

Mushrooms

How To Grow Magic Mushrooms

Psilocybe Cubensis Growing Technique (page 1)

Overview

This method is recommended for first time growers.
last update april 2003

The first time you use the process you should follow the directions exactly and resist the temptation to innovate. Innovation without experience is the primary cause of failure. If you must innovate because you can not find a particular item or for some other reason, first check with someone that has experience to make sure you are not doing something crazy.

A quick description of the procedure

A substrate consisting of brown rice flour, vermiculite, and water that will feed and supply water to our magic mushrooms is sealed in ½ pint jars and sterilized in a pressure cooker, or boiling water. This is to kill anything that might endanger the mushrooms.

After the mushroom substrate has been sterilized and has cooled, mushroom spores are added to the substrate using a syringe full of spore solution.

The spores germinate, creating a living mycelium that colonizes the

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entire jar full of substrate. The resulting 'cakes' are removed from the jars when fully colonized, and placed in a terrarium until mushrooms begin to grow from the cakes.

When mushrooms are ready, they are harvested and dried. They will probably be at least two to three times as potent as buying them from someone else.

This is because your magic mushrooms will be fresh and they will have been grown under optimal conditions. Most mushrooms bought on the street are several months old, or older and have grown wild outdoors.

Growing mushrooms outdoors is not a bad thing, but when growing wild, mushrooms might not be getting enough or optimal nutrition.

Mushrooms lose their strength with age and the two worst enemies of dried mushrooms are heat and light.

Always store dried magic mushrooms in a fridge or freezer in a bag that light will not penetrate.

A good idea would be to enclose the mushrooms in an airtight bag (ziploc or similar). Squeeze out the air, seal and put in a brown paper lunch bag.

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This is not a book exclusively about magic mushrooms, it is about growing mushrooms in general, but it gives extremely detailed information on the cultivation of psychedelic mushrooms. At the same time it delivers an interesting mushroom history. The techniques described can be used to grow magic mushrooms.

It provides a detailed growth parameters for 25 mushrooms species, mycological landscaping, state-of-the-art production techniques for home and commercial cultivation, plus more. It is not recommended for the first time grower with no mushroom growing experience.

This is as good as it gets. It expands upon knowledge gained in *The Mushroom Cultivator* and the authors enthusiasm for mushrooms shines through. Everything I ever needed to know on cultivation, history, and medicinal properties are contained within.

[Growing Gourmet and Medicinal Mushrooms](#)

Invisible Marijuana and Psychedelic Mushroom Gardens

Information about growing both marijuana and mushrooms, but more importantly, how to grow and not have your operation detected.

While it is not the ultimate book on growing either substance, it would be a very good book (in addition to) a more detailed book dedicated only to growing. Use the methods contained in this book to plan your set up.

[Invisible Marijuana and](#)

Psilocybin: Magic Mushroom Grower's Guide: A Handbook for Psilocybin Enthusiasts

This book is strictly about growing magic mushrooms, specifically the psilocybe cubensis mushroom.

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The Psilocybin Production: Producing Organic Psilocybin in a Small Room

I think this might be a little hard for the person who knows nothing about growing magic mushrooms to follow this book and grow a good crop. If you know something about growing mushrooms in general, or if you are a serious gardener, you will probably be successful.

Includes closet production and explains small and large scale production. How to locate magic mushrooms, develop stock for inoculation, cultivate, harvest, and dry. It does not tell you where to get supplies.

Explains how mycelium can be grown in inexpensive jars and methods of extracting and using existing cultures to seed new one to create an ongoing farm yielding a regular crop of hallucinogenic mycelium.

[The Psilocybin Production](#)

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Psilocybe Cubensis Growing Technique (page 2)

Equipment

***** [Mixing Bowl](#)

Fairly large, plastic or metal mixing bowl for mixing up your substrate in.

***** [Mixing Spoon](#)

A long, sturdy kitchen spoon for mixing up the substrate. A plastic or metal spoon is preferable to a wooden spoon.

***** [Measuring Cups](#)

1 cup, 1/2 cup, 1/3 cup, and 1/4 cup sizes, for measuring out substrate ingredients.

***** [Brown Rice Flour](#)

Brown Rice Powder (available in health food stores). To make your own brown rice powder, place some regular brown rice in a coffee bean grinder and grind it to the same size as you would coffee. Homemade brown rice powder is highly recommended. It will provide the nutrients to feed the mushroom spores.

***** [Vermiculite](#)

Vermiculite is a soft, spongy volcanic gravel used in potting soil. A good-sized (1-3 cubic feet) bag can be purchased for about \$5.00 at

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most hardware/garden stores. Vermiculite is a alumino-silicate clay mineral that is mined and heated to expand the particles. It's sterile and soaks up 3-4 times its volume in water, and attracts nutrients such as calcium, magnesium, potassium, and phosphorous. Vermiculite itself provides no water or nutrients, but will retain the moisture and nutrients you add to the cakes.

