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MUSHROOM MANIA

A BEGINNERS GUIDE

VOL. 1

THIS IS THE ABSOLUTE BEGINNERS
GUIDE TO GROWING MUSHROOMS.

NO EXPERIENCE IS NEEDED!

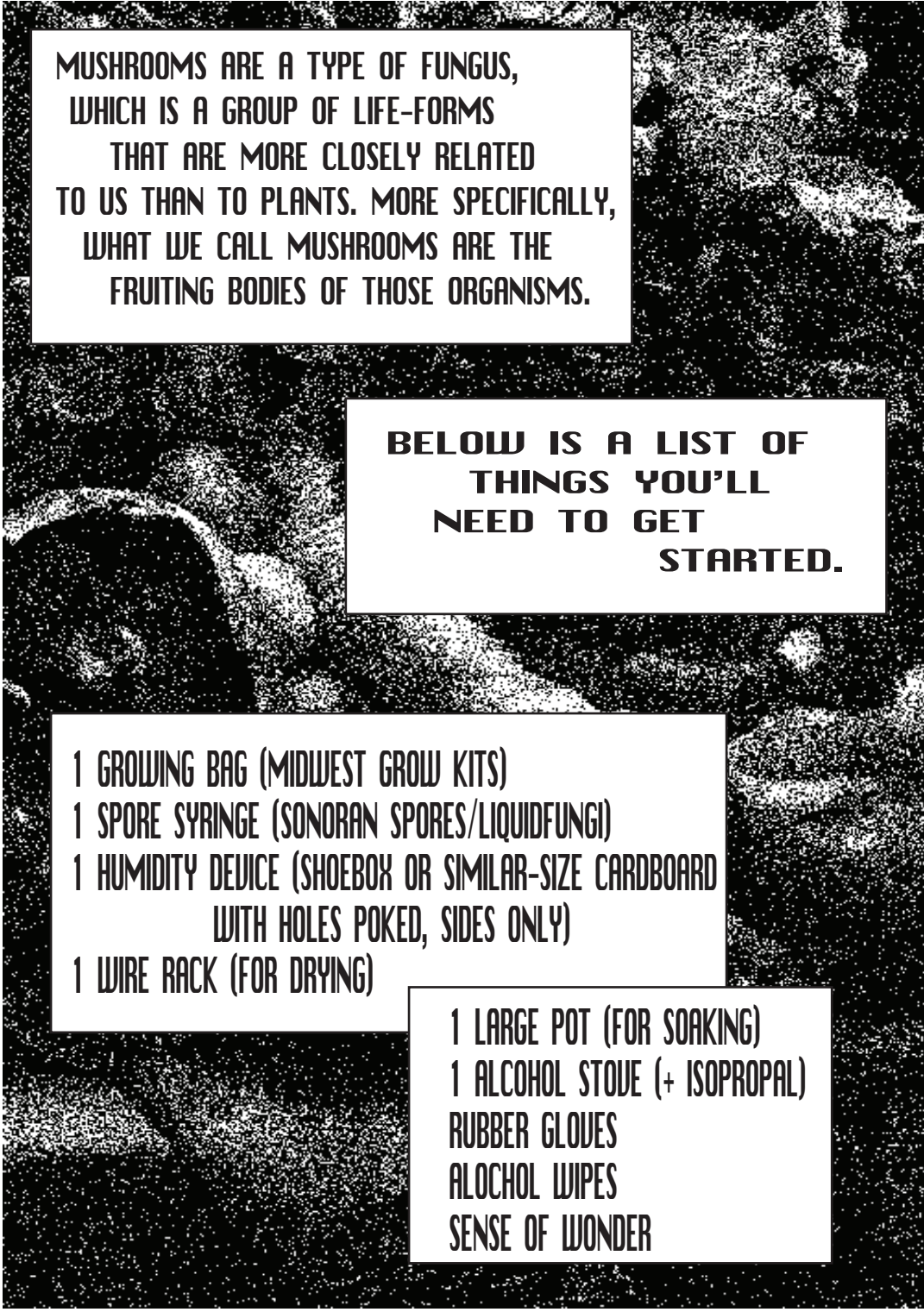
THIS IS A STEP ABOVE THE
UNCLE BENS METHOD, BUT DOES
NOT REQUIRE THE SKILLS OR
RESOURCES OF MORE ADVANCED METHODS

THIS METHOD (COMMONLY REFERRED TO AS A TEK)
IS A VERY SIMPLE INTRODUCTION TO CULTIVATION.

THERE ARE MANY OTHER TEKs THAT ARE MORE SOPHISTICATED
AND, OF COURSE,
THOSE TEKs HAVE INCREASED YIELDS AND OPPORTUNITIES TO GROW
MORE EXOTIC VARIETIES.

1ST EDITION

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MUSHROOMS ARE A TYPE OF FUNGUS,
WHICH IS A GROUP OF LIFE-FORMS
THAT ARE MORE CLOSELY RELATED
TO US THAN TO PLANTS. MORE SPECIFICALLY,
WHAT WE CALL MUSHROOMS ARE THE
FRUITING BODIES OF THOSE ORGANISMS.

BELOW IS A LIST OF
THINGS YOU'LL
NEED TO GET
STARTED.

1 GROWING BAG (MIDWEST GROW KITS)
1 SPORE SYRINGE (SONORAN SPORES/LIQUIDFUNGI)
1 HUMIDITY DEVICE (SHOEBOX OR SIMILAR-SIZE CARDBOARD
WITH HOLES POKED, SIDES ONLY)
1 WIRE RACK (FOR DRYING)

1 LARGE POT (FOR SOAKING)
1 ALCOHOL STOVE (+ ISOPROPAL)
RUBBER GLOVES
ALCOHOL WIPES
SENSE OF WONDER

MOLD

TRICHODERMA!

