and future fungal endeavors.

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!

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