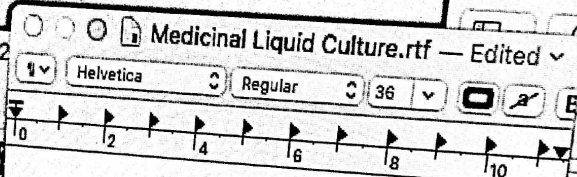


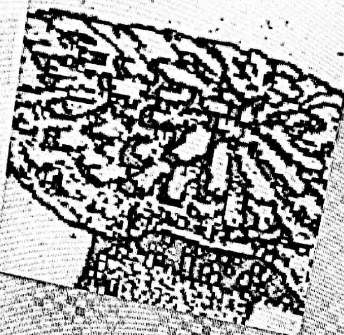
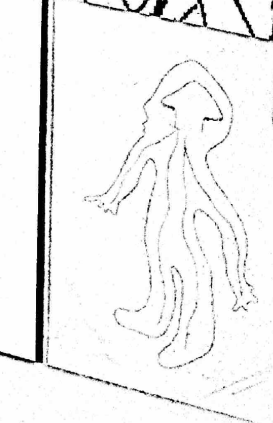
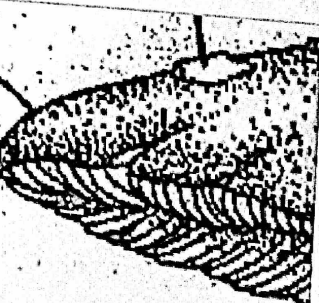
Screenshot 2020-12



# A GLIMPSE INTO THE FUNGAL QUEENDOM (OTHERDOM?)

Info and DIY-  
techniques for  
making your own  
mushroom  
medicines

Mushroom Life Cycle:



## Mushroom Life Cycle:

"The spore is everything that the fungus represents. Whole, undivided, sovereign, it is a world unto itself, a vessel of autonomy that, though seemingly just the same as countless others, holds within itself the untold legacies of bygone ancestors and of fungal webs yet to come. The spore is the beginning and the end of fungal evolution. It is the rest between heartbeats in the network, the silence between notes that fruiting bodies sing, and the moment before the soil inhales. Resilient, inspired, and ancient, spores are the still point from which storms arise to spawn whole communities and whole ecologies. She who counts the spores of the world is the one who measures the world itself."

Peter McCoy, Radical Mycology,  
2016

## Working with Fungi - The Medicine of a Liquid Culture, a diy method

### → What is a Liquid Culture

A liquid culture is a nutritious solution in which fungal mycelium is grown. It is commonly used by mushroom cultivators to grow mycelium to then spray it on a substrate and bring the mushroom to fruit. The solution is often composed of water with a carbon source such as sugar. Those techniques are used to produce large quantities of medicinal mushroom products and can be appropriated by home-cultivators to produce medicinal mushroom products at a very low cost.

"Some of the most potent and inexpensive medicines produced by fungi are those obtained from the pure mycelium and the broth created during liquid cultivation practices. [...] These practices grow mycelium in a container filled with sterile water, sugar, and other nutrients. As the mycelium grows through this liquid, it exudes enzymes and medicinal sugars into the liquid medium. After a growing period of a few weeks, the mycelium can then be filtered out and processed and/or the liquid broth can be processed to concentrate or extract the compounds given off by the mycelium. This is how many of the most important fungal medicines are produced and processed in Asia and the United States. Massive metal fermentation tanks holding as much as 300,000 liters of liquid culture medium are used to cultivate a given species, or a blend of species. This technique enables the production of over 10,000 tons of penicillin G each year.

By translating these methods to a home and community scale, many of the most potent mushroom medicines can be made at a low cost by Radical Mycologists around the world.

Processing a liquid culture for medicine can take one of several forms, but the liquid is usually first filtered to remove the mycelium and process the solids and liquid products separately. In general, the compounds isolated from the mycelium tend to have a protective role for the fungus, while the extracellular metabolites isolated from the liquid are associated with the combative relationship of the organism with its environment."

