

GUIDEBOOK

**IT'S
FUNGHI
CULTURE
BABY!**



FUNGHOUSE



WELCOME TO THE

FUNGHOUSE GUIDE

WHERE WE WILL TEACH YOU

HOW TO GROW YOUR MUSHROOMS

FOR EVER...

COST - EFFECTIVE



WITH THIS METHOD

YOU CAN CREATE

AN INFINITE AMOUNT OF BATCHES

WITH LITTLE TO NO EXTRA MATERIAL

SOUNDS GOOD HUH?

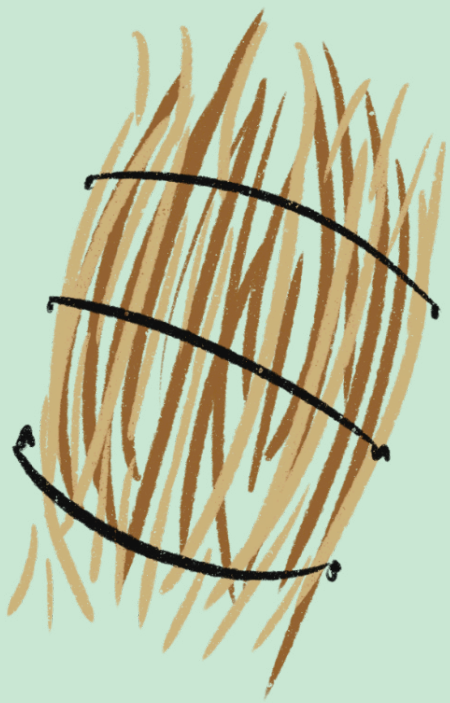
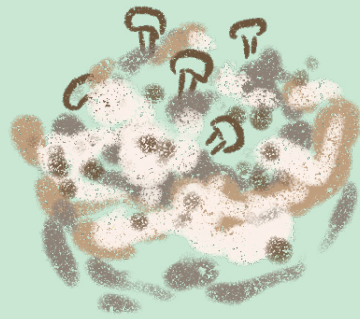
BEGINNER FRIENDLY

TABLE OF CONTENTS

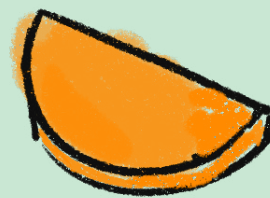
- 1- INTRODUCING THE KIT**
- 2- STEP BY STEP ROUTINE**
- 3- RECIPIES**

INTRODUCING THE FUNGHOUSE KIT:

MUSHROOM SPAWN



STRAW



CAPS



FUNGHOUSE

STEP BY STEP ROUTINE

1- Prepare The Straw

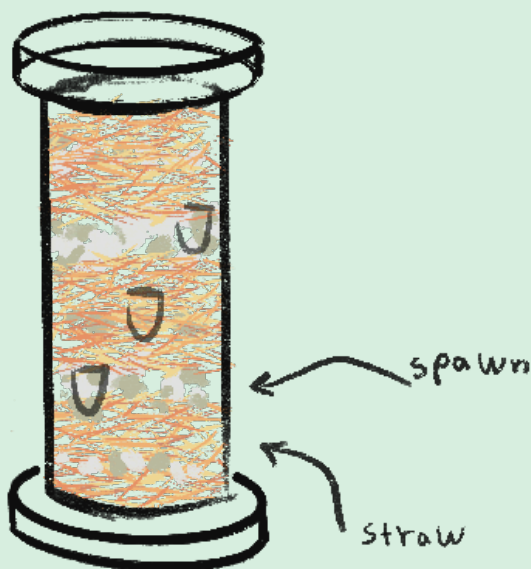
Soak the straw it into hot water in order to kill the bacteria 60-80 degrees



