



**Fat Fox
Mushrooms**

WALTHAMSTOW'S URBAN MUSHROOM FARM

Locally & sustainably produced
gourmet & medicinal mushroom
products, grow-at home kits,
cultivation workshops &
Community projects

FATFOXMUSHROOMS.COM

'Asparagus and
mushrooms teach a
cook humility'.

– Sicilian Proverb



THE FUNGI CLUB

A Community for Fungi Lovers

From ecology & sustainability, to mycology research, to art, design & culture – Fat Fox Fungi Club helps support a diverse range of exciting fungal projects and events. Whether you're hoping to pursue a fungi-inspired art or design project, wanting to conduct a mycology experiment or looking to connect with other mushroom lovers, we welcome you to the Fungi Club community! Through community projects to an online forum, & social and educational events in London, The Fungi Club is helping to inspire the next generation of fungi enthusiasts!

FOLLOW ON INSTAGRAM:

@FATFOXFUNGICLUB

JOIN OUR COMMUNITY
ON DISCORD

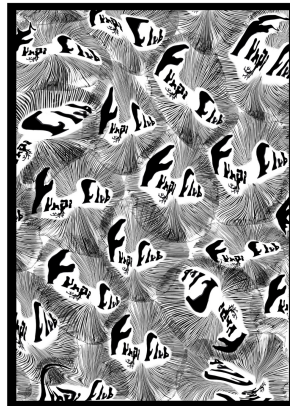


SUPPORT THE FUNGI CLUB WITH A SEASONAL
MUSHROOM BOX SUBSCRIPTION:

FATFOXMUSHROOMS.COM/SEASONALBOX

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FUNGI CLUB

issue #4



The King Oyster is famous for its hefty size – its thick stem pushes out of the roots of aromatic flowering plants. But what we call the King Oyster actually includes a variety of variants. Find out more about this large and complex oyster mushroom!

THE FUNGI CLUB ZINE #4

KING OYSTER: LARGE & COMPLEX

Pleurotus eryngii commonly called 'King Oyster', 'King Trumpet', 'French Horn Mushroom', and 'Trumpet Royale', are native to the Mediterranean, North Africa the Middle East & Central Asia. They are a species complex that include at least 6 varieties that are cultivated all over the world. They are especially popular in China, Japan & Korea for their size & meaty texture. They are unique among the genus *Pleurotus* genus because they fruit directly from the ground and are weak parasites on flowering plants.



King Oyster mushrooms not only have a fantastic texture and umami flavour, they also have a number of nutritional and medicinal benefits. They are rich in fibers, carbohydrates, vitamins and minerals, and have especially high levels of ergothioneine, an antioxidant that helps reduce damage from free radicals and oxidative stress. *P. eryngii* also contain a high quantity of selenium, another essential antioxidant. It activates Nrf2, a protein naturally found within the body that helps regulate the antioxidant proteins that can help protect against oxidative damage. King oyster mushrooms also contain trace elements such as Zinc in high quantities. Lab studies of *P. eryngii* have shown that they may lower cholesterol and help with weight loss. King Oyster mushroom extracts have also been shown to have anti-viral properties and to support bone health.



GROWING TIPS AND TRICKS

The King Oyster is a great mushroom to grow in chillier weather as it prefers Fruiting Conditions of 7 - 20°. It can be cultivated on any growing medium rich in cellulose such as straw, sugar cane mulch or hardwood sawdust. Because King Oysters fruit from the top of the mycelium block, a casing layer can help retain moisture within the block and help improve yield. It is, however, completely optional and there is a slight risk of contamination when applying a casing layer as these layers can also be a haven for fungus gnats. If you want to apply a casing layer, rehydrate a mixture of 50% coco-coir and 50% vermiculite with boiling water. Once cooled to room temperature a layer can be applied to the fully colonised surface of the substrate.

Oxygen levels can affect the shape of your King Oyster Mushrooms. For shorter stems and wider caps, roll down the sides of your grow bag to give your mushrooms more oxygen. For longer stems and smaller caps, keep your grow bag closed with a paper clip. In their search for oxygen, your mushrooms will grow taller!



FUNGI FOLK AWARD

Rhizocore Technologies

Rhizocore develops technologies to grow symbiotic fungi that enhance the growth, resilience, and carbon sequestration potential of newly planted forests and woodlands in the UK. They find & grow locally-sourced mycorrhizal fungi to ensure local adaptability to the forests & woodlands where they introduce the fungi.

They collect species from across the UK and hold key ectomycorrhizal species from half of the seed zones in the UK!



rhizocore.com

MUSHROOM GROWING KIT CHRISTMAS PRE-ORDER SALE!



Give the gift of Fungi this Christmas and pre-order mushroom growing kits for the mushroom lovers and mycologically curious in your life!