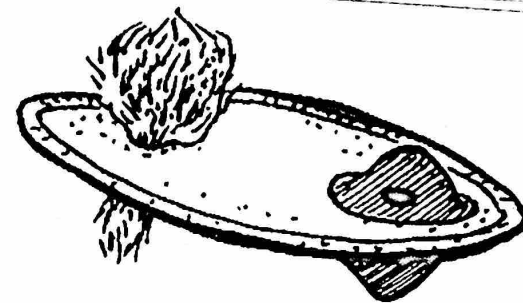


## --> Making Honey Liquid Culture

### Equipment:

- Two glass jars with metal lids
- Marbles, crystals, little stones or a piece of glass
- Heat resistant silicone
- Cotton pads and/or micropore tape
- 70% Isopropyl Alcohol
- Sterile Syringe with needle
- A heat source to flame sterilize the needle (Lighter or alcohol burner)
- Pressure cooker or hot water bath
- Mushroom source (spore-syringe or fresh mushroom/mycelium)

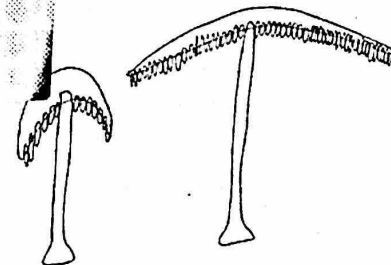
Make sure the jar has no cracks and has been thoroughly cleaned before you start. The most important thing is to keep yourself, your equipment and your work space as clean and sterile as possible to reduce the possibility for contamination. The heat resistant silicone can be purchased in any builder supply store (jumbo, bauhaus; etc.) and should tolerate at least 150 °C as well as be applicable to metal surfaces. The micropore tape, 70% isopropyl alcohol, needles and syringes can be bought at a pharmacy. To flame sterilize your needle, a simple lighter can be sufficient. If you have a pressure cooker, make sure to test if it is large enough to hold your jar without blocking the pressure valve. The jar needs to be placed in the pressure cooker in an upright, standing position. If you don't have a pressure cooker you can use a hot water bath to sterilize your liquid substrate. The simplest and safest way to be successful is to order a spore syringe or a living culture of your chosen medicinal mushroom online! Another option is to buy a fresh mushroom at a grocery store and then use this mushroom to produce your liquid culture. This method is a bit more elaborate and needs a bit of practice. Either way, if you do it carefully and correctly you will be able to produce quantities large enough to share with your chosen ones.

