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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Welcome to the exciting world of mushroom cultivation! Outdoor cultivation is fun and relatively easy; we have done practically all the difficult work in advance. Your job is simply that of the Mushroom Caretaker. By following these simple instructions, your mushrooms will soon flourish. For best results, please read these instructions carefully and completely before working with your Garden Giant Mushroom Patch. 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.

Materials Needed
✓ 1 Garden Giant Mushroom Patch
✓ 10–55 gallons of hardwood (ideal) or mixed hardwood and conifer chips
✓ Hardwood sawdust (optional—provides easily accessible nutrients while the mycelium works to establish itself in the wood chips)
✓ Straw to mix in with wood chips, or to cover the patch (optional, but suggested—see “Starting Your Mushroom Patch,” page 4)

Definitions of Terms
Fruitings: crops of mushrooms.
Inoculate: the act of mixing mushroom spawn into bulk substrates (in this case, wood chips and sawdust).
**Initiate:** to encourage mushrooms to form, usually by adding water.

**Mycelium:** a fine network of cells giving rise to mushrooms.

**Rhizomorphs:** root-like or ropy mycelium.

**Spawn:** mycelium in pure form, used to inoculate material from which will grow mushrooms.

**Substrate:** the habitat giving rise to mushrooms.

**Calendar of Events**

**Day 1:** your mushroom spawn arrives. Let it sit undisturbed, indoors, at room temperature.

**Day 7:** the mushroom spawn recovers from shipping, giving rise to streaks or patches of white mycelium on the wood chips/sawdust in the bag.

**Day 8:** the mushroom spawn is inoculated into a bed of moistened wood chips/sawdust/straw outside (if necessary, you can wait as long as 3–4 weeks before inoculating your bed).

**Days 30–60:** inspection of your patch reveals rhizomorphs growing from the spawn into adjacent wood chips.

**Days 90–730**: crops of burgundy-colored mushrooms can emerge, often weekly, as long as water is provided. Barbecues commence!

**Days 240–1080:** additional wood chips and/or spawn are added and the patch is expanded by a factor of 4. Ideally, more pure mushroom spawn should be added every 1–2 years to keep your beds vigorous.

*Under unusual circumstances, it can take as long as two years for your first mushrooms to appear.

**What is It?**

The **Garden Giant Mushroom Patch** is a bag of select hardwood chips fully impregnated with **mycelium**, the fungal organism that gives rise to mushrooms. The mycelium is whitish in color, appearing as streaks of fuzzy material along the surface and edges of the chips. The mushroom mycelium is in a state of “suspended animation” until you receive it. Often, in the course of shipping, the mycelium will have collapsed and become nearly invisible to the naked eye. Fortunately, the mushroom mycelium is not harmed by this sort of
treatment. In fact, the Garden Giant mushroom benefits from a certain amount of rough handling; the mycelium produce several new strands where they have been torn, and the mycelial network is strengthened. Upon its arrival, we recommend that you leave the patch undisturbed in its box, at room temperature, for about a week before using it. During this period, your Patch will recover, and the wood chips will become streaked with white mycelium.

Selecting a Bed for your Garden Giant

The job of the Mushroom Caretaker (that’s you) is to locate a suitable site for your Garden Giant Mushroom Patch. We recommend a location that:

1) 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 Garden Giant 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.

2) Is not windy. Flat, open spaces where wind blows unobstructed are generally poor locations for the Garden Giant Mushroom Patch.

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

4) Has ready access to water. A garden of leafy plants is a good spot for the Garden Giant 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 Patch where it will be submerged in standing water.

5) Has an abundant supply of non-aromatic, deciduous 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.

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

Before eating any mushroom, make absolutely sure of its identity and edibility. The first time you eat the Garden Giant 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 can not 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 Garden Giant 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, and happy mushrooming!

The Folks at
Fungi Perfecti
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 Garden Giant 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. It is best to harvest the mushrooms as soon as (or just before) 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. Garden Giant 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 garden should produce crops of mushrooms continuously for weeks, provided water is abundant and there is sufficient mass of wood chips. Ideally, more chips should be added each year, both around and stirred vigorously into the original bed—but not if molds or competitor fungi have appeared. The introduction of new spawn on a yearly basis will help to fortify and reinvigorate your Mushroom Patch™.

**Cooking Garden Giant Mushrooms**

All mushrooms should be cooked before eating. 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 cooking them at medium-high heat for about 10–15 minutes in a little olive oil, until they are brownish in color. Add a small amount of soy sauce or

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**Starting Your Mushroom Patch**

The mycelium that makes up your Garden Giant 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. If you are not ready to start this project, you can store your Patch in its original bag, unopened, in the refrigerator or other cool location for up to a month. During this time, the mycelium will slowly grow and further colonize the wood chips in the bag, resulting in denser and more heavily colonized mushroom spawn for use in the Spring.

**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 protect the mushroom mycelium over the winter. The addition of a 1–2” thick layer of loose straw 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 Garden Giant in a garage, basement, barn or other outbuilding. Simply fill one or more cardboard boxes with alternating, moistened, 1–2” deep layers of the Mushroom Patch spawn, wood chips, and pieces of torn corrugated cardboard (pieces should be approximately 2–4” on a side). The box(es) should be filled to a depth of no more than 12”. The bed should be transferred outdoors in the spring, where it will continue to grow over the next 4–12 months before producing mushrooms.
CREATING A MUSHROOM BED

**Spring and Summer Inoculation**

To create a suitable outdoor bed for your Garden Giant, you will need a quantity—anywhere from 10 to 55 gallons—of hardwood or mixed hardwood/conifer chips. Hardwoods are preferable to hardwood/conifer mixtures. Chips should be free of leaves or needles. Recommended hardwoods include oak, alder, maple, elm, beech, aspen, birch, cotton or similar woods. These chips will be used to establish the **substrate**, the nutritional platform from which mushrooms will spring forth. The chips should be irregular in size, ranging from ¼ to 2 inches in length. Chips of mixed sizes are far better than fine sawdust.

