

## **RECIPE REAL TUNDER MUSHROOM EXTRACT**

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### **Identification of the mushroom (*Fomes fomentarius*)**

This tough fruit-bearing 'polypore' (of the name *Polyporus fomentarius*) in the form of a fairly massive saucer can grow up to 40 cm in length and weigh 2 kg. Its shape is often reminiscent of a hoof (ungulate). The top surface is smooth, zoned by the addition of successive annual layers, dark brown, ocher to reddish brown when it develops, which then turns light gray to light brown as it gets older. The rim (edge of the fruiting body) is blunt, whitish during growth.

The hymenium (the fertile underside) is cream colored at first, then light ocher to brownish or grayish. It darkens slightly when touched. The pores are round and small (3 to 5 per mm).

The real tinder mushroom has a bitter taste and gives pleasant mushrooms smell off.

It is a perennial species found on all year round

beech trunks, both dead and alive. We can do the real tinder fungus too more rarely encountered on other hardwoods (poplar, willow, chestnut, sycamore) and exceptional on conifers. When the fruit bodies appear, the tree is short term doomed.

In this species, the older fungi, several years old, protect insects colonies (families of Ciidae, Blackbodies ...).



### **Drying and spraying the real tinder mushroom**

Only take the amount of tinder fungus needed for the treatment. Check if the mushroom is in good condition and shows no traces of mold, or that it is rotten (ammonia or carrion smell) or that it is infested with worms.

Place the mushroom in the freezer for 12 hours. This step breaks the cell walls through the formation of ice crystals which will then aid in drying and extraction of the active ingredients.

Remove the mushroom from the freezer and let it come to room temperature.

Place the mushroom in an oven at 50 ° C, the flat part up, the oven door slightly ajar (block the door with a cork if necessary) Use the position with 'hot air circulation' if your oven has one.

after 4 hours - Check the dehydration of the mushroom; It can vary depending of the size. The mushroom should sound hollow when you lightly tap it with a finger ticks.

Take a wood or hacksaw and cut it in half. If the inside is still damp

then put it back in the oven for at least 2 hours.

If you don't have a suitable oven, place the mushroom two to three weeks flat on a continuously burning stove. Check the dehydration of the

mold in the same way as when drying in the oven.

When the inside is completely dry, we grind the mushroom into a fine powder

using a wood rasp or a sufficiently powerful kitchen appliance

(for example with a powerful "blender" -> ATTENTION: Do not work for a long time to prevent the machine from overheating!)

For large specimens, a splitting machine or ax can help to break into the mushroom split parts.

A chipper can be used to coarsely grind the fungus. Thereafter

the smaller pieces can be finely ground with, for example, a coffee grinder or with a grater as shown in the video.

Preparation of the liquid extract (the drink)

It is necessary to make two extractions, starting from a single one

amount of tinder fungus powder; The first extraction with alcohol (3.1) and the second with water (3.2).

Then it is necessary to mix the 2 extractions (alcoholic and aqueous).

ratio 50/50 (3.3).

### **3.1. Alcoholic extraction**

Which alcohol to use?

We recommend the use of food alcohol with 96% vol.

The cheap alcohol sold in pharmacies or drugstores is either

denatured making it unfit for consumption, or becomes

modified with a product such as camphor. In both cases, alcohol is toxic to human consumption and for bees!

Preparation:

Put an amount of tinder fungus powder in a container (glass, pyrex, ceramic or stainless steel - not plastic!).

Mix 1 g of powder per 30 ml of alcohol.

So 33 g of powder is needed for 1 liter of alcohol (1000/30).

Let the mixture (alcohol with powder) stand for 10 days at room temperature (+ -20 °C) - stir at least 2x per 24 hours.

The more the mixture is stirred, the faster the active ingredients of the dissolve mold in the alcohol.

Let the mixture rest for 24 hours (11th day) without stirring, then filter to separate the powder from the alcohol.

This filtration is facilitated if it is repeated several times. The first time by using a kitchen strainer, cotton cheesecloth (or nylon stocking), the second time through a cotton cloth or a paper coffee filter

Keep the residue of the powder for extraction in 3.2

Measure the amount of alcohol extract obtained by means of a measuring cup and pour into an airtight and opaque container to store. (brown vials are suitable)

### **3.2. Aqueous extraction**

Pour the residue of the alcohol-soaked powder into a small saucepan.

To the mushroom powder add a volume of water equivalent to two times the volume of alcoholic extract measured (3.1)

For example, if you obtained 100 ml of alcohol extract, then pour 200 ml of water about the powder.

Simmer this preparation (water + powder) for 2 hours.

Note: this mixture must not be brought to a boil!

As soon as it has reduced by about half, remove this mixture from the heat and let cool.

Then filter the mixture - as described earlier (3.1. d) - to remove the powder this time to separate it from the water.

### **3.3. Final mixture**

Measure out both extracts obtained in 3.1 and 3.2. Have equal amounts.

(50/50 mixture by volume). Pour both parts together in a new container (which container does not matter when the mixture will be used immediately, for storage see 3.4)

Voila, the liquid tinder mushroom extract is ready to use!

### **3.4. Save the drink**

Ideally, you keep the drink cool and protected from light, in a cellar, refrigerator or possibly in the freezer. In fact, it is necessary to prevent the active materials come into contact with the oxygen in the air.

The mixture can be stored in the refrigerator for several weeks, especially if the alcohol used is 96% vol, which gives you plenty of time to add the extract serve.

Shelf life in the freezer: +/- 2 years.

Limitation of Liability: The Mycobeas team disclaims any responsibility for the harvest of tinder fungus, the preparation of tinder extracts and for any damage suffered as a result of experiments on bee colonies with extracts of tinder fungus and/or others fungi on your bees.

For any comments or questions: [mycobeas@gmail.com](mailto:mycobeas@gmail.com)Mycobeas

*The mycobeas team disclaims any responsibility for property damage and any other damage resulting from the preparation and grinding of the mushrooms, as well as the effects on your bees after administering the potion of tinder extracts!*