***** *Electric Drill or Hammer and Nail*

For poking holes in the metal jar lids. The drill bit or nail should be about 2 mm (3/32") thick.

***** [1/2 Pint Tapered Wide Mouth Canning Jars](#)

They must be 1/2 pint size and they must be tapered (sides of the jar slant outward so that the top is widest part of the jar) so that the substrate cakes can easily drop out of the jar. These can be found in grocery stores, hardware stores, and drug stores, and cost about \$10.00 for a box of 12 jars.

***** *Aluminum Foil*

Enough to make a 6" by 6" (15cm by 15cm) square for each jar.

***** *Rubbing Alcohol*

Have some rubbing alcohol or something similar for sterilization purposes.

***** [Pressure Cooker Or Pressure Canner](#)

The larger the better. Make absolutely sure that you know how to use it, and that all seals, valves, and safety plugs are in working order. For most people this is the most difficult item to obtain. New pressure cookers start at about \$30.00 to \$60.00 each, and new pressure canners start at about \$250.00 to \$300.00 each.

Pressure canners are much easier to use and hold many more jars, but can be difficult to find. Both can be found at garage sales, thrift stores, etc. Most people who are into canning will have one. Wal-Mart and similar stores are good places to look for this item.

It may be too expensive to get a pressure cooker or pressure canner. There is a way to get around this, included in this guide.

Equipment For Inoculation

***** [*Sterile Syringe Of Psilocybe Cubensis Spores*](#)

Available from various [sources](#) usually for under \$25.00 each.

***** [*Pair Of Dishwashing Gloves*](#)

Preferably new and unused.

Equipment For Fruiting And Harvesting

***** [*Fruiting Chamber*](#)

Aquariums, camping coolers, and large plastic (Rubbermaid) storage containers are examples of suitable fruiting chambers.

***** [*Perlite*](#)

Perlite is a silicon-rich volcanic rock. It's mined and heated to expand the particles. It will soak up water. For our purposes, it is soaked with water, drained and placed at the bottom of the growing chamber to keep the humidity inside high. If you only have vermiculate available, you can use it in place of perlite in the growing chamber.

***** [*Colander*](#)

For draining water out of the perlite. Suitable substitutes include a piece of screen or cloth, or anything that will hold perlite but let water drain out.

***** [*Dust Mask*](#) (optional)

Perlite is puffed volcanic glass. When you work with perlite, it tends to be dusty, creating a cloud of glass dust that can be harmful to the lungs, especially if you are asthmatic. Disposable dust masks can be found in hardware stores, often in the Paint section. They are very inexpensive. They can also be used to prevent breathing our germ filled air all over our your cakes and terrariums when working with them.

Equipment For Preservation

***** [*Desiccant*](#) (optional)

Desiccants are chemicals, usually sold in the form of little granular crystals, that absorb water out of the air. Anhydrous Calcium

Chloride one of the more commonly sold desiccants, and can be found in hardware stores, often in the paint section. Some of the brand names are Damp-Rid, Damp-be-Gone, and Dri-Z-Air.

***** *Food Dehydrator* (optional)

The perfect tool for drying mushrooms. Make sure it's a model that can be set to run with no heat, or you may have to take it apart and manually disable the heating element.

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Pressure Cooker



Pressure Canner



Mushrooms

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Extras

***** *Spore Syringe & Spore Print Suppliers*

The first time magic mushroom grower should find a variety of psilocybe cubensis that is easy to cultivate. If you are following the directions presented here, buy spore syringes as opposed to spore prints. Spore syringes are easier to work with and harder to contaminate.

I can not recommend a place to get them because all of the good companies I have personally dealt with in the past have closed, don't have a reliable product anymore or have taken money from people but not sent any spores.

If you know someone who grows magic mushrooms, they should be able to give you some spores, if not they will at least know where to get some. If you don't know someone who grows magic mushrooms, as a last resort you can check online by using a search engine, but this is not recommended.

If you do order some spores, have them ordered from and sent to an address other than the one where the growing will take place.

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***** *Storing Magic Mushrooms*

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***** *Informational Sites*

[Erowid Mushroom Vault](#) - An extensive library of information relating to all types of entheogens, including mushrooms.

[Magic Mushrooms Net](#) - Dedicated to the medical, spiritual and recreational use of magic mushrooms.

***** *Credits and Notes*

This document was originally written by SCGT and is now maintained and updated by <http://www.a1b2c3.com/drugs/>.

Sources Of Information - This document is based on various techniques outlined in other documents already available on the internet, including the PF Tek and the The Magic Mushroom Growers Guide, and also on the instructions for the Ramsey Seal. It is also based on the shared experiences of those who have worked with these guides.

Thanks To The Following People

The Dogg
D
S0rtd
Black Flag

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Absinthe

Absinthe Explained

Van Gogh's Drink In The Midst Of Comeback

NEW YORK — The emerald-green liquid, linked to flights of artistic genius and madness, has been banned in most countries for decades.

Now researchers have pinpointed how the drink severs the mechanism that keeps imbibers' brains from speeding dangerously out of control, just as absinthe, which is 74 percent alcohol, may be making an underground comeback in the United States and Europe.

