



Wisconsin Mycological Society Newsletter

Volume 36

Number 2

Spring 2019

Our newest Foray Leader Matthew Normansell
Join us September 1, 2019 Mosquito Hill Nature Center

- Letter from the president
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- 2019 Foray list
- Hiles Northwoods Foray
- Recipe



Find us on the web at

www.wisconsinmycologicalsociety.org

or

<https://www.facebook.com/wismycosociety/>

WMS President Message - Al Bunde

Dear Wisconsin Mycological Society Members,

Greetings to new and existing members. With a great turnout at the winter potluck and lectures so far, I hope to meet with you at the next lecture, future forays and the picnic.

I want to recognize Dr. Theresa Kenney Wisconsin Mycological Society Vice-President and Meghan Forseth, Director of the Riverside Urban Ecology Center, for organizing the 2019 WMS lecture series. On February 28, Britt Bunyard, former WMS Board of Director member, and Editor of Fungi magazine, presented an interesting talk about a "Hidden World" of small, typically overlooked parasitic lichens, bugs, beetles, mites, and wasps interconnected with local fungi.

Alden Dirks, research student and President of the newly formed Madison Mycological Society, presented another outstanding lecture on March 28, about unique threatened species, the importance for mushroom conservation and a request for local Citizen Scientist involvement to collect, document and help preserve the fungi environment.

Linda Conroy, herbalist and founder of Moonwise Herbs gave a wonderful lecture on April 25 about the use of mushrooms in the kitchen.

With the recent radical strange warming and late spring snow weather, after our major snowy winter, hopefully we will still have a merry May morel month, successful chanterelle summer, followed by many fruitful fungal fall forays.

While I know many members, including myself, do not participate on Facebook, I was asked by a new active volunteer to announce the creation of a new discussion forum on the WMS Facebook site

Continued on pg. 2

Message from President (continued from pg 1.)

(which has no official WMS BoD content approval affiliation).

I want to thank longtime members Leeza Wallner, John Steinke, Dave Menke, Bill Blank, and John Dean, along with new member Matthew Normansell from the Fox Valley, for volunteering to lead our current spring, summer and fall forays.

Britt Bunyard and Patrick Leacock will be conducting the 2019 WMS Hiles Northwoods Foray, (which I attended multiple years and found many edible and other different fungi). Fortunately Cindy and Bob Steinke have agreed to host the summer Picnic and annual club meeting again this year at their farm in Eagle.

Thanks to the ongoing commitment of Bill Blank, Bob Blank, Tina, John Dean along with member volunteers, and of course, all of the people who brought the unique potluck food to the successful picnic event held at a new wonderful location last year.

We will need 8 – 10 volunteers to be on call to set up the circus tent, tables and chairs, depending on the weather, a day or two before the event and others to help earlier on Saturday June 22, 2019. If you would like to volunteer, please call me at (414) 875-9794.

Membership Renewal Matters

Just a friendly reminder without our memberships we could not support the lectures and forays sponsored.

Membership to WMS is valid from **January through December**.

Membership paid after October 1st includes the following year's membership.

Membership dues are very minimal and a great value for anyone interested in learning about fungi and edible mushrooms. Your financial support help fund WMS events, lecture fees and foray fees at some locations. Without your dues the Free Lectures to the Public would not be possible. Dues must be up to date prior to attending any WMS forays, Winter and Summer Potlucks, etc. WMS is organized by an all volunteer effort. WMS members receive a newsletter with notices for all mushroom hunting forays, dinners meetings, lectures, workshops, socials & much more.

Join/renew today

1 Year WMS Membership (Single or Family), \$20.00 (includes digital newsletters)

Important notice: Be sure to confirm or update your email and snail mail address & phone number in Paypal prior to paying your dues. This will insure you receive a paid confirmation from Paypal.

www.wisconsinmycologicalsociety.org



Drawings by our Founder Tula Erksine



Wisconsin Mycological Society

SUMMER PICNIC, FORAY & POTLUCK

JOIN US SATURDAY JUNE 22, 2019 IN EAGLE WI

THERE ARE 40 ACRES OF WOODS AND 40 ACRES OF PRAIRIE FOR HIKING AND FORAGING AND PICNIC.

