Logo should have name: Mushroomfruit

Current Menu: Home, How it works, FAQ, How to use, Gallery, About us.

Desired Menu: Home, How it grows, Consuming Reishi, Gallery, FAQ, Reishi and health, 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.

**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 long time: typically at least one hour of boiling after which the mushroom pieces are removed. 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.

**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: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: Harvest Time and parasitic fungus

A: ???

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:Waarom word ik doorgelinked naar webshop?

A:Daarom!

**Reishi and health**

**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, has taught me how to be patient 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 species 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)