

What To Do With All Those Mushrooms

1. Fruiting methods, log yard maintenance, fruiting shed, floating row cover, gravel, and lime. Harvesting and storage.

- Staying on top of and managing pest problems
- Harvesting at the optimum time for your needs
- Grading - (A) medicinal, (B) grocery, (C) restaurant -or- No grading Market Style (First come, first serve)
- Storage and Packaging (Paper bags and cardboard boxes work best.) 3 and 5 pound units preferred by most customers
- Refrigerate ASAP

2. Value added and shelf life extension

- Freezing - OK method but use immediately after thawing
- Drying - Traditional method. Shelf life 1+ years. Enhances flavor and umami factor. Sun drying increases Vitamin D content. 4-6 hours with gills facing up towards sun is all that is needed. Too much sun decreases nutritional content. Use glass jars for long term storage.

Methods of Drying:

- ◆ Donko - Unopened caps harvested during cool season. Sundrying whole with stems
 - ◆ Whole caps - stems removed
 - ◆ Sliced - stems removed, sliced and ready for use (can use lesser quality, eg. slug/ insect damage)
 - ◆ Stems - ground into powder or used whole to make stock (home use)
 - ◆ Powdered - add to soups, gravy or added to dishes to enhance umami flavor. Natural MSG
- Pickling - Method of extending shelf life for 1 month or more and adding gourmet value to product. Note: you must attend "pickle school" in NC to legally sell pickled products.
 - Canning - not as desirable to some. Preferred method is to add to soups and pasta sauces. Adding dried mushrooms to tomato-based sauces absorbs moisture to thicken sauces.
 - Tincturing - Enhances nutritional benefits by creating extracts