PLEASE BRING LAWN CHAIRS & SUITABLE CLOTHING

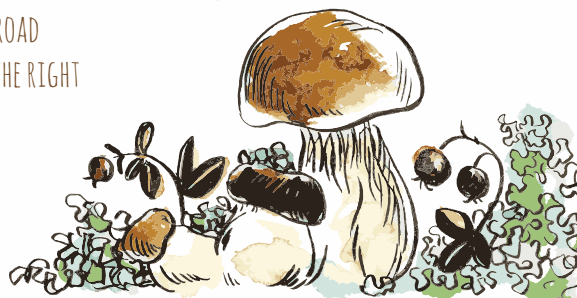
1 PM -
GATHERING, MINGLING
1:30 PM -
GRILL, EAT, ENJOY
3 PM -
ANNUAL MEMBER MEETING
3:15 PM -
OPTIONAL FORAY
4:30 PM -
MEET BACK AT THE FARM



W350 S9545 SPRAGUE RD- EAGLE, WI 53119

EXIT I 43 AT MUKWONAGO TO 83 NORTH,
GO WEST ON NN (FOR 6 MILES), ONE MILE EAST OF EAGLE, TURN LEFT ON SPRAGUE ROAD
GO .6 MILES SOUTH ON SPRAGUE ROAD
TO W350 S9545 THE FARM IS ON THE RIGHT
HALF WAY BETWEEN NN AND LO

BRING A DISH TO PASS
BRING A CHAIR TO SIT ON



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Our New Foray Location: Mosquito Hill Nature Center

by Jessica Miller, Naturalist

Don't let the name discourage you: Mosquito Hill Nature Center. While we don't have conclusive evidence behind the reason for the historical title (there are several theories), we do know that anyone who visits never forgets us. Name aside, the facility encompasses 441 acres nestled along the Wolf River in New London, Wisconsin. Within those pristine acres, one will find an impressive bottomland hardwood forest and wetland, several natural and man-made ponds, 12-acre prairie, upland hardwood forest, a variety of planted gardens, and of course the impressive 200-foot tall Mosquito Hill, which boasts one of the highest elevations in the vicinity. With several miles of hiking and snowshoe trails, one can get a fantastic view of the Wolf River and the surrounding region from the summit.

Owned and operated by Outagamie County, the nature center was built and opened in 1974. With a passion for environmental education, original volunteers Jane Williams and Alice Zeiss who founded Outagamie County Nature Studies in 1971, moved their nature-themed programs for Appleton area fourth graders to the Mosquito Hill property once construction of the nature center was complete. Since then, thousands of school aged children of all ages have gotten their feet wet, literally and figuratively, learning about seasonal ecological concepts, habitats, and the flora and fauna that can be found throughout the property.

A year-round 15,000 square foot interpretive building welcomes visitors with educational displays, restroom

facilities, library, giftshop, meeting rooms, and auditorium. An extensive variety of public programs are offered year-round including nature hikes, workshops, crafting classes, physical fitness sessions, family-themed events, summer day camps and more. A recent land acquisition on top of Mosquito Hill (taking the facility from 330 to 441 acres), includes a residential home, whose purpose will be addressed in a Master Plan soon to be released by Outagamie County.

Historically speaking, Mosquito Hill has a pretty unique story. It is believed that Native American conical mounds, and a possible linear mound, were constructed on the hill several hundred years ago, although the exact location has been made private so as not to incur any further destruction. During the mid-1800's, a man logging large trees on Mosquito Hill for the Fox River lock walls, was killed during a felling accident. Due to the lack of soil on top of the hill, his crew dismantled one of the burial mounds and placed his body there after removing the original contents. While completely acceptable during that time period, the practice of digging up Native American burial mounds and graves is illegal today. Probably the most legendary use of the hill was ski jumping in the 1930's and early 40's. A 90-foot wooden scaffold was erected in 1937, just in time for the state ski jumping championships on March 14. A year later, the jump was raised to 94 feet for the 1938 tournament, where a whopping 2,000 spectators braving frigid temperatures watched 80 competitors' battle high winds. Even though many of the jumpers fell, Ted Loberski had the longest jump of the day, sailing 153 feet to set a new hill record. The ski jump remained utilized and standing until the mid-1940's, when the structure was dismantled due to safety



concerns. A cement anchor for cables that stabilized the scaffolding can still be found on the north side of Mosquito Hill.

