

H E N O S I S

WINE CAP MUSHROOM BED SITE PREP

1. Prepare an area by locating a site in a shady spot and/or between rows of vegetable plants in the spring. Locate it where you walk regularly, as this will increase your chances of finding mushrooms!
2. Cover the floor of the bed with cardboard from flattened boxes. Water the cardboard until it is saturated. Sprinkle spawn lightly onto the cardboard over the entire surface. This provides a good base for the mycelium to expand.
3. Add 3” of fresh hardwood chips (up to 6 months old). Do not use evergreens (pines, cedar) black walnut or osage orange and mix generously with sawdust spawn. Sprinkle with water lightly, enough to moisten the chips.
4. Cover the entire layer of spawned wood chips or compost with another layer of cardboard that is torn or broken to allow water to pass through to the bottom layer. A thin layer of newspaper will also work. Sprinkle spawn lightly onto the cardboard or newspaper over the entire surface.
5. Add a second 3” layer of fresh hardwood chips and mix generously with spawn. Sprinkle with water lightly, enough to moisten the chips. Cover with more cardboard straw or leaves to a depth of 1-2” to help preserve moisture and to shade the chips.
6. Water daily for week 1, every other day for weeks 2-4, and once a month thereafter (unless the bed receives consistent rain.) After about 4-8 months the fuzzy white mycelium, or filaments of the fungus, will spread throughout the chips and penetrate the surrounding soil, distributing nutrients to nearby plants.

TIPS

Check back on your patch often!

Mushrooms grow extremely fast once they start fruiting. Your patches may flush several times a year but usually when the air temperature is 60-90F or ground temps are 55-65F. Mix in more wood chips every spring to keep your wine cap mushroom bed alive and actively fruiting.

QUESTIONS?

Check our [wine cap page](#), our [youtube](#), or email us @ info@henosismushrooms.com

WINE CAP IDENTIFICATION TIPS



It's important to properly identify Stropharia mushrooms before harvesting, as there are many mushrooms that can emerge from mulched garden beds. That said, Stropharia is rather simple to identify with the following characteristics:

- Reddish-brown cap that shifts from darker to lighter as the mushroom matures
- Gills that begin light black and darken as the mushroom matures
- A “king crown” ring around the stem
- Fibrous stem full of air pockets
- Dark brown spore print (to get a spore print, place a mushroom cap on a white sheet of paper, and check the imprint left behind after a few hours)

HARVESTING WINE CAPS



You should begin to see dull red or burgundy-colored, stone-like formations rising up through the wood chips **12-18 months from the date of inoculation**. These growths are often located under or near surrounding vegetation, leaf litter, or other debris. These young mushrooms are called “primordia.” The primordia will emerge into King Stropharia mushrooms.

As the mushroom matures, the veil (ring of material underneath the cap that protects the young gills) opens and the gills become grayish-purple and eventually blacken.

It's best to harvest the mushrooms almost as soon as the veil opens. Mature mushrooms will vary greatly in size. Pull the mushrooms at the base, being careful not to disturb any young neighboring mushrooms. King Stropharia mushrooms grow very quickly, and can become unappetizing when too large. Once harvested, your mushroom bed should produce crops of mushrooms continuously for weeks, provided water is abundant and there is a sufficient mass of wood chips.

WARNING: Don't consume large amounts of alcohol while eating Wine Cap mushrooms. A beer or glass of wine is fine. It is suspected that alcohol inhibits digestion of this mushroom.