Absinthe seems like it's getting more popular, said Dr. Karin Hold of UC-Berkeley, who co-authored a recent study in the Proceedings of the National Academy of Sciences.

It seems to be kind of an 'in' thing. Absinthe was also fashionable at the end of the 19th century, when it was the beverage of choice for artists and poets like Oscar Wilde, Toulouse-Lautrec, Edgar Allen Poe and Pablo Picasso.

Some believe the drink boosts creativity, keeping the brain free of alcohol's mind-clouding effects despite its high alcohol content.

But absinthe also has a darker side of hallucinations, delirium, convulsions and psychosis.

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Vincent Van Gogh, reportedly addicted to the drink, was rumored to have severed his ear in the depths of an absinthe binge.

That legacy has inspired a fresh generation of trend-setters to explore absinthe's allure. The drink was banned in many countries by the mid-1930s, but production of absinthe continued in places like the Czech Republic and Spain.

It is available today on the Internet from companies in England, where it is illegal to make but not sell.

Absinthe is also illegal in the United States, but that hasn't stopped some from importing it.

Hal, an art director for an ad agency in Los Angeles, has purchased several bottles of absinthe online at about \$50 each.

It makes you drunk but still you have more control than regular booze, and also gives you clarity in some way, so your thoughts are not so blurry, he said.

Others have had bad experiences with absinthe from the beginning, and were turned off by its potency and potential for addiction.

I wouldn't use it again for a long time, I got really sick, said Maureen, a 25-year-old from Minnesota who drank absinthe once on a night out with friends. I didn't like the fact it was totally controlling me.

UC-Berkeley researchers have uncovered the reason why absinthe can simultaneously serve as creative muse and bringer of madness and hangovers:

The drink's active ingredient, thujone, causes an out-of-control firing on the brain's electrical signals, similar to epilepsy.

A chemical called GABA (gamma-aminobutyric acid) is an inhibitory neurotransmitter, so it makes it harder for (electrical) signals to get through, said Hold.

Thujone blocks the GABA receptor, and makes it easier for signals to get through, in high enough doses, you get convulsions and death.

Her study was carried out on laboratory animals, so it wasn't possible to determine whether the drink produced either creativity or madness, they only tested mice, and it's hard to know if they're hallucinating or experiencing episodes of brilliance.

Absinthe in its modern-day incarnation may be hallucination-free because the levels of thujone, the active ingredient derived from dried wormwood, are far lower than they were a hundred years ago.

The absinthe consumed by Van Gogh and Co. had levels of thujone of about 260 parts per million; today's version is required by law to have no more than 10 ppm.

Hold and her colleagues gave concentrated thujone to mice that would be nearly impossible for a person to consume by drinking today's absinthe.

In those days the alpha-thujone amounts were a lot higher, she said. There aren't a lot of concerns for the absinthe that's on the market now.

But for some, the proven toxicity of the drink, no matter how diluted, serves as sufficient warning to steer clear.

I've never tried it myself, said Dr. Wilfred Arnold, recognized as a leading researcher on absinthe. I regard wormwood oil as a toxic substance, I would avoid it if possible.

From www.foxnews.com

By Adam Pasick.

2:00 a.m. ET (0600 GMT)

May 10, 2000

Books

Absinthe: History in a Bottle

A beautiful book with nearly 200 illustrations, 60 plus in color. It shows the history, art, literature, and other areas related to absinthe, as well as the people in the community that adopted absinthe as their drink (primarily artists).

The history of absinthe took place in France, and to a lesser extent Europe, at the end of the 1800's to the beginning of the 1900's. The people who play their part in this history include Manet, Degas, Gauguin, Toulouse-Lautrec, van Gogh, Picasso, and many others.

Even the black and white pictures are good quality. The color images are for the most part good looking absinthe ads, and artwork by artists who used absinthe. Worth its price just for the images.

[Absinthe: History in a Bottle](#)

Absinthe Sip of Seduction: A Contemporary Guide

A rich journey into absinthe. Punctuated with color reproductions of classic and current lithographs, posters, postcards, cartoons, antiques, glassware, bottles, and other tools of the absinthe drinker, this thorough study explains and illustrates the history, culture, and mystique of the drink.

The focus is unique; in addition to the customary glimpses of history, the authors provide insights into the controversy and effects of the Green Fairy. Explained are sipping instructions, variations including French, Czech, and German methods, cocktail and drink recipes, and even suggestions for culinary accompaniments.

[Absinthe Sip of Seduction](#)

The Book of Absinthe: A Cultural History

Opening with the sensational 1905 Absinthe Murders, the book offers a cultural history of absinthe, from its modest origins as an herbal tonic through its luxuriantly morbid heyday in the late nineteenth century.

Along with discussing the rituals of absinthe drinking you'll learn how real absinthe actually works on the nervous system. Includes a guide to modern brands of absinthe and tests the various real and fake absinthe products that are available.

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