



The Mavis Institute

Lion's Mane Mushroom

The crossroads between Nature & Technology.

The Lion's Mane mushroom is scientifically known as *Hericium erinaceus*. Its fruiting body (the above-ground part of a mushroom that is typically foraged) is white, stringy, and unlike any other mushroom.



Lion's Mane grows during late summer and fall on trees like beech and oak and is native to North America, Asia, and Europe. While this is an edible (and delicious!) mushroom, you may not have seen it in the grocery store because it has a short shelf life.

Traditional Chinese Medicine used this mushroom to support brain and neurological health.

Lion's Mane provides nourishment for the brain, crossing the blood-brain barrier to directly support brain cells, and contains beta glucan polysaccharides to support immune health.

Now that you're a bit more acquainted with this fungus, let's talk more in detail about three amazing Lion's Mane mushroom benefits for your body: mood support, brain and cognitive support, and immune support.

How to spawn Lion's Mane

First, gather all the materials needed in a clean areas. For each container you'll need 1 cup of wood pellets, 5 tablespoons of spawn, one container (32oz) with lid, and (1 Alfalfa square)

Measure out 1 cup of wood pellets. Add pellets to the container (32oz). add 1 Alfalfa square, and shake.

Boil 1 cup of water. Pour boiling water into container filled with wood pellets. Place lid on top. Everything in container will semi-pasteurize from the steam. You will see the wood pellets expand.

*Additional pasteurizing by putting the container in a insulated cooler and allow to sit for 2 hours.

The container will need to cool before it can be inoculated, this takes 8-12 hours.

After cooled add 5 tablespoons of spawn into container and seal back. Shake well.

Keep container at 68-72F for 2-3 weeks, then cut a small hole in the sides of the container in desired fruiting spots, keep in area to maintain good humidity. Fruiting bodies should start appearing in 10-21 days after cutting holes.

Supplies



32oz Deli Containers



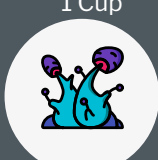
Boiling water
1 Cup



Alfalfa Square



Hardwood Pellets
1 Cup



Lion Mane Spawn
5 Tablespoons



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The Mavis Institute Co-Op
122 Tower Rd PO Box 13
Flat Top, WV 25841



+(304)410.0037



mavisfarmacy@gmail.com



mavisfarmacy.com