

About Reishi Mushrooms

With a name like “Mushroom of Immortality,” these beautiful, lacquered mushrooms offer a range of potential health benefits. Consuming them regularly may help support the immune system, reduce inflammation, promote relaxation, improve sleep and manage stress and anxiety. Additionally, Reishi mushrooms may promote heart health and offer antioxidant properties.

Reishi mushrooms are slow growing polypores, meaning they have no gills and produce their spores inside elongated tubes inside the caps. They mature over several weeks and actually prefer to grow and develop inside the bag for most of the time.

What you will need

- Reishi Mushroom Fruiting Kit (included)
- Humidity tent (included)
- Shallow dish (not included)
- Sprayer bottle (not included)
- Potable water (not included)



Growing Steps

1. Do not remove the fruiting block from the bag. Remove the tape from the underside of the kit that is holding the bag folded over. Unfurl the bag and cut a slim section off the top, right under the heat seal, so as to retain the height of the bag.

2. Place the kit in a shallow dish, somewhere out of direct sunlight.



3. Add some water into the dish. Spray the inside and outside of the kit with water, to create a humid environment.

4. Take the humidity tent and cut the corners off to create vents for air flow. Drape the humidity tent over the kit and the dish, securing it on the bottom around the edge of the dish and creating a humid micro-climate.



6. Make sure that the fruiting kit does not dry out over time. Check every few days for moisture and spray it if it seems to have dried out. Do not flood the fruiting kit, as too much water can drown the mycelium in the kit. If too much water accumulates, simply drain it out.



Fruiting

Small bumps will begin forming on the surface of the kit and become antler-like arms within a few weeks. They will grow and stretch up to the top opening on the bag looking for oxygen and begin to form a flat cap when they sense there is enough oxygen to form spores. This process takes several weeks.

Harvest

You can pick the Reishi when the white margin on the end of the cap dispersals. Once the mushroom has released its spores they will cling to the top and bottom surface of the cap, which if not harvested, can start to accumulate mold. Best to pick it before then. To pick, simply twist it off the fruiting kit.

Storing Reishi Mushrooms

Store mushrooms in a paper bag in the fridge (at 38 - 42 F°) for up to a week. Otherwise dehydrate and freeze.

Reishi Mushroom Extract Recipe

Reishi is corky and fibrous and has a very bitter flavor profile, so it is not suitable for cooking. But it is great medicine, and making an extract from it is very simple.

Cut the Reishi into small pieces or powder it, to create a more potent extraction. Fill 1/3 of a jar with Reishi mushrooms and the rest with brandy. Close the jar well, and shake every day for 10 days. Let sit for 6 weeks. Use a tablespoon daily in your favorite drink or as an immune support during the flu season.

Reishi Mushroom Tea Recipe

To create an adaptogenic, nootropic tea from a slice of Reishi mushroom, boosting your immune system and feeling overall wellness, simply add a 1/2 teaspoon or a small piece of Reishi mushroom to a cup of boiling water and let it sit till it is cool enough to sip. The tea will be bitter so adding some honey will ameliorate its robust taste and flavor. You can try mixing it with other tea infusions as well to enhance flavors.



Reishi Fruiting Kit

Red Reishi (*Ganoderma lucidum*)

Golden Reishi (*Ganoderma curtisii*)

Bonsai Reishi (*Ganoderma multipileum*)

Hemlock Reishi (*Ganoderma tsugae*)