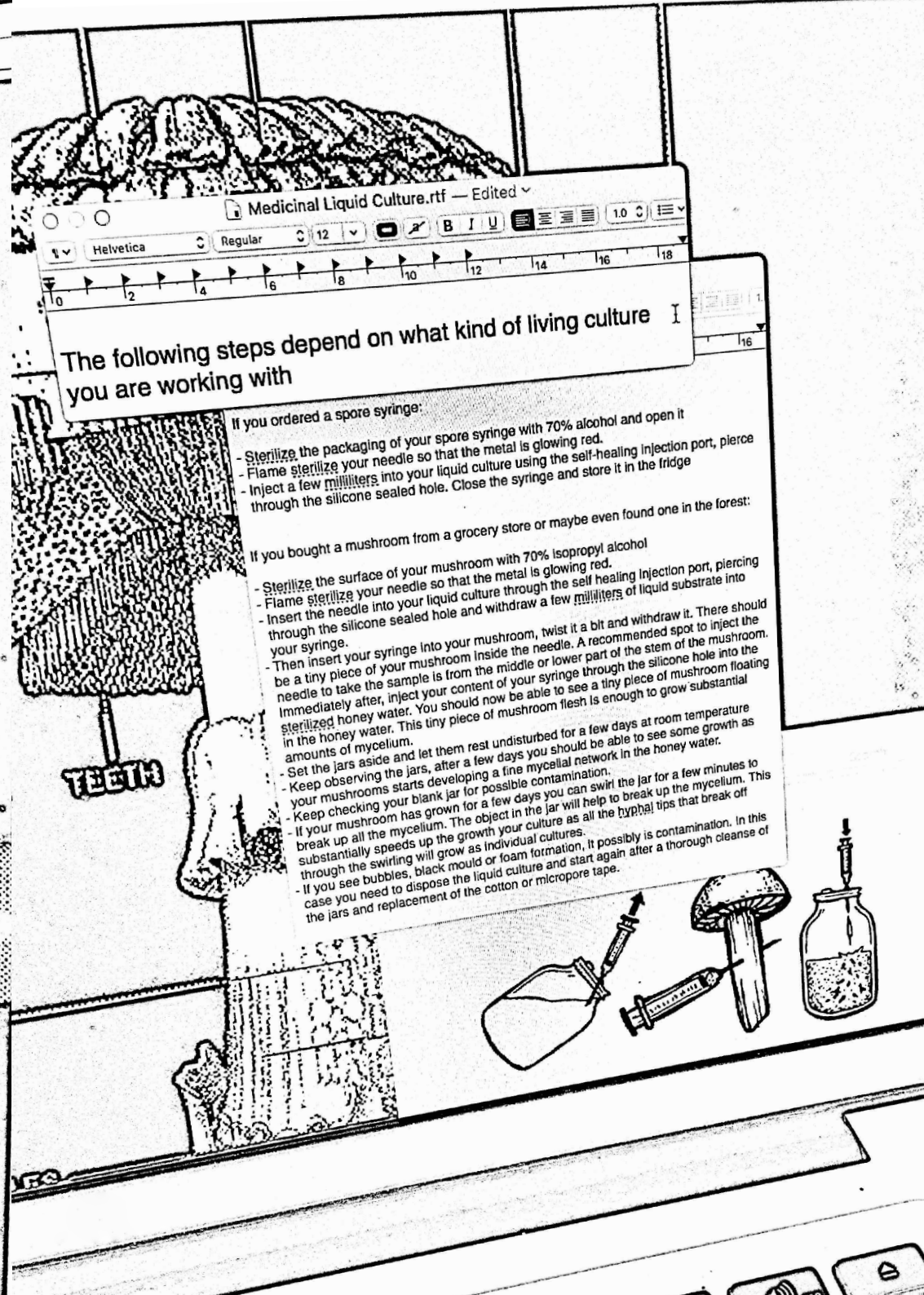
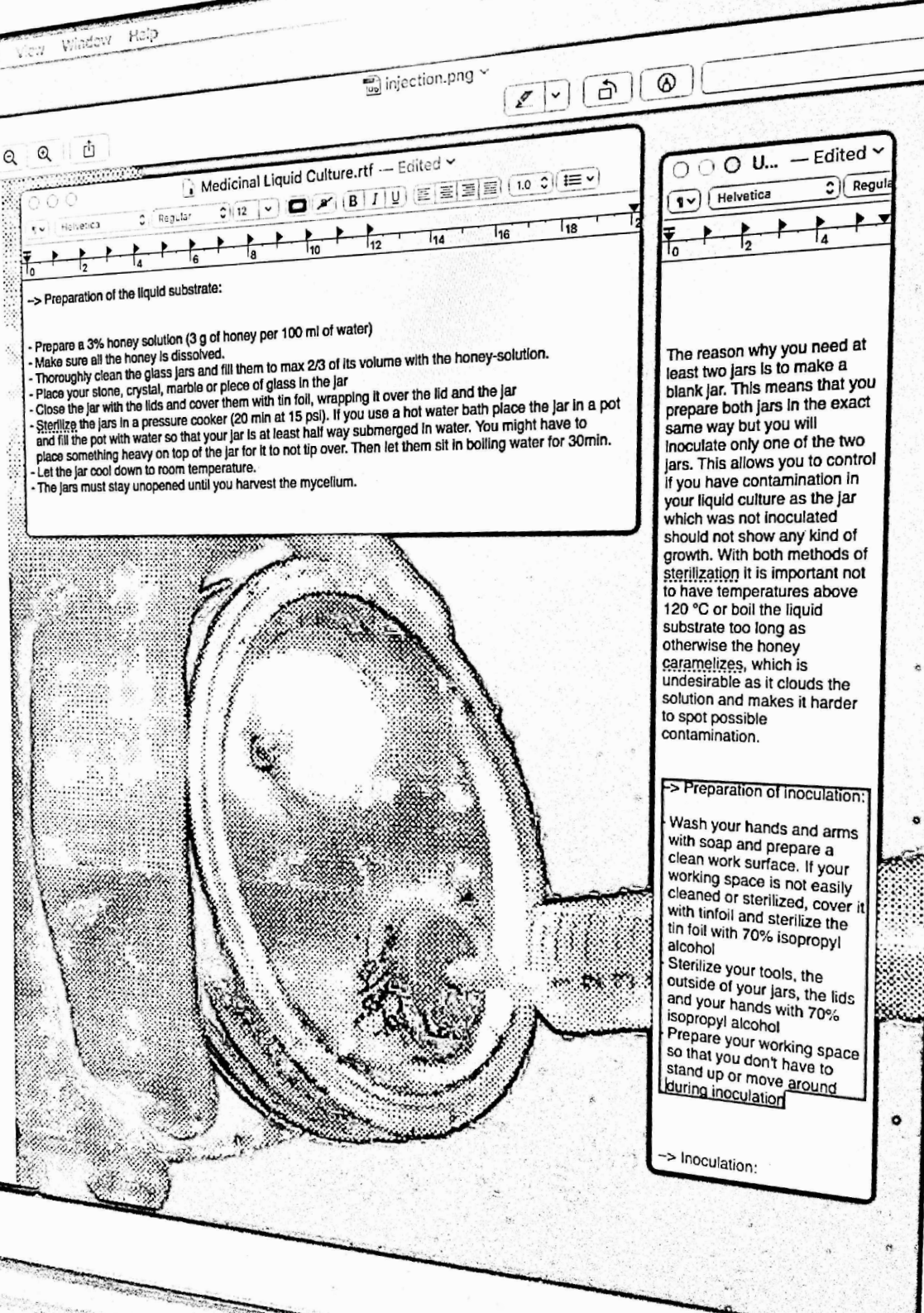


