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.

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
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www.fungi.com

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Thank you for your purchase of Fungi Perfecti’s King Stropharia Mushroom Patch. With proper care and attention, your Mushroom Patch should produce around 1–2 lbs of fresh mushrooms over its 16 week indoor fruiting period, and additional fruitings if you choose to pursue further outdoor cultivation methods as discussed later in these instructions.

Your Mushroom Patch is composed of a unique blend of sterilized, enriched sawdust and wood chips, fully colonized with our select King Stropharia strain. Over time, the King Stropharia 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 King Stropharia Mushroom Patch. The Step-by-Step Instructions will guide you through the growing process. The Helpful Hints section will provide extra information. 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.

**Indoor Cultivation: Step-by-Step Instructions**

1) **Open the shipping box and inspect your King Stropharia Mushroom Patch upon arrival.** If you see any cracks or pieces broken away from the Patch, do not worry. We recommend that after shipping, the mycelium be allowed to recover from its trip by placing it back in the box for 7 days. This should be adequate time for any cracks or broken pieces to recolonize, and for the Mushroom Patch to recover from the shock of shipping. If the Mushroom Patch still appears to be cracked or in pieces after one week, call Fungi Perfecti immediately at (800) 780-9126.

2) **Open your King Stropharia Mushroom Patch.** Cut or peel back the tape on the Mushroom Patch and unfold the plastic so that the bag is fully upright. Open the Mushroom Patch by cutting horizontally just below the white filter patch. Pull the sides of the bag out so that it is fully opened. Using a clean

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**Cooking King Stropharia Mushrooms**

All mushrooms should be cooked before being eaten. The best way to prepare these mushrooms is by thoroughly cooking them until nearly all the water has been cooked out. The caps can be sliced into strips and fried or grilled (discard the stems); we recommend a medium high temperature for about 10–15 minutes in a little olive oil, until they are brownish in color. Add a small amount of soy sauce or tamari, chopped scallions and a touch of white wine. After most of the liquid has evaporated, the mushrooms can be served over rice, used as a garnish upon steaks or seafood, added to white sauces, or mixed with stuffing for chicken or turkey. Alternatively, whole caps can be thrown on the barbecue or skewered with vegetables, then basted with soy sauce and/or white wine. King Stropharia mushrooms have a strong, slightly nutty flavor, and a firm portobello-like texture. If you do not have the opportunity to prepare your King Stropharia mushrooms right away, you can store them for 3–5 days in an open paper bag in the fridge. Never store mushrooms in a plastic bag or other “airtight” container, as they will soon turn to mush.

**Nutritional information:** King Stropharia mushrooms, when cooked and in dry form, are nearly 20% protein, are good sources of several vitamins (0.1% niacin), and provide an assortment of minerals.

**Important note:** Before eating any mushroom cultivated outdoors, make absolutely sure of its identity and edibility. The first time you eat the King Stropharia or any mushroom new to you, consume a small portion and wait 24–48 hours. If no undesirable effects occur, you may safely assume that you do not have an allergy to this mushroom. A small percentage of the population (estimated at 1–2%) are “allergic” to mushrooms; that is, that their bodies cannot produce the enzymes necessary to digest them. They typically suffer temporary, albeit unpleasant, gastrointestinal discord. The smaller, more immature mushrooms are generally considered to have more culinary value than the more aged specimens. It is not a good idea to consume mushrooms with alcohol. Do not eat King Stropharia mushrooms more than 2 days in a row.

Thank you very much for purchasing our product! Keep in touch with Fungi Perfecti for new developments in indoor and outdoor cultivation of gourmet mushrooms. Good luck, keep the mycelium running, and happy mushrooming!

The Folks at Fungi Perfecti
into the original bed—though not if molds or competitor fungi have appeared. The introduction of a new bag of Mushroom Patch spawn on a yearly basis will help to fortify and reinvigorate your King Stropharia bed.

