

## My Fungi Mushroom Patch Kit

We suggest that you start the *MyFungi Mushroom Patch* in the spring after the last frost. Your mushroom patch will take time to colonize and ultimately produce mushrooms. Depending on the time of year and location of your mushroom patch, you may not see mushrooms in your first season. Great things come to those who wait!

### INSTRUCTIONS

1. Find a suitable location for your mushroom patch. Mushrooms prefer to be in a shaded, moist area. The *MyFungi Mushroom Patch* kit will cover approx. 10 sq ft.
2. Remove anything on the ground surface (leaves, mulch, etc), down to bare ground or grass. Your patch should be in contact with the soil.
3. Using the cardboard box from your kit - cut and place the cardboard on the ground as a base layer for your mushroom patch.
4. Spread BAG 1 of wood shavings over the cardboard, ~ 2" thick.
5. In the sealed bag, break up the mushroom grain spawn, avoiding large clumps.
6. Evenly sprinkle half the spawn over the layer of wood shavings.
7. Spread BAG 2 of wood shavings over the patch, ~ 2" thick.
8. Thoroughly water the patch.
9. Sprinkle the remaining grain spawn evenly over the patch.
10. Spread BAG 3 of wood shavings over the patch, ~ 2" thick.
11. Evenly spread BAG 4 & 5 of larger wood mulch over the entire patch.
12. Thoroughly water your mushroom patch.
13. Cover your mushroom patch for 3 weeks with the plastic tarp before removing. This will allow the mushroom mycelium to colonize.
14. Water your mushroom patch throughout the season as needed to maintain moisture.



SCAN FOR VIDEO  
INSTRUCTIONS

**WARNING - By creating the perfect environment for mushrooms to grow, you may attract other fungal visitors. Be sure to properly identify your mushrooms before eating.**

**WINTER PREPARATION** - to prepare and protect your mushroom patch for the winter months, cover and secure a plastic tarp over your bed.

**SPRING PREPARATION** - to prepare your mushroom patch for another fruitful season, lightly cover with leaves or garden debris (a sprinkle of wheat bran is also great) - this will provide fresh food for the mushroom mycelium

With proper care and maintenance, Your *MyFungi Mushroom Patch* will continue to fruit mushrooms for years to come.

### **Harvest Instructions and Shelf Life**

Size doesn't matter and bigger isn't always better - when it comes to Blue Oyster mushrooms. Once you start seeing mushrooms forming, under the right conditions, they can almost double in size every day until they are ready to harvest. You'll want to harvest your Blue Oyster mushrooms when you see the largest mushroom in the cluster go from convex to concave - turning down at the edges to turning up or flattening out. Be sure to harvest the full cluster together.

Once you've harvested your blue oyster mushrooms, they can be stored in your fridge for 4-6 days.

### **Cleaning Instructions**

Oyster mushrooms are very easy to clean. The cluster of oyster mushrooms will be attached to a central stem. Using a sharp knife, carefully cut around the central stem and allow the individual caps to fall away. The central stem can be used for stock, composted or even buried in your garden.

Then simply take a damp paper towel and gently wipe the top of the caps and gills underneath.

### **Cooking Instructions**

Oyster Mushrooms are some of the most versatile and popular culinary mushrooms. They have a mild woody flavor and wonderful meaty texture, making them perfect to enjoy on their own or as a side dish. Here's a My Fungi favorite -

#### Blue Oyster Rigatoni

Ingredients:

- 10oz Rigatoni Noodles
- Medium bunch of arugula
- Kosher salt
- Parmigiano reggiano cheese
- ½ Red diced red onion
- Red pepper flakes
- 6 tbsp butter
- 4 clusters Oyster Mushrooms (ends trimmed)
- 5 cloves minced garlic
- Black pepper
- Extra virgin olive oil

Instructions:

1. In a large frying pan over medium, add 3 tablespoons of olive oil. Add a single layer of mushrooms (cook in multiple batches if necessary) and season with salt. Sear mushrooms on both sides until golden brown.
2. Add 3 tablespoons of butter to the mushrooms and toss until completely covered. Remove mushrooms and set aside.
3. Bring a pot of water to a boil and add 2 tablespoons of kosher salt. Add pasta and cook until al dente. Don't throw away your pasta water - it's liquid gold!
4. Meanwhile, in another pan over medium heat, add 1 tablespoon of olive oil. Add red onion and cook until softened.
5. Add garlic, red pepper flakes and black pepper (to taste) to the onions. Cook for 1-2 minutes before adding 5-6 ounces of pasta water.
6. Combine the mushrooms and 3 tablespoons of butter to the sauce.
7. Add the pasta and arugula to your mushroom sauce and toss until the sauce thickens and clings to the noodles. (Add more pasta water if sauce is too dry)
8. Serve with a drizzle of extra virgin olive oil and a generous amount of Parmigiano Reggiano cheese.

Enjoy!

### **Nutritional Benefits**

Oyster mushrooms are a great source of protein, vitamins (B1, B3, B5, B12, C, D), minerals (phosphorus, potassium, copper, iron, magnesium, zinc, selenium), fibre and antioxidants to help strengthen the immune system. Blue Oyster mushrooms are low in calories (33cal/100g) and are fat and cholesterol free.