

# Give Your Garden a H.U.G.



The *Hypsizygus ulmarius* Garden Patch™

The *Hypsizygus ulmarius* Garden Patch™ (aka H.U.G.) is a friendly companion for your garden. This saprophytic mushroom will not attack living plants, but digests dead plant material, and as a consequence benefits the garden's nutritional plateau. By freeing nutrients, the H.U.G. can help your garden vegetables grow bigger and better. Most importantly, the H.U.G. helps condition your garden for the following year. Once broadcasted onto moist mulch—complete with coarse garden debris—the mycelium will become a resident of your garden for years to come...provided, of course, you feed it. Biodynamic, French-mound style gardens are happy homes for the H.U.G. This mushroom is a subterranean ally to enhance the productivity of your garden vegetables.

The spawn you have received comes in a clear plastic bag featuring a filter patch. The spawn can be used at any time, provided ground temperatures are above freezing. Note that this is a cold-tolerant species and once placed into the ground, it can over-winter, and awake in the early spring. If you can not use it right away, the spawn can sit for up to 6 months in a cool, dark place.

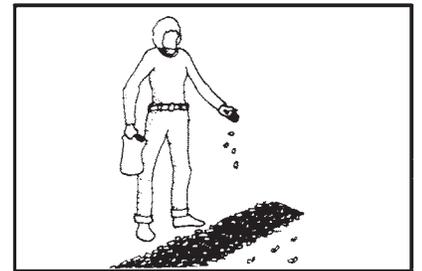
## Applying the Spawn

The spawn can be used at any time, provided the ground is not hard-frozen and/or is not covered with snow. Your garden is the best site to inoculate this Mushroom Patch. The H.U.G. loves to break down a wide assortment of gar-

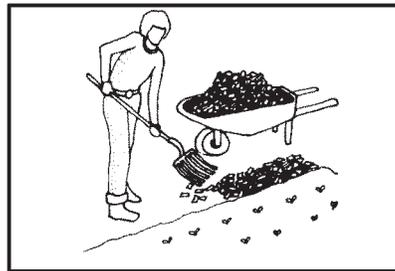
### USING MUSHROOM SPAWN IN YOUR GARDEN



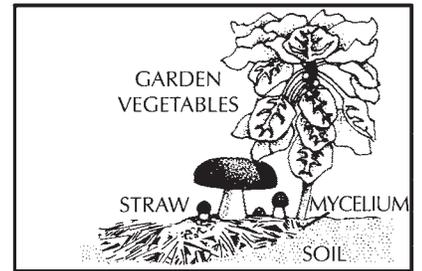
Place a layer of moist mulch along the edge of your garden bed



Sprinkle spawn over the surface of the mulch



Cover the spawn with an additional 2-4 inches of mulch and/or loose straw



Cross-section of garden bed showing mycelium spread and mushroom growth

den and yard debris. The best method of applying the spawn is to break it up (the white color will temporarily disappear) by hand, and broadcast the myceliated sawdust onto a mulch as one layer, up to 20 square feet. (For instance, on a garden row of potatoes or zucchinis, you can create a mushroom mound that is 1 foot wide x 20 feet long.)

Ideally the spawn should be overlaid with loose straw—as many do to retain moisture in their gardens. The mycelium will grow into the underlayers of the straw as it ages, as well as into any undecomposed woody or plant material underneath. Heavy mulching, especially for over-wintering, provides sustenance for the H.U.G., and helps condition your garden for next year.



Comparison of the roots of two Brussels Sprout plants. The one on the left was grown in conjunction with *Hypsizygos ulmarius* mushrooms, the one on the right was not.

### When will the H.U.G. produce mushrooms?



Young *Hypsizygos ulmarius* mushrooms emerging from under the canopy of garden vegetables

Mushrooms typically appear several months after inoculations, best when ground temperatures (usually 10–20° F. less than average daytime temperatures) are between 50–60° F. As leafy vegetables mature, the humidity increases nearest to the ground, eliciting upward growth from the H.U.G. As condensation from dew or water is channeled, the mushrooms often appear site-specific to emerging plants. As the canopy of leafy vegetables extend, so too does the territory for mushroom formation. Of course, ample water helps. Nevertheless, the mycelium “works” no matter if mushrooms form or not. Consider fruitings from mushrooms, “bonus crops”, as the true value of the H.U.G. comes from the nutrients freed from the decomposing mycelium.

**Please note: mushrooms should always be cooked before they are eaten.** *Hypsizygos ulmarius*, also known as The Elm Oyster, closely parallels the morphology of the Oyster mushroom but is richer in flavor and firmer in texture. Elm Oyster mushrooms, when cooked and in dry form, are nearly 20% protein, are good sources of several vitamins (.1% niacin), and provide an assortment of amino acid complexes. The best way to eat these mushrooms is by thoroughly cooking them until they are light brown in color. We recommend a medium high temperature in olive oil until most of the water has been cooked off. (About 10–15 minutes.) Add a small amount of butter, soy or tamari, chopped scallions and finally a touch of white wine. After most of the liquid has evaporated, the mushrooms—now light brownish in color—can be served on rice, added to white sauces, adorned upon steaks, chicken, or best (in this author’s opinion) in a stir fry. Your imagination is the only limitation!

**NEVER EAT A MUSHROOM GROWING OUTDOORS UNLESS IT IS POSITIVELY IDENTIFIED BY AN EXPERT.**

The obvious question is: How do I contact an expert or learn about mushroom identification? We offer a number of excellent field guides written by the experts. You can also find seasoned mushroom hunters through your local Mycological Society. Many of these mycological societies are listed on the Web site of the North American Mycological Society: <http://www.namyco.org>. If you don't find a Mycological Society in your area, you can often find a mycologist in the biology department of a local college or university. For more information on the growing of mushrooms, we refer you to *Growing Gourmet & Medicinal Mushrooms* by Paul Stamets.

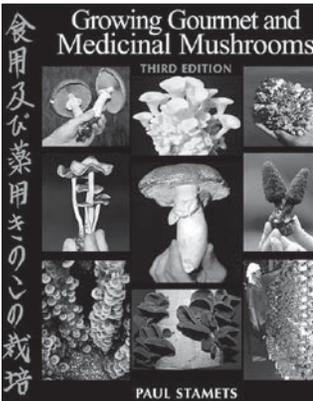
Thanks for purchasing our product! We wish you luck in this and future fungal endeavors. Stay in touch with us for new developments in the field of mycology. We are constantly updating, improving, and expanding our product lines. Our mission is mushrooms!

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### Any Questions? Need More Information?

Should you have any questions, call our **Mushroom Hotline** at (360) 426-9292. Our hours are 8:30 am–4:30 pm Pacific Time, Mondays through Fridays. We will be happy to help you! We also offer technical support for our products via the Internet at [info@fungi.com](mailto:info@fungi.com).



For more detailed information on mushroom cultivation, we suggest you consult the book *Growing Gourmet & Medicinal Mushrooms*, available from Fungi Perfecti for \$44.95 plus shipping and handling. This book explains in detail cultivation techniques and growing parameters for 31 different edible and medicinal mushroom species. With 574 pages and more than 400 photographs and diagrams, this is the definitive text on mushroom cultivation for hobbyists and professionals alike.

We supply and instruct mushroom growers **worldwide**, amateurs and professionals alike. Contact us via phone, fax or email for a free color brochure. Or you can browse our complete product line and order securely with your Visa, MasterCard or American Express Card at our Web site, [www.fungi.com](http://www.fungi.com).

If you purchased this Fungi Perfecti® product from another retailer or catalog company, please offer them the courtesy of your continued business. Thank you!

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