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## Fruiting

Small bumps will begin forming on the surface and become antlers within a few weeks. They will grow and stretch up to the top opening on the bag looking for oxygen and then begin to form a flat cap when they sense that there is enough oxygen to form spores.

This process takes several weeks.

## Harvest

You can pick the Reishi at any stage you would like. The medicinal properties do not change with the changing size of the mushroom growing.

To pick, simply twist it off the fruiting kit. Dry and store frozen.

## What Now?

Reishi is bitter and woody in nature, so it is not a great edible. But it is great medicine, and making an extract out of it is very simple.

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Slice the reishi into small pieces, so you create a larger surface area for the extraction process. Fill a jar 1/3 with dried reishi. Cover with brandy filling the jar. Close jar well, and shake every day for 10 days. Let sit for 6 weeks. Since the Reishi is bitter, and brandy is sweet, it will make the extract a little more palatable.



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Questions or Comments?

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# Mushroom Mountain

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## Reishi Mushroom Fruiting Kit

**Red Reishi** (*Ganoderma lucidum*), **Golden Reishi** (*Ganoderma curtisii*), **Black Reishi** (*Ganoderma sinensis*), **Bonsai Reishi** (*Ganoderma multipileum*), **Hemlock Reishi** (*Ganoderma tsugae*)

With the name “**Mushroom of Immortality**” these beautiful, lacquered mushrooms have many medicinal benefits like anti-inflammatory, anti-allergy, anti-tumor, and it is touted for its adaptogenic properties.



## What you Will Need

- Reishi Mushroom Fruiting Kit
- Humidity Tent
- Shallow dish
- Misting bottle
- Water



## About Reishi

Reishi mushrooms are slow growing polypores, meaning they have no gills and produce their spores inside elongated tubes inside the caps. They mature over several weeks and actually prefer to grow and develop inside the bag for most of the time.

## Method

**Step 1.** Do not remove the fruiting block

out of the bag. Place the kit in a shallow dish, somewhere out of direct sunlight.

**Step 2.** Cut the bag the kit is in, just below the heat seal.

**Step 3.** Add some water into the dish under the kit.



**Step 4.** Cut the corners off the humidity tent to allow for air exchange. Mushrooms produce CO<sub>2</sub>, and need oxygen to breathe.

**Step 5.** Drape the humidity tent loosely over the fruiting kit. By doing this, you are creating a humidity chamber.

**Step 6.** Using the misting bottle spray the entire fruiting kit, including the bag, to make sure that the fruiting kit does not dry out. Do not flood the fruiting kit, it could drown. If too much water accumulates, simply drain it out.