Each Garden Giant Mushroom Patch should adequately inoculate a bed of wood chips 4’ x 4’ x 4” deep, or 4’ x 8’ x 2” deep. Clear the ground of any undecomposed organic debris, such as twigs, straw, uncomposted yard waste, etc. Make sure the site is fairly level, then lay down a 1–2” layer of moistened chips. Open your Mushroom Patch bag and broadcast it evenly over the chips. Add 1–2 more inches of chips over the top and vigorously mix the two layers into each other. This will evenly distribute the spawn throughout the substrate. In the process you will have created a “mushroom mound.” Thoroughly moisten the mound by watering with a sprinkler or hose on a fine mist setting for about 10 minutes. Avoid using a forceful spray as it could damage the mycelium.

Periodically after inoculation, carefully dig down into the bed of wood chips to check for dampness and mycelial activity. You should see strands of mushroom mycelium “leaping” from the Mushroom Patch spawn onto the surrounding wood chips. If the chips feel dry to the touch and the mycelium is sparsely distributed, moisten the bed thoroughly. Every few days, particularly during hot or dry weather, lightly water the bed. When the wood chips have become thoroughly colonized with white, ropy mycelium, your bed is nearly ready to produce its first crop.

**Initiating Your Patch: Water!**

At this time, unless there is regular rainfall in your area, water should be applied with increasing frequency. Begin watering your bed for at least 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 2–6 weeks.

Garden Giant 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 Garden Giant is very dependent on adequate moisture. In warmer climates, more frequent watering is advised.

**Harvesting Your 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.
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5. **Has an abundant supply of non-aromatic, deciduous 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.

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

### Nutritional Information

Garden Giant mushrooms, either cooked or dried, are nearly 20% protein, are good sources of several vitamins (.1% niacin), and provide an assortment of amino acid complexes.

Before eating any mushroom, make absolutely sure of its identity and edibility. The first time you eat the Garden Giant 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 can not 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 Garden Giant mushrooms more than 2 days in a row.

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The Folks at Fungi Perfecti
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Mycelium: a fine network of cells giving rise to mushrooms.

Rhizomorphs: root-like or ropy mycelium.

Spawn: mycelium in pure form, used to inoculate material from which will grow mushrooms.

Substrate: the habitat giving rise to mushrooms.

Calendar of Events

Day 1: your mushroom spawn arrives. Let it sit undisturbed, indoors, at room temperature.

Day 7: the mushroom spawn recovers from shipping, giving rise to streaks or patches of white mycelium on the wood chips/sawdust in the bag.

Day 8: the mushroom spawn is inoculated into a bed of moistened wood chips/sawdust/straw outside (if necessary, you can wait as long as 3–4 weeks before inoculating your bed).

Days 30–60: inspection of your patch reveals rhizomorphs growing from the spawn into adjacent wood chips.

Days 90–730*: crops of burgundy-colored mushrooms can emerge, often weekly, as long as water is provided. Barbecues commence!

Days 240–1080: additional wood chips and/or spawn are added and the patch is expanded by a factor of 4. Ideally, more pure mushroom spawn should be added every 1–2 years to keep your beds vigorous.

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What is It?

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Instructions for the Garden Giant Mushroom Patch™ aka The King Stropharia

Definitions of Terms
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Watch a time-lapse video of Garden Giant mushrooms growing at http://youtu.be/UXsyxQi_SxI

Incorporating fungi into a successful rain garden can significantly enhance its ability to protect sensitive waterways!

Landscape by slowing the flow of water; allowing water to be filtered through the soil, transpired back into the air through leaves, and ultimately cleansed of pollutants before it reaches streams and other bodies of water.

There are several components to a successful rain garden:

1. **Ponding area**: A rain garden is formed as a depression in the ground, which can fill partway during storm events and thereby prevent polluted water from flowing freely to bodies of water.

2. **Soil**: A rain garden must have deep soil to support the growth of plants, and through which water can be filtered. Soil-dwelling microbes are integral to the breakdown of many pollutants.

3. **Plants**: Selecting the right plants for a rain garden is essential! Drought-tolerant plants should be selected to reduce the need of supplemental maintenance. Plants at the bottom of the rain garden should be able to tolerate occasional standing water. Selecting plants of varying root types will also enhance transpiration of water through the rain garden, as well as also enhance the soil stability of the rain garden.

4. **Mulch**: It has been shown that mulch enhances water infiltration and retention, as well as providing enhanced surface area to bind pollutants and habitat for contaminant-degrading fungi and decomposers.

The efficacy of a rain garden can be greatly enhanced by incorporating fungi! Fungi are naturally occurring in the soil, and often are already resident in the mulch we spread on our gardens. Saprophytic fungi are capable of degrading a variety of environmental pollutants found in stormwater. Introducing mycorrhizal fungi to the garden would be another way to increase your success. The thick mass of the mycelial network provides further benefits, such as:

- **Increased filtration of sediments and contaminants**
- **Increased water retention**
- **Reduced erosion**

Using the techniques described in this instruction booklet, you can add beds of Garden Giant mushrooms to your rain garden, strengthening its ability to protect sensitive waterways!

http://www.ecy.wa.gov/biblio/0710058.html
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