20% OFF
CHRISTMAS
PRE-ORDERS!



fatfoxmushrooms.com/shop

VEGAN MUSHROOM SCALLOPS



The thick, meaty base of the King oyster mushroom makes amazing vegan scallops! Cooked in a vegan lemon garlic butter sauce with fresh parsley they have the tender meaty texture of scallops. Serve them alone as an appetiser or over Italian orzo for a heartier meal.

- KING OYSTER MUSHROOMS
- VEGAN BUTTER
- GARLIC
- BLACK PEPPER
- SALT
- LEMON JUICE
- OLIVE OIL
- FRESH PARSLEY

- Slice the King oyster stems into 1 inch thick discs.
- Place them on a baking tray and then brush the mushroom rounds with olive oil on each side. Sprinkle the tops with sea salt & ground black pepper.
- Add the mushroom scallops to a hot skillet, seasoned side down.
- While the first side is searing, season the other side with sea salt & ground black pepper.
- Cook for around 2 minutes and then flip. The seared side should be golden brown.
- Cook the other side for around 2 minutes and when both sides are seared and golden brown, return them to the baking tray.
- Add lemon juice and parsley to the pan and then turn off the heat.
- Add all the mushroom scallops back to the pan.
- Gently move the scallops around in the sauce, and use a spoon to gently pour sauce over the top of the scallops.
- Serve with a sprinkle of ground black pepper, fresh chopped parsley and fresh lemon slices.



King oyster mushrooms are native to the Mediterranean and grow wild in regions from the Atlantic Ocean through the Mediterranean Basin and Central Europe into Western Asia and India. In Italy, *P. eryngii* or Fungi Cardoncelli have been a popular food since the Middle Ages. They were one of the most popular varieties during the Renaissance, and were rumoured to have aphrodisiac properties – their consumption was frowned on by the church. In Sicily, the mushrooms are popularly boiled in vinegar, dried, and then preserved in olive oil with oregano, lemon juice, and chilli. King oysters have also become quite popular in Asian cooking. In Japan, cultivation began in the 1990s and *P. eryngii* is one of the most widely cultivated mushrooms in Korea, where they are often cultivated in jars.

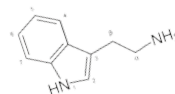
Pleurotus eryngii is a complex of closely related mushrooms. Unlike other species of *Pleurotus* which are primarily wood-decay fungi, the mushrooms in the *P. eryngii* complex also act as weak parasites on the roots of herbaceous plants, with differing plant associates in the carrot family (Apiaceae). *P. eryngii* var. *eryngii* grows wild near the roots of thistle plant (genus *Eryngium*) that gives the species its name.

Pleurotus eryngii Variants include:

- var. *eryngii* – grows w/ sea holly
- var. *ferulae* – grows w/ giant fennel
- var. *tingitanus* – grows w/ Tangier fennel
- var. *elaeselini* Venturella
- var. *thapsiae* Venturella – grows with deadly carrots



HAPPINESS MUSHROOMS?



A 2021 study shows that king oysters may have antidepressant properties! *P. eryngii* produces tryptamine, a functional molecule that is a tryptophan derivative. Tryptophan is an essential dietary amino acid, a precursor of serotonin and helps reduce feelings of anxiety and depression.

KING OF THE DESERT

Did you know that a variant of the King oyster has adapted to grow in the Gobi Desert? *P. eryngii* var. *ferulae* grows on the roots of the plant *Ferula communis* across Europe and Central Asia. Evolutionary and population genetic analysis shows that some genes might be associated with adaptation to aridity, large temperature changes, long sunshine durations, and other stresses in the Gobi Desert in Xinjiang, China.



THE FUNGI CLUB IS NOW A CIC!

The Fungi Club has become a Community Interest Company!

That means we're now officially a social enterprise looking to spread the spores and create a mycelial network throughout London and the world! The Fungi Club CIC aims to empower communities to grow their own food and learn about the crucial role fungi play in the natural environment. We build communities around the shared passion for mycology both in person and online.

In the new year we'll be embarking on projects to set up mushroom growing spaces at community gardens, allotments and schools. These projects aspire to help connect people with nature and sustainable food systems as a means of developing individual wellbeing and community cohesion.

We welcome our new Education & Outreach Coordinator James who joins Ben & Lex heading up The Fungi Club team!



JOIN THE COMMUNITY ONLINE!

We've been loving the lively discussions happening in our online community on Discord! We've got folks discussing fungi in ecology, science and medicine and sharing photos, questions and tips on cultivation. Check out some of the photos members have been sharing of their seasonal box growing projects!



Shiitake Mushrooms from
Discord community member Scarlete!



Reishi & Pink Oyster Mushrooms from
Discord community member Holl!



We've got some amazing results from Poppy Flint's Fungi Club Project! Poppy has been working to grow sheets of mycelium for her interactive installation 'Underfoot', which explores the world of roots and mycelium beneath our feet. Read more about her project at: poppyflint.com/project/underfoot/

Poppy filled sheets of glass with agar and grew blue oyster mycelium across the surface. Even the agar sheets that contaminated with competing species make for a fascinating view of the world of mycelium!