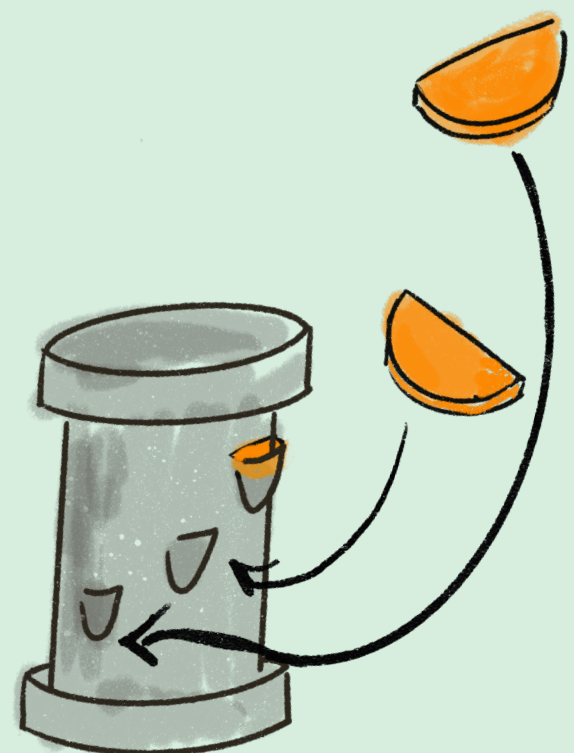
2- Sanitize Workstation and Funghouse



3- Layer The Straw and Sprinkle the Spawn in Between



4- Close The Lids Of The Fungihouse



HOT TIPS!

ALTERNATIVES FOR STRAW



Coffee beans

woodchips

barley

rye

corn stover

sugar cane

thatch grass

Dont be shy, just experiment!

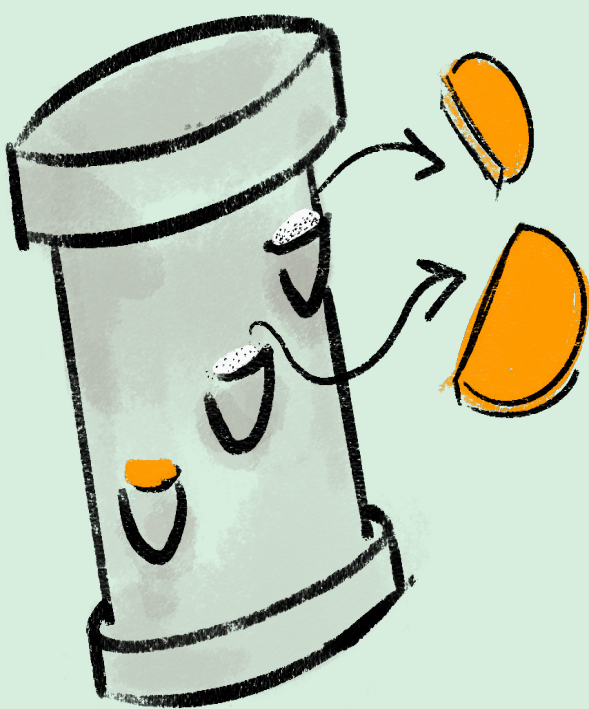
5- Keep it in room temperature, away from direct sunlight



6- Check the mycelium colonisation
timeline : 1-2 weeks



7- (If it's white) open the caps

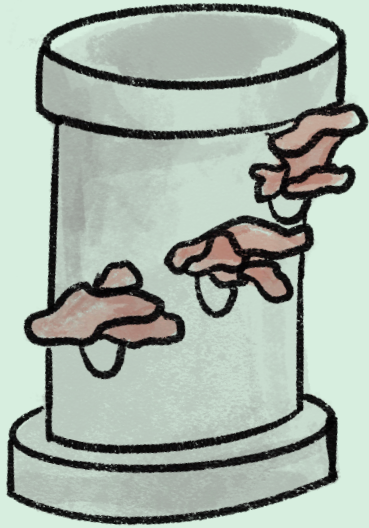


8- Pour Water On The Top Of
The Funghouse



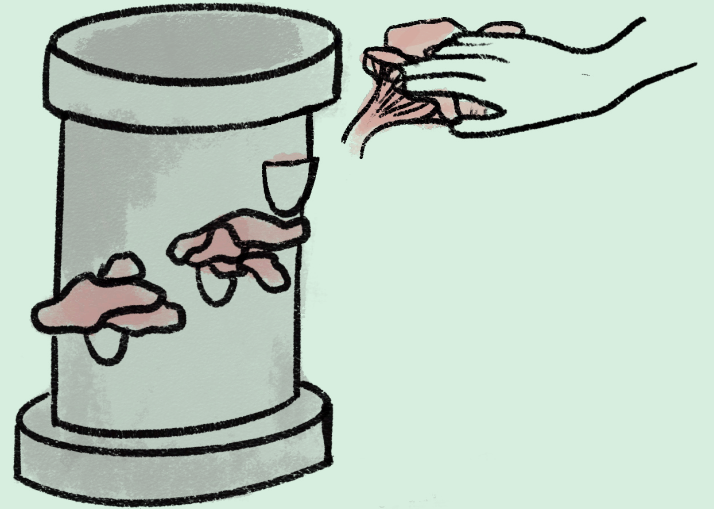
Depending on how many layers you have the amount of water will change. For one stack use 15 ML's

