



TYROLER
glückspilze

Instructions for
Organic Reishi - *Ganoderma lucidum* - indoor fruiting bag
(level 1 - beginner)

One mycelium bag (about 3.3 kilograms of substrate) can produce up to 400 g of fresh mushrooms in 60 to 90 days.

You are provided with a fully colonised mycelium bag. These instructions will guide you through the necessary working steps from delivery to harvesting of your own fresh mushrooms.

The fruiting bag is fitted with a special microfilter patch, allowing some gas exchange but inhibiting moisture loss and intrusion of contaminants. Within this bag, Reishi will fruit all on its own. Just place the bag where suitable temperatures (21 - 27 °C) are guaranteed, open the bag after 2 to 3 months and harvest! Inside the bag the Reishi will develop a typical 'antler' formation. Once the light tips of the fruitbodies turn reddish brown, the fungus has completed growth. Please note: opening the bag will at any time lead to drying out of the substrate and fruitbodies; the fungus will cease growth.

Sometimes the Reishi will seek out the filter patch of the substrate bag and grow straight through its microscopical pores. In the oxygen-rich environment outside the bag this fungus will form a typical cap for releasing vast quantities of spores. Of course, this process can be stopped by detaching the cap; if you leave the filter intact, the Reishi can continue to grow or try to form another cap.

Storage of fresh mushrooms:

Reishi fruitbodies are of tough constitution, which makes direct consumption rather impractical. Anyway, it is known that indigenous people use small bits of Reishi like chewing gum.

Layed out in a dry and well-ventilated place, *Ganoderma lucidum* is dried. Hot-air-dryers are convenient tools, but make sure you do not operate above 40 °C, because many of the valuable ingredients may be lost.

Dried down and grinded, *Ganoderma lucidum* makes a healthy cup of tea; applied externally, as a bath 'salt' it has skin-regulating effects.

Recycling of the substrates:

After the last flush the mycelium blocks are organic 'waste'. Recycle plastic bags according to the prescriptions in your area. The blocks can be piled up for composting as well, if you happen to have a garden or green space. In that case, while the substrates are decomposed by microorganisms, and with a little luck, in the upcoming warm periods you may even have a few of your own outdoor-mushrooms growing from your pile.