As if ski jumping weren't enough, the hill also hosted motorcycle climbing (1927-1938), downhill skiing (1956-1963), and snowmobile racing (late 1960's-early 1970's). After Outagamie County purchased the property, the land was deemed most appropriate for habitat restoration, wildlife preservation, silent sports recreation and environmental education. The center currently offers snowshoe rental during the winter months with several miles of snowshoe trails in the lowland forest. This is the only time of the year that the Wolf River is easily accessible to visitors on foot from the Mosquito Hill property. An ungroomed cross-country ski trail around the base of Mosquito Hill is also available when snow conditions are favorable.

Geologically, Mosquito Hill is comprised of Cambrian sandstone with an Ordovician Prairie du Chien dolostone top. This hard cap protects the softer Cambrian sandstone from erosion and helped preserve the hill when it was superseded by glaciers within the last 1.6 million years. A portion of the top of the hill was quarried, presumably in the early 1900's, to obtain some of its dolomite for aggregate and road fill.

Due to the diversity in elevation and soil types, the plant communities are quite varied throughout the property. The northern and southern exposures on



the hill with sandier, drier soils provide visitors with an array of tree species to peruse, including quaking aspen, red and white oak, shagbark and bitternut hickory, sugar maple, basswood, white birch and white pine. Lower elevations with richer, organic soils support the growth of bur and swamp white oak, red and silver maple and green ash. There are close to 50 species of trees on the property.

The nature center's 12-acre prairie was established in 1976. Seeds were harvested from sites around the state by Lawrence University students and sowed into what was then an old agricultural field. After several years of mowing to eradicate weeds, collecting and





reseeding seeds, and burning after 3 years, the prairie was fully established. There are now approximately 125 species of grasses and forbes in the prairie, residing in the higher and drier half, the lower and wetter half or nestled right in the middle. A spring prescribed burn is scheduled approximately every 5 years to remove thatch, add nutrients to the soil and warm the soil to promote early flowering species.

With all the astonishment of the property, it's no wonder a late summer foray has been scheduled at the center! The date is Sunday, September 1 at 10:00 AM. Our foray leader is Matt Normansell of Eden Wild Food. Admission is \$5/person or free for WMS members. You can find more information about the nature center, including upcoming programs and directions to the facility on the website: [www. Mosquitohill.com](http://www.Mosquitohill.com).



Member Showcase : Aron Corbett

Aron is a special education teacher at Blair Elementary School in Waukesha and resides in the Riverwest Neighborhood of Milwaukee. Aron is recent member of WMS and attends lectures and forays regularly. He shared some of his mushrooms photos from the last year with us .



Morels I found walking down the street in Los Angeles last Spring. You can imagine the look on my face after I did the double take.



Ganoderma tsugae Reishi Wisconsin



Ganoderma tsugae Reishi Wisconsin



Fall 2018: Amanita muscaria var. guessowii Northern IL



Helvella Crispa, White Saddle Fungus

Subscribe to Fungi Magazine

*Decomposition
by polypores can
take many forms.
Let's take a closer
look at wood
decay where the
real work of these
fungi takes place.*



WOOD DECAY: *The Action Behind the Polypores*

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<https://www.fungimag.com/>

Midwest Women's Herbal Podcast

Check out a 2019 MIDWEST WOMEN'S HERBAL AND MYCELIUM MYSTERIES CONFERENCES SPECIAL EDITION PODCAST by Women's Liberation Radio News. This special podcast features interviews with 4 instructors.



[Mycelium Mysteries Podcast click here](#)

Wisconsin Mycological Society Forays 2019



WMS 2019 Member Foray Schedule

All Forays begin at 10:00 am.

