



Just Picked Flavor



Fine Gourmet Products
OREGON
MUSHROOMS

ALWAYS FOLLOW THE RECOMMENDATIONS OF YOUR HEALTH CARE PROVIDER WHEN BEGINNING A NEW HERBAL REGIMENT AS WELL AS AN EXPERT IN NATURAL REMEDIES.

Making Mushroom Tea (Water Extraction): Rinse before making the tea. To make a medicinal mushroom tea, for WOODY mushrooms, simply add 4 oz of mushrooms to 1 gallon of water (Depends on how strong you want it). Bring the water to a boil and then cook at a hot simmer for at least 4 hours. The water will reduce down the longer you simmer them, so be sure to keep adding water to your tea as it is cooking. Next, strain the mixture. Add flavors traditionally found in teas such as sugar, honey and lemon. Medicinal mushroom teas also blend well with other prepared teas. The possibilities are endless for the creative medicinal mushroom connoisseur. Mushroom teas should be kept refrigerated or even frozen for long term storage of large batches. (GOOD FOR 7 DAYS) For soft mushrooms, simmer 2 hours. Do not use an aluminum pan or pot!

(SEE SPECIFIC DOSAGE RECOMMENDATIONS BELOW) TYPICALLY 4 oz. OF DRIED MUSHROOMS OR POWDER WILL MAKE 1 GALLON OF MEDICINAL TEA.

Making Mushroom Tonic (Concentrated Water Extraction): Rinse mushrooms first. 4 oz of our dried mushrooms will make 1 gallon of tonic. Empty the entire contents of 4 oz of mushrooms into a pot or your slow cooker along with 1 gallon of water and set it to a low simmer. If you would like to add some additional flavor to your tonic, strain the water before adding organic chicken or beef bones and herbs to make a delicious and healthy soup stock. We generally recommend that you allow your tonic to cook for 4 hours in order to fully extract the water soluble medicinal constituents from the mushrooms. The woody medicinal mushrooms, such as Turkey Tail and Artist Conk and Reishi, require a long hot bath to break down. You may need to add water during the cooking process to maintain the level at the 1 gallon mark. Once your tonic is done, pour it through cheese cloth or a kitchen strainer into a separate container to remove the large pieces of mushroom mash. Don't forget to squeeze the strained-off mash into your new container to capture your entire tonic that has been absorbed by the mushrooms. **(SEE SPECIFIC DOSAGE RECOMMENDATIONS BELOW) (GOOD FOR 7 DAYS UNLESS FROZEN)**

Making Mushroom Tincture: 8 oz. of our dried mushrooms will also make 1 gallon of tincture. Add your package of mushrooms then add 80 proof or greater vodka or other clear spirits to a large canning jar or similar wide mouth seal able glass container, seal the containers, and give the whole thing a shake. For smaller batches of tincture, simply use less alcohol and divide your mushroom package accordingly. Let your tincture rest at room temperature in a dark place for 1 month, shaking the jar once a day. Once your tincture is done, pour it through cheese cloth or a kitchen strainer to remove the large pieces of mushroom mash. Use a filter of some sort to get the debris out of the mushroom mash. Don't forget to squeeze the strained off mash into your new container to capture all of your tincture that has been absorbed by the mushrooms. This yields a "single extraction".

Here is another way to do the extraction using a 18 oz jar:

- **Fill a jar $\frac{3}{4}$ of the way to the top of the jar with dried mushrooms.**
- **Fill jar with a minimum of 80 proof alcohol, making sure that it completely covers the mushrooms, but leave about an inch space at the top of the jar. Make sure that you watch the level and add more alcohol when the mushrooms absorb the alcohol. Some mushrooms will do this.**
- **Let it sit for 4-6 weeks in a dark place. Shake gently daily**

- **It is ready to use.**
- **Store in a dark place.**

Double Tincture:

Instructions

1. Fill a jar $\frac{3}{4}$ of the way to the top of the jar .
2. Fill jar with alcohol, making sure that it completely covers the mushrooms, but leave about an inch space at the top of the jar.
3. Let it sit for a 4-6 weeks in a dark place. Shake daily.
4. After a 4-6 weeks, strain mushroom-infused alcohol into another jar, using cheesecloth, set aside.
5. Next, make a water extract by bringing a half gallon of water per 2 cups of mushrooms to a simmer in a stock pot for all mushrooms
6. Add the mushrooms from the alcohol tincture to the simmering water.
7. Simmer the mushrooms for about 6 hours or more (the longer, the better), until the water has reduced to approximately 8-16 ounces. Make sure to keep an eye on the water level, as you don't want it to completely evaporate. You may need to add water to the stock pot throughout the process.
8. Let it cool.
9. Strain through cheesecloth again until the debris are fully strained out, and discard the mushrooms, reserving the mushroom-infused water.
10. You will need a 2:1 combination. 2 cups of alcohol tincture to 1 cup of water extraction.
11. Combine the water extract with the alcohol tincture.

The final product is your mushroom double extract. The alcohol percentage should be somewhere between 25-35%, making it shelf stable. Store in a dark area. Use within 2 years.

If you have some of the water left from the simmering process, jar that up and refrigerate it and use it in 7 days, or you can freeze it. See the recommended dosing for the tea.

Recommended Dosing Instructions:

-Agarikon Powder: 1 tsp twice daily.

-Agricus Blazei Murrill: Rehydrate and cook as you would any mushroom. Grind or crumble dried mushroom and add to soups, sauces, gravy, or any recipe in which mushroom flavor is desired. Dosage: Cooked, ad lib. Tea: Two 8 oz. glasses per day. Tonic: 1 cube twice daily. Tincture: 1/2 tsp. Twice daily. Powder: 1 tsp twice daily.