(— Illustration of self-healing injection port —)

### --> Preparation of the jar's self-healing injection port:

- drill one hole in the middle of both metal lids, about 0.5 cm in diameter
- drill a second hole in both metal lids, a bit off from the center and next to the first hole, about 0.3 cm in diameter
- fill the smaller hole in both metal lids with heat resistant silicone so that the hole is completely sealed. The silicone must be at least 0.5 cm thick to secure an airtight seal.
- Let the silicone dry for 24 hours.
- Put a bit of cotton, or micropore tape over the bigger, central holes of both lids









Medicinal Liquid Culture.rtf — Edited

Helvetica Regular 12

→ Extracting the medicine:

- After a few weeks when the mycelium has spread throughout the honey water you can open the jar
- Filter the mycelium with a coffee filter or cloth and set it aside to dry
- Reduce the filtered liquid substrate by gently simmering it until you end up with a sugary jelly textured liquid
- Collect the dried mycelium and grind it up
- You can now use the reduced liquid as well as the mycelium as your own home-grown mushroom medicine
- Use them separately, combine them or further process them as you wish but make sure to store the medicinal liquid clean, cold, and dark

Radical Mycology, Peter McCoy, Chthaeus Press, 2018

Source:  
Mycomedicinals  
by Paul Stamets

	anti-bacterial	anti-candida	anti-inflammatory	anti-oxidant	anti-tumor	anti-viral	blood super pressure	blood pressure	cholesterol moderator	cardio-vascular	immune enhancer	kidney tonic	liver tonic	lung/respiratory	nerve tonic	sexual potentiator	stress reducer
<i>Agaricus blazei</i> (Himematsutake)																	
<i>Cordyceps sinensis</i> (Cordyceps)																	
<i>Flammulina velutipes</i> (Enokitake)																	
<i>Fomes fomentarius</i> (Ice Man Polypore)																	
<i>Ganoderma applanatum</i> (Artist Conk)																	
<i>Ganoderma lucidum</i> (Reishi/Ling Chi)																	
<i>Ganoderma oregonense</i> (Oregon Polypore)																	
<i>Grifola frondosa</i> (Maitake/Hen of the Woods)																	
<i>Hericium erinaceus</i> (Yamabushitake/Lion's Mane)																	
<i>Inonotus obliquus</i> (Chaga)																	
<i>Lentinula edodes</i> (Shiitake/Xiang Gu)																	
<i>Phellinus linteus</i> (Mesima)																	
<i>Pleurotus ostreatus</i> (Hiratake/Pearl Oyster)																	
<i>Polyporus sulphureus</i> (Chicken of the Woods)																	
<i>Polyporus umbellatus</i> (Zhu Ling)																	
<i>Schizophyllum commune</i> (Suehiroake/Split-Gill)																	
<i>Trametes versicolor</i> (Yun Zhi/Turkey Tail)																	

Other Than Human Entity, 2020