All Wi. State Parks require a park pass. The daily or yearly pass can be purchased at Park Headquarters or paid in an envelope available at the parking lots.

Information available at: <https://dnr.wi.gov/topic/parks/admission.html>

Bring a lunch to eat while we discuss the daily fungus finds!

Saturday May 11

North Kettle Moraine.

New Fane trail parking lot.

Foray leader Liza Wallner

New Fane Trails Northern Kettle Moraine State Forest

W431 County Line Drive, Kewaskum, WI 53040 (262) 626-2116

Directions from the West Bend area

1. Take US-45 North to Co. Hwy H in Kewaskum
2. Turn rt (east) onto Co. Hwy H
3. In 1.5 miles, turn left (north) onto Kettle Moraine Dr.
4. In 3.4 miles, turn rt (east) onto County Line Dr.
5. In .2 miles turn left into New Fane Mountain Bike Parking lot - W431 County Line Dr, Kewaskum
6. Meet at the shelter
7. Questions please contact Liza Wallner (262) 626-2116



Saturday May 18

Nordic Ski Trails South Kettle Moraine

Foray leader John Steinke

N9084 Co Rd H, Whitewater, WI 53190

1. Take I-94 to the Delafield Exit/ Co. Rd C/Genesee St.
2. Go south on Co. Rd C/Genesee St.
3. Turn rt. onto Hwy 18
4. Turn left onto Co. Rd C/ Kettle Moraine Scenic Dr.
5. Continue to follow Co. Rd C/Kettle Moraine Dr to Hwy 67 - turn left onto Hwy 67.
6. Turn rt onto Co Rd ZZ/H
7. Turn rt onto Wis 59/Kettle Moraine Dr as you enter Palmyra
8. Continue through Palmyra 4.8 miles to the Nordic Trail Head, N9084 Co Rd H, Whitewater, WI.

Directions from the South

1. From I-94 Take the exit for WI-20/Mt. Pleasant
2. Turn left (west) onto Washington Av/ Hwy 20
3. Follow Hwy 20 West through Waterford and East Troy
4. Hwy 20 turns left at Co J and then becomes Hwy 12 at Hwy 67
5. Turn rt onto Co H/Kettle Moraine Scenic Dr.
6. Arrive at Nordic Trail Head, N9084 Co Rd. H, Whitewater, WI 5319
7. If you have questions, contact John Steinke at 262-363-7407.

Saturday, June 22 Bob Steinke's Farm

WMS Annual Summer Picnic(Foray after picnic) Eagle, WI) Foray Leader John Steinke

W350 S9545 Sprague Rd- Eagle, WI 53119

Exit I 43 at Mukwonago to 83 north,

go West on NN (for 6 miles), one mile east of Eagle, Turn Left on Sprague Road

Go .6 miles south on Sprague road to W350 S9545 The Farm is on the right half way between NN and LO

July 18-21

Northwoods Foray Weekend Event, Hiles

Foray Leader Britt Bunyard

WMS is in need of foray leaders for this Hiles- Northwoods Foray Weekend Event. Please contact Al Bunde.

Saturday, July 27

Nordic SkiTrails, S. Kettle St. Park

Foray Leader John Steinke

Nordic Ski Trail - South Kettle Moraine State Park

N9084 Co Rd H, Whitewater, WI 53190

Foray Leader: John Steinke

See directions listed above for May 18th Foray

If you have questions, contact John Steinke at 262-363-7407.

Other Upcoming Events

Sept 6,7 MN club, free, open Foray w/e, Cable WI

Sept 13, 14 Britt B., free, open Foray w/e, Cable, WI

Oct 12, 3rd Annual UEC, WMS Fungi Fair



WMS 2019 Member Foray Schedule

Sunday, Sept. 1

Mosquito Hill Nature Center

Foray Leader Matthew Normansell

N3880 Rogers Road, New London, WI 54961.

The phone number is: (920) 779-6433

From Appleton: Richmond/Hwy 47 north to Cty Hwy S. Left/west on Hwy S to Rogers Road.