9- After 2-3 Weeks The Mushrooms Are Ready To Harvest

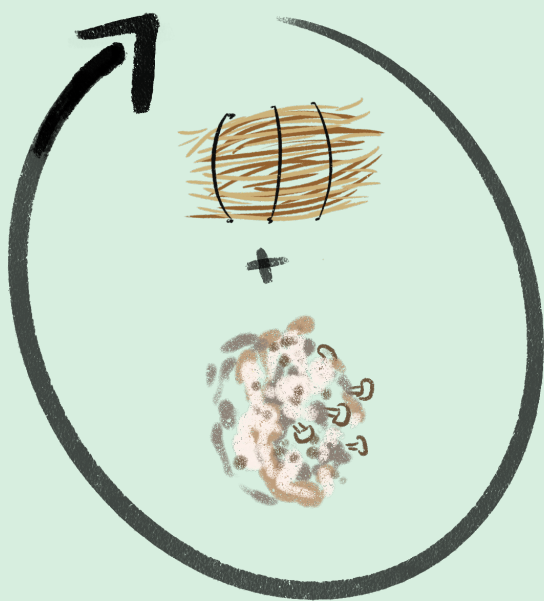


How to know:
If the mushrooms haven't fully opened out and they are a bit flattened out. Check the image for better understanding.

10- Collect The Mushrooms, Twist & Pull!



11- After Two to Three Harvests:



Use the remaining mixture and add new straw. Sprinkle it same as step 3 and repeat the process.

12- ENJOY!



CHEF'S KISS: RECIPE #1

IF YOU LIKE TO GROW MUSHROOMS AS MUCH AS YOU LIKE TO GROW YOUR BELLY THIS CHAPTER IS FOR YOU!



RECIPE #1 FUNGH-LETTE

2 tbsp fat
¼ cup yellow cooking onion
¼ lb oyster mushrooms,
cut or pulled into ¼" wide strips
2 eggs
Splash of milk
Salt and pepper to taste
cup shredded mozzarella ½ cup fresh basil,
chopped

Method

1. Melt fat in small non-stick pan over low/medium heat. Add mushrooms and onions. Allow to caramelize slowly (the process takes about 20 minutes or so! Patience is a virtue). Season to taste with salt and pepper.
2. Whisk eggs and milk in a small mixing bowl until slightly airy.
3. Raise heat to medium/high, wait 15 seconds then add eggs. Move contents of pan quickly to allow eggs direct contact with the pan. Move pan around slowly, allowing the liquid egg to contact the hot surface. Take care not to burn the eggs! Drop heat down a touch if they're getting dark.
4. Once eggs are set, sprinkle cheese and basil inside and fold egg disk in half. Lower heat and cook until interior is set and cheese is melted. ENJOY!

CHEF'S KISS: RECIPE #2

RECIPE #2 FUNGH-WICH

2 tbsp pure olive oil
2 tbsp unsalted butter
1lb oyster mushrooms,
1 green bell pepper
1 tsp salt
½ tsp ground black pepper
2 tsp garlic powder
2 tsp Italian seasoning
½ tsp red pepper flakes
2 tbsp flour
½ cup dry red wine
1 cup mushroom stock
2 6-8" fluffy fresh hoagie rolls
¼ cup hot giardiniera, chopped



Method

1. Heat olive oil and butter in large non-stick skillet over medium heat until butter melts and bubbles subside. Add mushrooms and green peppers. Cook, stirring occasionally, until liquid releases and evaporates from mushrooms.
2. Remove contents of pan with tongs and place in large mixing bowl. Toss with salt, pepper, garlic powder, Italian seasoning, red pepper flakes and flour. Place back in pan and cook over medium heat until mushrooms are golden brown and crisp.
3. Add wine and stock to pan and allow to reduce for 2 minutes. Do not toss the mushrooms with the stock (this keeps them crispier!). Taste and re-season if desired.
4. Use tongs to place mushrooms into hoagie rolls. Top with giardiniera and enjoy!





FUNHOUSE

