



## **The Chattanooga Medicinal Mushroom Summit**

### **Medicinal Mushroom Preparations**

*Preparation recipes vary depending on tradition and practitioner.*

#### Tea Extract

To make a strong tea extract or broth, simmer mushrooms in hot water for 2-3 hours. Strain out the mushrooms. Drink the tea, use it in a soup, or freeze it. Alternatively, you can proceed to dehydrate it into an extract powder using the following instructions.

#### Tea Extract Powder

1. Rinse/clean mushrooms, cut into small pieces.
2. Put mushrooms in big pot with 10x as much water as mushrooms; simmer for 2-3 hours (or cover them with 1-2" of water in a multi/pressure cooker and cook on high for 45 minutes with warm function off).
3. After mushroom mixture cools, pour into a blender and blend into a batter.
4. Pour batter onto lightly oiled fruit leather trays of dehydrator, and dry at 95 degrees (F) until all moisture is gone (or bake at lowest oven temp with door slightly open).
5. Pull or scraper dried wafers from the trays or sheets and break them up.
6. In a blender or coffee grinder, process the pieces into a fine powder.
7. Store in airtight glass jar away from heat and light; 2-3 years.

#### *Usage*

Maintenance/cold prevention: 1/2-1 tsp 2x/day

Chronic illness recovery: 1 tsp 3x/day

You can add this powder to anything you eat!

#### Tincture: Alcohol Extract

1. Use fresh or rehydrated mushrooms (if you don't, the alcohol in step 2 will not completely relax the cell walls enough to allow the constituents to freely move out into the liquid). Before proceeding, drain off all water.
2. Put mushrooms in blender and add enough high proof alcohol (rec: 190 proof) to cover mushrooms.
3. Blend, then pour mix into a jar.
4. After mushroom mass settles, add enough additional alcohol to cover mushrooms by up to an inch.
5. Shake jar daily for 10 days (longer won't hurt)
6. Strain and squeeze the mushrooms to capture all the fluid, bottling the fluid as your tincture. Stable: 3 years.

#### Double Extraction

1. Make tea (water) extraction.
2. Make alcohol extraction.
3. Combine and bottle at ratio of 75:25 for shelf stability (adjust to 50:50 for 100p vodka).