Alternate Route from Appleton: Hwy 41 north to Northland Ave (Hwy OO). Left/west on Hwy OO (becomes Hwy 15) to Hortonville. Right/north at stoplights (Hwy M). Left/west on Hwy S to Rogers Road.

From Green Bay and points east: Hwy 54 west to Cty Hwy S. Left/east on Hwy S to Rogers Road.

From Waupaca: Hwy 54 east to Cty Hwy S. Right/west on Hwy S to Rogers Road.

From Clintonville and points north: Hwy 45 south. Exit on Hwy 54. Left/east on Hwy 54 to Cty Hwy S. Right/east on Hwy S to Rogers Road.

From Oshkosh and points south: Hwy 45 north. Exit on Hwy 54. Right/east on Hwy 54 to Cty Hwy S. Right/east on Hwy S to Rogers Road.

Alternate Route from Oshkosh: Hwy 76 north to Cty Hwy S. Left/west on Hwy S to Rogers Road.

<https://www.outagamie.org/government/n-through-z/parks/mosquito-hill-nature-center>

Tips for a Successful Foray

What should I wear?

Dress for the weather. We go out in all weather. The terrain will vary so wear appropriate shoes. Not all sites have groomed trails so be prepared for hilly, muddy, rocky, or rough ground. Wear sturdy shoes; you will be on your feet for at least 2 hours. Most areas are going to be in the woods. Wear what you would normally wear for a walk in the woods

Collecting mushrooms.

Use a sturdy container such as a wicker basket or plastic bucket to carry your specimens. Use only paper bags, wax paper bags and tin foil for delicate specimens. DO NOT USE PLASTIC BAGS. For collecting really small specimens, egg cartons or small compartmental boxes are a good choice. Use separate bags for each specimen. Bring a pocket knife on a lanyard, and soft brush for wiping mushrooms clean. A whistle comes in handy if you get lost. In the event of bee stings bring an Epi-pen and/or Benadryl.

For accurate identification purposes the whole specimen is needed including the base. Do not cut off the mushroom at ground level.

You may have to dig underneath and all around the specimen. Include the substrate, moss, wood, twig. This will help to help identify the specimen. If there are various stages of the mushroom collect them.

I am new at collecting.

Some people foray on their own and others go in small groups. For those that are new it is fine to tag along with someone who is knowledgeable. That is a good way to learn how to identify fungi. After two hours of foraging, we meet back at a specific site.

The specimens are laid out and then identified. Bring lunch, or at least a snack.

Other things to bring.

Anything that you would take with you typically when going for a walk in the woods: Water, Bug spray, Cell Phone, GPS, Compass, Hat, Fungi guide books.

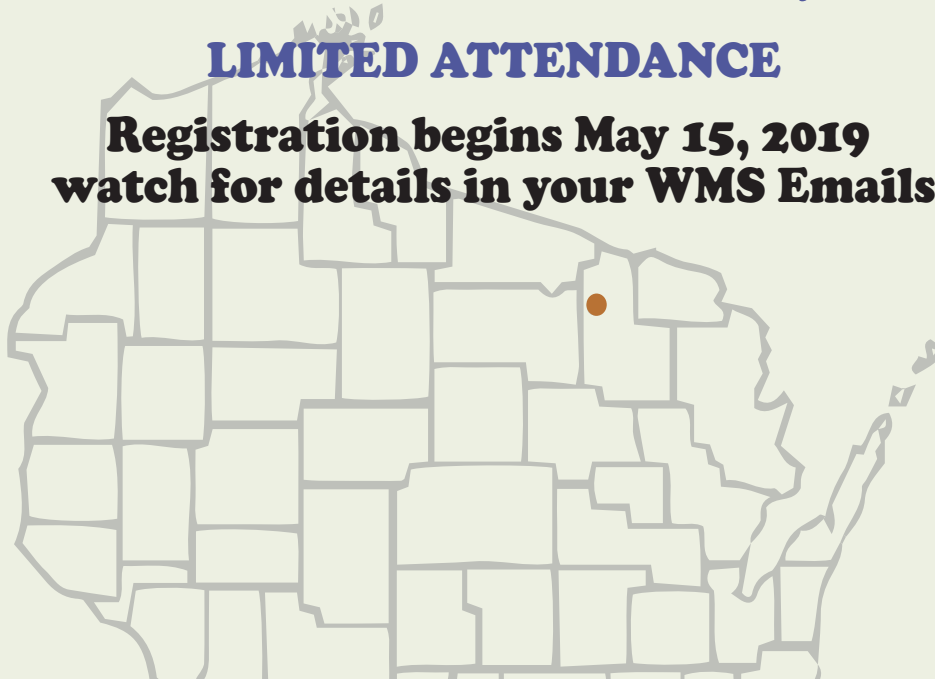
Have a great day out in the woods with like-minded people for an educational and fun filled day.