THIS IS A FAST-GROWING FUNGAL
COMPETITOR TO YOUR MYCELIUM.

IT STARTS AS A SMALL, FUZZY
PATCH THAT GROWS QUICKLY
INTO A HUNGRY-GREEN MENACE.

OTHER CONTAMINANTS TO BE AWARE OF ARE
COBWEB MOLD (WHICH RESEMBLE THEIR
NAMESAKE) AND BACILLUS (WHICH
MANIFESTS AS A SLIMY GREY
SUBSTRATE)

NOTE!

SOMETIMES MYCELIUM WILL GROW "FUZZ"
THAT LOOKS LIKE MOLD BUT INSTEAD
IS A RESPONSE TO AN OVERLY HUMID
GROWING ENVIRONMENT; THE FIX OF COURSE IS
TO GIVE THEM SOME AIR!

OTHER SPECIES "BRUISE" BLUE ON THEIR FRUITING BODIES
AND MYCELIUM,
WHICH IS AN INDICATOR
OF POSSIBLE PSYCHO-ACTIVE POTENCY.

GROWING!

1. CLEAN YOUR WORK AREA WITH ALCOHOL WIPES
2. SET UP YOUR GROW BAG WITH THE SELF-HEALING PORT FACING UP

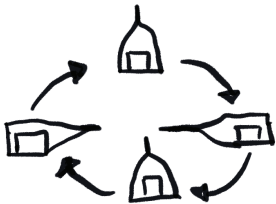
4. WEARING GLOVES, REMOVE THE SYRINGE FROM IT'S CASE; AVOID TOUCHING THE NEEDLE



3. SET UP AND LIGHT THE ALCOHOL STOVE IN FRONT OF YOUR GROW BAG (THE STOVE WILL ENSURE A FLOW OF STERILE AIR PAST YOUR INJECTION SITE)

5. INSERT THE SYRINGE FULLY IN A FLUID MOTION

6. INJECT ALL OF THE SPORE SOLUTION, MOVING THE NEEDLE TIP TO INNOCULATE AS MUCH OF THE BAG AS POSSIBLE.



NOW WAIT! THE MYCELIUM WILL START GROWING, AND YOU'LL BE ABLE TO SEE IT'S BEAUTIFUL THICK STRANDS WORKING WITHIN A WEEK.

ROTATE THE BAG DAILY TO AVOID WET SPOTS.

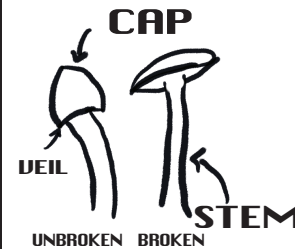
WHEN THE MYCELIUM IS 2/3RDS COLONIZED, CRUSH UP AND REFORM YOUR GROWING BLOCK. THIS WILL GIVE YOUR NEW FRIEND A LITTLE BOOST.

ONCE THE BLOCK IS FULLY COLONIZED, CUT THE TOP OF THE BAG, LAY THE BAG ON IT'S SIDE (THIS WILL HELP PREVENT CONTAMINATION) AND PLACE YOUR HUMIDITY DEVICE OVER TOP.



HARVESTING!

FOR PSYCHO-ACTIVE MUSHROOMS, THE FIRST FLUSHES ARE USUALLY HARVESTED BEFORE THE VEIL BREAKS TO AVOID MESSY SPORES.



IT WILL VARY GREATLY BETWEEN SPECIES WHEN IT IS BEST TO HARVEST,

BUT, THE HARVESTING IS EASY!

WEARING GLOVES, REACH INTO YOUR BAG, AND PLUCK!

THEN, IF DRYING, CUT YOUR FRUIT LENGTH-WISE AND LEAVE OUT IN THE SUN FOR A WHILE (DESSICANT CAN ALSO BE USED IF YOU LIVE SOMEWHERE LESS SUNNY)

NOTE!

IT IS NORMAL TO HARVEST OVER A PERIOD OF TIME AS YOUR MUSHROOMS WILL MATURE AT DIFFERENT TIMES.

ONCE THE MYCELIUM HAS STOPPED MAKING FRUITING BODIES, SOAK YOUR BRICK IN WATER FOR 12HRS PLACE ON A WIRE RACK, COVERED WITH YOUR HUMIDITY DEVICE, FOR 2HRS.

YOU CAN NOW LEAVE YOUR BLOCK INSIDE OF YOUR HUMIDITY DEVICE, AND YOUR MYCELIUM SHOULD START FRUITING AGAIN! THIS CAN USUALLY BE DONE 2-3X.

MUSHROOM TEA

A PROPER DOSE OF GROUND MUSHROOMS

HERBAL TEA (WE LIKE SLEEPYTIME)
LEMON

HONEY

1. OPEN TEABAG
2. INTRODUCE GROUND MUSHROOMS TO TEABAG, RESEAL
3. STEEP TEA (10-15 MINS)
4. ADD LEMON AND HONEY TO TASTE
5. ENJOY!

SAUTEED OYSTERS (4 SERVINGS)

285G OYSTER MUSHROOMS
EVOO
SALT, PEPPER
BUTTER
1 CLOVE GARLIC
SOURDOUGH

1. TRIM THE BASE, DISCARD, CUT THE REST INTO BITE SIZE PIECES
2. HEAT OIL IN PAN, ADD MUSHROOMS, BROWN, SEASON, REMOVE
3. TOAST TOAST
4. ADD BUTTER, GARLIC, TO PAN, TILL FRAGRANT
5. TOP TOAST WITH MUSHROOMS, POUR GARLIC BUTTER OVER TOP,
6. ENJOY!



QUESTIONS? REACH OUT! STUDY@IFPAE.ORG