MUSHROOMFRUIT

Menu: Home, How it grows, Consuming Reishi, Gallery, FAQ, About me, Contact

**Landing page**

**Home**

Ever grown a Reishi mushroom? Now is your chance!

*With the Reishi Growkit from Mushroomfruit, growing indoors has never been easier.*

Reishi Growkits can be purchased online at the webshop of Groene Takken. (hyperlink: <https://groenetakken.nl/product/reishi/> )

**How it grows**

There should be an infographic, Reishi mushroom 3D model or some sort of flowchart that provides info about how the Reishi mushroom grows out of the substrate bag.

For now, the following text can be used as placeholder text:

#1. Vegetative growth. First, the Reishi mushroom will grow its way through the substrate in the growbag until it will have fully colonized the complete block of substrate, covering all sawdust with white mycelium. During this stage, the Reishi mycelium is “digesting” the substrate, which is an interesting process by itself. If you pay close attention, you can actually see the substrate block shrink over time!

#2 Fruiting body formation. A few weeks after the block of substrate becomes completely colonized by the white Reishi mycelium, small mushroom pins will start to form on top of the substrate block. These small mushrooms will continuously grow until they reach the top of the growbag, after which the fruiting body will push its way through the narrow opening at the top. After the mushroom has come out of the growbag, the mushroom will continue to grow in size. Take note of the white to rosy colored tissue, as this is the tissue that is still actively growing. Any yellow, orange or red tissue indicates “Reishi mushroom skin” that has stopped growing and that is hardening. The combination of all these colors result in a beautiful spectacle of growth, and my opinion is that an actively growing Reishi mushroom possesses the most vivid colors.

#3 The Reishi mushroom continues to grow and will likely first reach the wall of the plastic dome, or will reach the ceiling first. When it comes into contact with the plastic, the Reishi mushroom will follow the path of least resistance, meaning it will grow along the plastic lining. Each Reishi mushroom has its own unique path of growth, with some Reishi mushrooms forming a single and lengthy stalk, while others branch out to form the most delicate mushroom structures. Parts of the Reishi fruiting body can be harvested even while the mushroom is still growing. The fruiting body will just continue growing as if nothing happened!

**Consuming Reishi**

~~Consuming a Reishi mushroom is different from consuming just about any other mushroom. This is because of the very rigid texture of the Reishi fruiting body: In its dried state it is just as tough as a piece of wood. For this reason, people have found methods to extract the compounds of interest out of the Reishi mushroom. The most commonly used method is by boiling pieces of the Reishi mushroom in water. To get most of the compounds out of the mushroom, this process of boiling is done for a lengthy amount of time: typically at least one hour of boiling/simmering after which the mushroom pieces are removed from the water. What you end up with is a sort of mushroom tea, or more scientifically you can call it a water extract. This mushroom tea can be consumed directly as a hot tea beverage but can also be cooled down and stored in the fridge for later use. Combining the cold Reishi tea with fruit juice is my preferred choice, but I also sometimes add the Reishi tea to a wild mushroom soup. Once I have some Reishi extract stored in the fridge, you will also see me adding some tablespoons of Reishi extract to my daily cup o’ coffee.~~

~~On this page “Consuming Reishi”, I will also dive deeper into the health effects of Reishi, which will be accompanied with the following table:~~

~~Table with PubMed results – results found on 7 April 2021. Mushroom species was combined with the health related term in the regular search function.~~ THIS TABLE IS ALREADY AVAILABLE AS A PNG!

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Mushroom species | Immunity | Fatigue | Longevity | Antiviral | Cancer | Diabetes | Microbiome | Brain | Skin | SARS-CoV-2 |
| Ganoderma lucidum | 239 | 12 | 46 | 78 | 487 | 88 | 32 | 62 | 39 | 1 |
| Pleurotus ostreatus | 105 | 0 | 5 | 50 | 155 | 45 | 28 | 21 | 35 | 0 |
| Lentinula edodes | 112 | 2 | 2 | 31 | 103 | 13 | 12 | 5 | 35 | 2 |
| Coriolus versicolor | 91 | 6 | 2 | 85 | 165 | 7 | 11 | 10 | 4 | 0 |
| Agaricus bisporus | 45 | 0 | 5 | 13 | 103 | 7 | 22 | 8 | 29 | 0 |
| Agaricus blazei | 67 | 3 | 2 | 20 | 106 | 14 | 2 | 9 | 3 | 1 |
| Inonotus obliquus | 24 | 2 | 0 | 24 | 73 | 27 | 2 | 4 | 6 | 3 |
| Grifola frondosa | 85 | 2 | 1 | 26 | 117 | 37 | 11 | 15 | 6 | 1 |

**Gallery**

**FAQ**

Q:~~Will the mushroom grow out of the growing bag by itself~~?

