

Easy Double Extraction for Medicinal Mushrooms (Gina's Granny Method)

Materials needed: 2-quart mason jars, 1 half gallon mason jar, stockpot, stove, 150-190 proof EtOH (highest proof legal in your state), approximately 3 cups (24 oz) of dried medicinal mushroom pieces of your choice, coffee or other herb grinder (the smaller the pieces, the better), clean and empty tincture dropper bottle, cheesecloth and/or tea strainer, funnel.

1. Start with dried mushrooms, cut up into smallest size possible. I use a Ninja-pro blender, but a coffee grinder can work as well, just ensure you start with a clean grinder. *Note: If you have wildcrafted your mushrooms, cut them into approximately ½" by ½" pieces when they are still pliable and easy to cut, and then dry them in a food dehydrator. I use an electric knife for larger polypores like Reishi. Make certain the pieces are fully dry to prevent cross-contamination with mold or other microorganisms. Then grind.
2. Fill a 1st quart mason jar with 3 cups of the cut and dried mushrooms, then pour EtOH (higher proof is better for terpene extraction) over the marc to just below the top and cap tightly. *Note 1: The smaller the mushroom pieces are the more you can fit, thus the stronger the extract. Leave at least ½ inch to 1 inch space at the top as the pieces will expand slightly when rehydrated with the alcohol.
3. Corky mushrooms, such as Reishi, absorb quite a bit of the alcohol initially. Check the next day to ensure the marc is still submerged in the alcohol, you may need to top it off with additional alcohol, recap, and shake vigorously.
4. Place in cool, dark location for 2-4 weeks and shake daily.
5. Strain the first extraction through cheesecloth into a separate jar, gently but firmly squeezing the marc to remove as much soaked-in menstruum as possible. You should have around 2 cups of alcohol extraction. Set marc aside in a bowl for the second extraction.
6. Measure out 64oz (1/2 gallon) of clean well/spring water or distilled water and pour into a large, heavy bottomed stockpot. Bring water to a boil on the stove.
7. When water is boiling, turn heat down to a simmer temperature. Once water appears to be simmering (not a roiling boil) add reserved marc to the water and stir.
8. Simmer, uncovered, for approximately 2 hours, stirring occasionally. The goal is to reduce the water by half, leaving approximately 32 oz (1 quart) for the extract. Evaporation happens differently with different climates, altitudes, and stove temps, so keep an eye on the process – you may have to add a bit of water and that is OK!
9. After 2 hours, remove from heat and let cool completely before handling. Repeat the straining method you used with the 1st extraction with cheesecloth using your 2nd quart mason jar. (Firmly squeeze so the marc will release any retained water.)
10. Thank the marc for its gifts and compost appropriately 😊
11. Now you should have 1 quart mason jar approximately 1/3 full of alcohol extract, and 1 quart mason jar mostly full of water extract.
12. Pour the alcohol extract and water extract into the half gallon mason jar, cap tightly and shake to combine. You now have a double extracted medicinal mushroom extract! The alcohol should equal at least 30%-35% of the final product and will be enough to keep the extract shelf stable for approximately 2 years. *Note: If you want a higher terpene/phenolic content, or if you want shelf stability beyond 2 years, adjust to a 50% EtOH/ 50% water extraction.
You can now pour into titrated tincture bottles or keep in a batch for addition to future herbal formula preparations. * Note: The polysaccharides may fall out of solution with higher EtOH content, or the longer your mother extraction sits, so always shake well before using in formula or as a simple.