**Helpful Hints**

**Water:** When misting your Patch for indoor cultivation, it is important to use **non-chlorinated, non-distilled water.** Spring water, well water or rain water in a clean container are great choices as well. Avoid collecting rain water 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 mist 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 the methods described here.

**Humidity/watering your Mushroom Patch:** King Stropharia 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 low humidity environment, you may need to mist more frequently. Also, for those living 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 happy, 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 purple-brown to purplish-black 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.

utensil, punch one or two small holes in the bottom of the bag for drainage and place the Mushroom Patch in a pie pan or similar container to catch the water.

3) **Prepare the casing layer.** If you are located in the United States, your Mushroom Patch will come with a bag of dried casing material. Since many countries restrict the importation of soils and soil-like materials, we do not include the casing in orders to customers outside of the United States. In that case, you will need to create your own casing material. This is done by combining 1 part granular gypsum (available at most garden stores) with 10 parts peat moss (also available at garden stores) by volume. You will need a total of approximately 4–6 cups of casing material for your Patch.

The casing layer is hydrated and added to the top of the Mushroom Patch. The purpose of this layer is to provide a moist soil bed for “primordia” (baby mushrooms) to form where they will be sheltered from fluctuations in temperature and humidity. The casing layer is also relatively non-nutritive so it “triggers” the fungi to form mushrooms in this area, rather than to colonize and digest it for food.

- Open the bag of casing material and dump it into a clean bowl or bucket.
- After washing your hands, slowly add water and mix until the casing is thoroughly saturated but not dripping wet. A general guide is that the material should clump together when you squeeze it in your hand, but it should not be so wet that water runs out of it. If you accidently added too much water, simply strain the excess water out though a colander.
- Gently spread the casing over the top of the Mushroom Patch in a 2 to 2½ inch thick layer. Do not compress or compact the casing layer on the top of the Patch.

4) **Find a home for your Mushroom Patch.** A good location in your home to grow the King Stropharia Mushroom Patch is one that:
• Has appropriate 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.

• Has a moderate temperature. King Stropharia mushrooms grow in nature in a very broad temperature range, from as low as 40 °F to as high as 90+ °F. Your King Stropharia Mushroom Patch, will grow best, however, from 60–80 °F. If it is too cold, mushrooms will not form and mature as quickly. If too hot, mushrooms may form quickly, but may dry out and fail to mature.

• Is easily accessed for watering. Put your Mushroom Patch in a place where you can easily water it and watch it grow. Locating the 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.

3) Initiate your King Stropharia bed: water! At this time, unless there is regular rainfall in your area, water should be applied with increasing frequency. Begin watering your bed for about 30 minutes a day with a sprinkler—preferably 15 minutes in the morning and 15 minutes in the evening. Mushrooms should begin appearing soon thereafter, typically within 2 weeks. King Stropharia mushrooms grow within a very broad temperature range, from as low as 40 °F to as high as 90+ °F. Although considered to be one of the most temperature-tolerant mushrooms in nature, the King Stropharia is very dependent on adequate moisture. In warmer climates, more frequent watering is advised.

4) Harvest your King Stropharia mushrooms. 4–12 months from the date of inoculation, you should see dull red or burgundy-colored, stone-like formations poking up through the wood chips, often forming at the interface between the bed and neighboring vegetation. These young mushrooms are called “primordia.” The primordia will often form directly beneath protective cover such as leaves, so be sure to check your bed thoroughly. The primordia will blossom into King Stropharia mushrooms. As the mushroom matures, the veil (ring of material underneath the cap that protects the young gills) opens and the gills become grayish-purple and eventually black as the spores mature (Fungi Perfecti offers a number of field guides with detailed descriptions and photographs of this and many other mushroom species). It is best to harvest the mushrooms almost as soon as the veil opens. Individual mushrooms will vary greatly in size at maturity. Gently twist the mushrooms at the base, being careful not to disturb any young neighboring mushrooms. King Stropharia mushrooms grow very quickly, and can be attractive to certain garden denizens like pill bugs and slugs, so check your bed often. Once harvested, your mushroom bed should produce crops of mushrooms continuously for weeks, provided water is abundant and there is a sufficient mass of wood chips. Ideally, more chips should be added each year, both around and stirred vigorously.