11th Annual HILES NORTHWOODS 2019 FORAY

SAVE THE DATE JULY 18 - 21

LIMITED ATTENDANCE

**Registration begins May 15, 2019
watch for details in your WMS Emails**



2 FULL DAYS OF FORAYS, SPEAKERS and More

**Guest speakers
Patrick Leacock PhD
Britt Bunyard PhD**

**Pot Luck Dinner Friday Night
Catered Banquet Saturday Night
Enjoy the Great diversity of Mushrooms
Educational, Fun and Informative**

WMS 2019 Member Foray Schedule

Saturday Sept. 7

Big Foot

Lake Geneva Wisconsin

Foray Leader Dave Menke

Meet at the Bigfoot State Park first large parking lot on the left after the entrance.

A Parking Sticker is required.

We will begin the foray at 10:00 sharp. Bring a lunch.

Directions to Big Foot Beach State Park, Lake Geneva, Wisconsin From Milwaukee:

Starting from 4710 S 108th St. Greenfield, WI 53228

Get on I-43 S in New Berlin, 3 min (1.5 mi) Head west on W Layton Ave toward S 109th St 1.1 mi

Use the right 2 lanes to take the ramp onto I-43 S 0.4 mi, Merge onto I-43 S, 31.1 mi

Take exit 27A for US-12 E toward Lake Geneva, 0.7 mi, Keep left and merge onto US-12 E 7.8 mi

Take exit 330A for WI-50 W/WI-120 S toward Lake Geneva/State Route H S 0.3 mi

Use the left lane to turn right onto WI-120 S/WI-50 W 0.2 mi

Use the left 2 lanes to turn left at the 1st cross street onto WI-120 S/Edwards Blvd 1.3 mi

Turn right onto N Bloomfield Rd 0.3 mi, Continue onto E South St 0.9 mi

Turn left onto S Lake Shore Dr 0.6 mi

Turn left 0.8 mi in to Big Foot Beach State Park

1550 S Lake Shore Dr, Lake Geneva, WI 53147

Directions to Big Foot Beach State Park, Lake Geneva From Madison:

1. From John Nolen Dr E

2. Keep left at the fork, follow signs for US-12, merge onto US 12 E/US-18 E 18.7 mi to Cambridge

3. Continue onto U.S. Route 12 E to Fort Atkinson 11.3 mi

4. Turn right onto N Main St 0.4 mi

5. Continue onto WI-89 S/Co Rd K/Whitewater Ave Continue to follow WI-89 S to Whitewater 9.4 mi

6. Continue onto U.S. Route 12 E 17.1 mi

7. Take the ramp onto U.S. 12 E 9.6 mi

Take exit 330A for WI-50 W/WI-120 S toward Lake Geneva/State Route H S 0.3 mi

Use the left lane to turn right onto WI-120 S/WI-50 W 0.2 mi

Use the left 2 lanes to turn left at the 1st cross street onto WI-120 S/Edwards Blvd 1.3 mi

Turn right onto N Bloomfield Rd 0.3 mi, Continue onto E South St 0.9 mi

Turn left onto S Lake Shore Dr 0.6 mi

Turn left 0.8 mi in to Big Foot Beach State Park

Big Foot Beach State Park

1550 S Lake Shore Dr, Lake Geneva, WI 53147

For questions before the foray, contact Dave Menke: dmenke@wi.rr.com

Saturday, Oct 5

Erskine, Hainer Foray

Pt Beach St. Park

Foray Leaders Bill Blank and John Dean

Please join WMS for our annual Tula Erskine and Fred Hainier Memorial Foray into Point Beach State Park. Bring a picnic lunch - we can eat while we try to identify our finds. A valid Wisconsin State Park sticker (annual or daily) is required.