*~~A:Although it might take up to a month, the Reishi mushroom will in 99% of cases grow out of the bag by itself.~~* ***~~So there is really no need to open up the bag! In fact, opening up the bag would harm the Reishi mushroom~~*** *~~as it would allow competing fungal species to enter the substrate bag.~~*

~~Q:Can I reuse the plastic dome and the plastic saucer of the Reishi Growkit?~~

*~~A:~~* ***~~Yes, you definitely can,~~*** *~~and I encourage you to do so! All you need to do is order a new Reishi growbag and place it in the Reishi Growkit as soon as the Reishi fruiting body is coming out at the top of the Reishi growbag.~~*

~~Q:Can I grow other species of mushroom using the Reishi Growkit’s plastic dome?~~

*~~As the Reishi Growkit’s microclimate is designed to exactly match the needs of a growing Reishi mushroom,~~* ***~~other species of mushroom will not likely grow well under the plastic dome~~****~~. Therefore my advice would be to not even try this.~~*

~~Q:What is in the filter bag?~~

*~~A:Inside the filter bag, mushroom substrate can be found which contains~~* ***~~oak sawdust, natural gypsum, wheat grains and water~~****~~. The white material is mycelium from the Reishi mushroom, which is “colonizing” or “engulfing” the oak sawdust.~~*

~~Q:The substrate filter bag looks like it has shrunk, is this normal?~~

*~~A:During colonization of the oak sawdust, the Reishi mycelium starts to eat the cellulose and ligno-cellulose that sits inside the oak sawdust. During this process, the substrate bag will shrink,~~* ***~~which is completely normal~~****~~.~~*

~~Q:I see brown liquid or brown coloration on top of the mushroom substrate, is this normal?~~

*~~A:The Reishi mycelium is known to produce all sorts of colors, from white, yellow, orange, red to brown. All of these colorations represent different phases of the Reishi mycelium growth and~~* ***~~can be considered completely normal~~****~~.~~*

~~Q: When is the best time to harvest?~~

*~~A: Harvesting of the fruiting body can be done while the fruiting body is growing. It will grow back at the site where the mushroom was cut, so by doing this one can harvest the fruiting body multiple times.~~* ***~~Typically after 4 months of mushroom fruiting body growth~~****~~, the vitality and grow speed are reduced and the fruiting body can become overgrown by green or white fluffy fungi. It is therefore advised to harvest the mushroom fruiting body before this happens.~~*

~~Q:There is green coloration on the substrate or on the mushroom itself, especially at the tips of the mushroom:~~

*~~A:This is very likely either Trichoderma (parasitic fungus) or a green Aspergillus species. Green coloration indicates that the Reishi mushroom is under attack by another fungus and is no longer healthy.~~* ***~~It is advised to throw away the Reishi substrate bag and not consume the fruiting body~~*** *~~as the green fungal species has potentially grown through the Reishi mushroom.~~*

~~Q: Why is the “go to shop” button linked to an external webshop?~~

*~~A:~~* ***~~There is a collaboration between me and Pip Gilmore from Groenetakken.nl~~****~~, in which I produce the Reishi Growkits and she sells them via her webshop.~~*

**~~About me~~**

~~Ever since I graduated at Wageningen University in 2014, I have been passionately growing all sorts of culinary and medicinal mushrooms. Soon I came across the Reishi mushroom and ever since that first encounter, I have focused my efforts on how to best grow and consume this mushroom species. For the past five years, this mushroom species has introduced me into the world of mushrooms and has strengthened my interest in the field of mycology. Because of all this, it is no wonder that I am delighted to share this wonderful mushroom with others by offering Reishi mushroom Growkits.~~

**Contact**

Questions regarding the Reishi growkit can be directed towards the following email address: [info@mushroomfruit.com](mailto:info@mushroomfruit.com)