5) Set up your humidity tent. Now that you’ve found a good location for your Mushroom Patch, find the humidity tent that was included with your Mushroom Patch (probably delivered wrapped around this instruction booklet). The humidity tent is a large plastic bag with holes. When used to cover your Patch, it will help hold in humidity and moisture while allowing some air flow. Open up the humidity tent and place it over the top of the Patch. Roll up the bottom of the tent, just as if you were rolling up your pant leg. Adjust so that the top of the tent sits a couple of inches above the top of the Mushroom Patch bag.

6) Mist 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 the inside of the humidity tent 2–3 times a day every day with non-chlorinated, non-distilled water (please see the Helpful Hints section of this booklet for more information about water). Additionally, every other day, mist the surface of the patch just a tiny bit, depending on the humidity in your home. You want the casing to stay slightly damp but you do not want the casing to become over-saturated or soggy. The Patch contains enough moisture to successfully fruit; the key is to increase the humidity around the Patch and to keep the casing from completely drying out. After each misting, be sure to put the humidity tent back over the Patch.

Watch Paul Stamets discussing the bulk cultivation of King Stropharia mycelium in “Mycototes” at http://youtu.be/SSKQyMFw8GM
It will take approximately 1–2 months for mushrooms to begin to form. During that time, you will see “rhizomorphs” or white root-like tendrils grow up through the casing layer. This is a good sign and indicates that the mycelium is preparing to form mushrooms.

7) Mushrooms! Continue misting 2–3 times a day. As the rhizomorphs reach the surface of the casing layer, you will start to see baby mushrooms called “primordia.” Full-grown mushrooms should mature in about one week. 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 just after the veil (the white membrane covering the gills) opens to reveal the gills beneath. After this occurs the edges of the mushroom cap begin to flatten out, the gills will begin to drop spores, and the mushroom flesh will take on excess water. Remove the whole mushroom by twisting at the base, leaving as much of the casing behind as possible. You can use the butt of each stem for outdoor Stropharia cultivation; for more information on this technique, please consult the book Mycelium Running by Paul Stamets. See the Cooking Stropharia 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.

8) Producing additional crops. After your first crop of mushrooms, simply continue misting as before to encourage additional fruitings.

Outdoor Cultivation: Step-by-Step Instructions

After about three months of indoor growth and multiple “flushes” of mushrooms, your King Stropharia Mushroom Patch will have exhausted it
"pre-supplied" food sources, but the fun is far from over! The mycelium in the Patch is still sufficiently strong to colonize additional material and provide frutings for years to come in an outdoor bed.

1) Select a bed for your King Stropharia Patch. The job of the outdoor cultivator is to locate a suitable site to "plant" your King Stropharia Mushroom Patch. We recommend a location that:

- **Is not exposed to direct sunlight.** An area underneath some canopy provided by trees, shrubs, bushes or leafy vegetables is ideal. Rhododendrons, blueberries, potatoes, corn, squash and zucchini all work well as companions to the King Stropharia mushroom. Exposure to mid-day sun should be avoided if at all possible. Some sunlight is allowable but avoid sites that experience prolonged, direct exposure.

- **Is not windy.** Flat, open spaces where the wind blows unobstructed are generally poor locations for a King Stropharia Mushroom bed.

- **Has naturally high humidity.** Areas such as a north slope, a ravine, or a depression through which water traverses during rainfall are ideal.

- **Has ready access to water.** A garden of leafy plants is a good spot for the King Stropharia Mushroom Patch. Other favorable spots include near stream beds, natural springs, or channels that experience runoff during rainy periods. Make sure that you do not locate your Mushroom Patch where it will be submerged in standing water.