-Reishi (Ganoderma sp.): Tea, soup stock, tonic, or tincture (alcohol extraction). Dosage: Tea or Stock: 2-3 8oz Cups a day. Tonic: 1 cube twice daily. Tincture: 1/2 tsp twice daily. Reishi Powder 1 tsp twice daily. Reishi Extract Powder: 1 tsp twice daily.

-Turkey Tail (Trametes versicolor): Tea, tonic, or tincture (alcohol extraction). Dosage: Tea: 8 oz twice daily. Tonic: 1 cube twice daily. Tincture: 1 tsp. twice daily, 2 -8 oz cups per day with 2 tsp per cup, or make the water extraction and drink 2 – 8 oz cups a day. Powder: 1 tsp. 2X daily

-Chaga (*Inonotus obliquus*): Tea, tonic, or tincture (alcohol extraction). Dosage: Tea: 3-8 oz cups per day of tea prepared with about 4 oz of Chaga per gallon of water. Tonic: 1 cube twice daily. Tincture: 1/2 tsp. twice daily.

-Chaga Powder: 1 tsp, 2x daily

-Chicken of the Woods: Tea, tonic, or tincture. Dosage: Tea: 1 -8 oz cups daily. Tonic: 1 cube twice daily. Tincture: 1/2 tsp. Twice daily Tea: 2-3 8oz Cups a day

-Cordycep Powder or pieces: Tea, tonic, or tincture. Dosage: Tea: 1 -8 oz cup 2x a day. Tonic: 1 cube twice daily. Tincture: 1/2 tsp. Twice daily Tea: 2- 8oz Cups a day

-Oyster (*Pleurotus sp.*): Rehydrate and cook as you would any mushroom. Grind or crumble dried mushroom and add to soups, sauces, gravy, or any recipe in which mushroom flavor is desired. Oyster can also be made into a tea, tonic, or tincture. Dosage: Cooked, ad lib. Tonic: 1 cube twice daily. Tincture: 1/2 tsp. twice daily Tea: 2-3 8oz Cups a day

-Maitake (*Grifola frondosa*): Rehydrate and cook as you would any mushroom. Grind or crumble dried mushroom and add to soups, sauces, gravy, or any recipe in which mushroom flavor is desired. Maitake can also be made into a tea, tonic, or tincture. Dosage: Cooked, ad lib. Tea: Two 8 oz. glasses per day. Tonic: 1 cube twice daily. Tincture: 1/2 tsp. twice daily Powder: 1 tsp twice daily.

-Birch Polypore (*Piptoporus betulinus*): Tea, tonic, or tincture. Dosage: Tea: 3-12 g. of mushroom in tea/day. Tonic: 1 cube twice daily. Tincture: 1/2 tsp. Twice daily Tea: 2-3 8oz Cups a day

-Lions Mane (*Hericium erinaceus*): Rehydrate and cook as you would any mushroom. Grind or crumble dried mushroom and add to soups, sauces, gravy, or any recipe in which mushroom flavor is desired. Lions Mane can also be made into a tea, tonic, or tincture. Dosage: Tonic: 1 cube twice daily. Tincture: 1/2 tsp. twice daily . Tea: 2-3 8oz Cups a day. Powder: 1 tsp twice daily

-Shiitake (*Lentinula edodes*): Rehydrate and cook as you would any mushroom. Grind or crumble dried mushroom and add to soups, sauces, gravy, or any recipe in which mushroom flavor is desired. Shiitake can also be made into tea, tonic, or tincture. Dosage: Cooked: (dried 6-16 g./day)(fresh 90 g./day). Tonic: 1 cube twice daily. Tincture: 1/2 tsp. twice daily Tea: 3- 8oz Cups a day Powder 1 tsp twice daily

For the mushroom body powders- You can put them in capsules or add them to cooking food. When you add them to hot beverages, they make a thick drink because the hot water re hydrates the mushrooms. You can drink them that way, just mix it while drinking the mixture. You can also add to smoothies or in food.

For the extract powders, mix with hot water to make a tea, or add to food. The extract powders mix better with hot liquids and are not as thick as with the mushroom body powders.

RECOMMENDED DOSING INSTRUCTIONS TAKEN FROM "*MEDICINAL MUSHROOMS, AN EXPLORATION OF TRADITION, HEALING, & CULTURE*" BY CHRISTOPHER HOBBS AND "*MEDICINAL MUSHROOMS, A CLINICAL GUIDE*" BY MARTIN POWELL. DOSING INSTRUCTIONS ARE BASED ON A HEALTHY ADULT

USE SPRINGWATER, OR PURIFIED WATER. DO NOT USE TAP WATER UNLESS YOU HAVE A FILTER

It is always better to make a pot of tea instead of making the tea in individual cups, because making individual cups does not give you the same benefits because most mushrooms need to seep for a minimum of 4 hours for woody mushrooms, and 2 hours for soft mushrooms, in order to release the medicinal properties. You cannot get the same benefits by only seeping for a few minutes.

To reconstitute culinary mushrooms, soak 3 cups of liquid per 1 ounce of mushrooms for 30 minutes or overnight for soft mushrooms, or 45 minutes for harder mushrooms. Once you reconstitute your

mushrooms, strain the liquid from the mushrooms and freeze it to add to dishes your want the mushroom flavor to go into. Use the mushrooms within 24 hours once reconstituted.

There are also other recipes online for the teas and tinctures. This sheet is just a recommendation. It is not set in stone. You can make it stronger or weaker, depending on your preference.

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