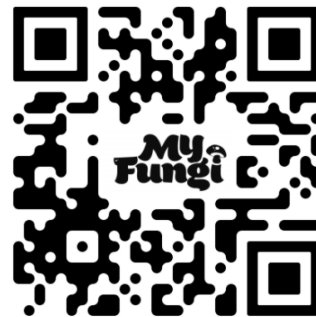


My Fungi Mushroom Patch Kit

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

With the nickname "Garden Giant", the Wine Cap mushroom can grow quite large.

You'll want to harvest your Wine Cap mushrooms when you see the veil break on the underside of the mushroom, exposing the gills (see image below). Pinch the mushroom at the base and gently twist until the mushroom frees itself from the soil.

Once you've harvested your Wine Cap mushrooms, they can be stored in your fridge for up to a week.



Cleaning Instructions

Wine Cap mushrooms are very easy to clean but you don't want to run your mushrooms under water - they act as a sponge. Simply use a basting brush and wipe off any substrate or debris.

Cooking Instructions

Wine Cap mushrooms contain a lot of water and give off a lot of liquid when cooking. They are best used in sauces or soups and stews.

Wine Cap mushrooms have a crisp texture with a mild, earthy, potato-like flavor. They also feature a subtle hint of red wine. Here's a My Fungi favorite -

Crab Stuffed Wine Cap Mushrooms

Ingredients:

- 8oz softened cream cheese
- 1/2 tbsp Worcestershire sauce
- 1/2c grated Parmigiano-reggiano
- 1/2c finely chopped green onion
- Olive oil
- 8-10 medium Wine Cap mushrooms. Cleaned with stems removed.
- 1/2c bread crumbs
- 2 tbsp chopped parsley
- 1c cooked, finely chopped crab
- 3 cloves minced garlic

Instructions:

1. Preheat oven to 375 degrees F
2. Lightly toss mushrooms caps in a bowl with olive oil until coated.
3. Arrange mushrooms, cap side down on a baking sheet.
4. In a large bowl combine cream cheese, bread crumbs, garlic, Worcestershire sauce, green onions, Parmigiano-reggiano, parsley and crab.
5. Scoop 1 1/2-2 tbsp of mixture into each mushroom cap.
6. Bake for 18-20 minutes.
7. Broil on high for 1-2 minutes to lightly brown the tops.

Enjoy!

Nutritional Benefits

Wine Cap mushrooms contain fiber, vitamin D, amino acids, protein, iron, copper and calcium.

Wine Cap mushrooms are also low in calories (21cal/100g), fat and cholesterol free.