- **Has an abundant supply of non-aromatic, deciduous hardwood and/or conifer chips.** The surrounding area should be free of excessive leaves or needles, and large expanses of pine, cedar, or other aromatic wood chips should be avoided as these contain anti-fungal compounds.

- **Is frequently visited.** Locations that are frequently walked by (but not upon) get more attention.

2) Inoculate your King Stropharia bed. The mycelium that makes up your King Stropharia Mushroom Patch is resistant to freezing. However, the more time you can give your Mushroom Patch to establish itself in its new home before winter comes, the better.

*Autumn and Winter Inoculation*

Generally, it is best to inoculate your mushroom bed at least three weeks before consistently freezing temperatures set in. If you happen to miss this window of opportunity, you have two options:

- You can inoculate your bed anyway, as described below, taking extra precautions against the cold weather. If temperatures in your area drop well below freezing over the winter months, you can situate your bed 2 inches below the surrounding plane of topsoil. This will help to protect the mushroom mycelium over the winter. The addition of a shallow layer of loose straw 1–2” thick over the bed during the winter months will act as an insulating blanket, protecting your mushroom bed from hard freezes. As an alternative to straw, you can cover the bed with a layer of burlap, shade cloth or other breathable material (be sure to remove the cover once cold weather has passed).

- You can also make a bed for your King Stropharia in a garage, basement, barn or other outbuilding. Simply fill one or more cardboard boxes with alternating, moistened, 1–2” deep layers of the
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The King Stropharia Mushroom Patch™
*Stropharia rugoso-annulata*

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2) **Open your King Stropharia Mushroom Patch.** Cut or peel back the tape on the Mushroom Patch and unfold the plastic so that the bag is fully upright. Open the Mushroom Patch by cutting horizontally just below the white filter patch. Pull the sides of the bag out so that it is fully opened. Using a clean

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### Cooking King Stropharia Mushrooms

*All mushrooms should be cooked before being eaten.* The best way to prepare these mushrooms is by thoroughly cooking them until nearly all the water has been cooked out. The caps can be sliced into strips and fried or grilled (discard the stems); we recommend a medium high temperature for about 10–15 minutes in a little olive oil, until they are brownish in color. Add a small amount of soy sauce or tamari, chopped scallions and a touch of white wine. After most of the liquid has evaporated, the mushrooms can be served over rice, used as a garnish upon steaks or seafood, added to white sauces, or mixed with stuffing for chicken or turkey. Alternatively, whole caps can be thrown on the barbecue or skewered with vegetables, then basted with soy sauce and/or white wine. King Stropharia mushrooms have a strong, slightly nutty flavor, and a firm portobello-like texture. If you do not have the opportunity to prepare your King Stropharia mushrooms right away, you can store them for 3–5 days in an open paper bag in the fridge. Never store mushrooms in a plastic bag or other “airtight” container, as they will soon turn to mush.

**Nutritional information:** King Stropharia mushrooms, when cooked and in dry form, are nearly 20% protein, are good sources of several vitamins (0.1% niacin), and provide an assortment of minerals.

**Important note:** Before eating any mushroom cultivated outdoors, make absolutely sure of its identity and edibility. The first time you eat the King Stropharia or any mushroom new to you, consume a small portion and wait 24–48 hours. If no undesirable effects occur, you may safely assume that you do not have an allergy to this mushroom. A small percentage of the population (estimated at 1–2%) are “allergic” to mushrooms; that is, that their bodies cannot produce the enzymes necessary to digest them. They typically suffer temporary, albeit unpleasant, gastrointestinal discord. The smaller, more immature mushrooms are generally considered to have more culinary value than the more aged specimens. It is not a good idea to consume mushrooms with alcohol. Do not eat King Stropharia mushrooms more than 2 days in a row.

Thank you very much for purchasing our product! Keep in touch with Fungi Perfecti for new developments in indoor and outdoor cultivation of gourmet mushrooms. Good luck, keep the mycelium running, and happy mushrooming!

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.

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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