DIRECTIONS: From I-43 north of Manitowoc, take Exit 154 and head east on State Hwy 310.

Follow State Hwy 310 into Two Rivers until it meets State Hwy 42 (about 9 miles).

Turn left onto State Hwy 42.

Take Hwy 42 north (winding through town) until it meets County Hwy O.

Take County Hwy O until you reach Point Beach State Park.

Our foray will start from the parking lot just inside the park entry point at 10:00 a.m.

3rd Annual Mycelium Mysteries

A Women's Mushroom Retreat

September 27, 28 & 29, 2019 • Almond, WI

Register

Register soon to reserve your spot!

REGISTER

The Grandmothers of Our Ecosystems

With Keynote Speakers:

Katherine MacLean & Gina Rivers Contla

Workshops will be offered at the beginner through advanced levels, and include topics in wild mushroom skills, fungal ecology, fungi and human health, and ethnomycology. This is a place to share knowledge and get comfortable with using our mycological skills in a supportive, fungal community!

This weekend-long women's retreat will focus on understanding fungi as the Grandmothers of our ecosystems. Silently shaping the soil beneath our feet, fungi are key players in the health of Earth and trajectory of human culture around the globe. Still, we find ourselves in a time where the study of fungi is considered to be a neglected megascience, their mycelium, a mystery. It is our goal to help modern women connect with the roles and wisdom of our female ancestors who always maintained and shared their visceral understanding of the Fungal Queendom.

Midwest Women's Herbal held the 1st annual Mycelium Mysteries, A Women's Mushroom Retreat, on October 6, 7, & 8, 2017. This event was the first women's mushroom retreat in the entire world. Midwest Women's Herbal is committed to providing herbal education and opportunities for transformation, immersed in the Wise Woman Tradition.

<https://www.midwestwomensherbal.com/register-mycelium>



Mushroom Tinctures/Decoction

Alcohol Extraction (tincture)

Fill a canning jar with chopped dried mushrooms (Chaga, reishi, lions mane, turkey tail, shiitake or maitake are all suitable) **covering** the mushroom with high proof (80-95%) clear grain alcohol, and allowing it to sit for 6 weeks away from sunlight. Some people recommend putting the mushrooms into a blender with the alcohol in order to achieve the greatest surface area for extraction. Shake this mixture daily. After 6 weeks drain, press and strain the mushrooms and measure your alcohol residue. Use the leftover mushroom material for your decoction.

Decoction

Decoction refers to the slow simmering of the mushroom material. Some herbalists suggest to slow simmer anywhere from 45 minutes to 2 days. I suggest about 4 to 6 hours. You will reduce the water in your decoction to about 1/3 of your leftover alcohol extraction. When finished cooking strain, press and drain again being sure to remove the particulate matter from your decoction. Cool the liquid and measure.

Mix your extraction and decoction 1 part alcohol(tincture) to 1/3 part water(decoction). Bottle in dark amber bottles and store in a cool dry space.

Using 190 proof or 95% alcohol works the best. There are a lot of different recipes online I encourage you to explore them all and try your hand at making your own tinctures.

<https://theherbalacademy.com/make-medicinal-mushroom-double-extraction-tincture/>

<https://blog.mountainroseherbs.com/mushroom-double-extraction>

Directions

Take your mushroom tincture alone daily or add 5-10 drops of tincture into hot or cold beverages 3-5 times per day. Add to soups or broths, smoothies or yogurts for a subtle mushroom flavor. Get creative! There is nothing you can't add a mushroom tincture to! If this seems like too much work Aayus in Neenah, Wisconsin makes a fine tincture that I personally attest to and you can find them online at <https://www.aayushealth.com> and then click on the herbal store.

Theresa Kenney

