



Dual Extraction Of Chaga.

This last month Ben was fortunate enough to visit Finland. While on his trip, he got to go out and forage medicinal mushrooms. One of the mushrooms that can be found there is what is called Chaga. You may have heard of this miracle mushroom. Chaga has some pretty spectacular properties. For one it is known to prevent cancer and shrink tumors! For a more common everyday use, Chaga is great for immunity, which is something we could all use more of this winter.

Chaga is considered a parasitic fungus that grows on birch trees. Our kids say it resembles burnt toast, and that's a pretty accurate description. Chaga is generally described as looking like burnt wood.

First of all how, does someone come by this mushroom? We all cannot head over to Finland and cut off a piece of Chaga from a birch tree. For such an exceptional mushroom you might think it is hard to get. Not so. In fact, you can find it [here](#).

Once you have this strange looking mushroom, what do you do with it? I don't recommend just chewing on the thing. Chaga is very hard, and nearly impossible to chew so please don't do that. Instead of chewing on it I propose what is called a dual extraction. Dual means two, of course, which is what you will get with this type of

extraction:- two very useful products that will boost your immunity!

Water extraction is the first step in the dual extraction. It is about as simple as brewing tea. Take the Chaga, and smash it with a mallet. I would suggest placing the Chaga in a ziplock bag and wrapping the bag with a dish towel, and then smash it to smithereens! The bag will keep it in, and the towel will keep the bag from getting holes during the process of smashing.

Water Extraction

1/4 c. smashed [Chaga](#)
1/2 gallon of water (unchlorinated)

Place all of the ingredients in a large pot and bring to a boil. Reduce heat to low, and allow to simmer uncovered for 2-4 hours. During this time you will have to add water to the pot to make sure that it doesn't boil off. The longer you let it simmer, the better the extraction.

Finally, take a fine mesh strainer and strain the water away from the Chaga bits. Place the Chaga water extraction in a mason jar and store it in the fridge.

Alcohol Tincture

Remaining Chaga from the water extraction
1/2-3/4 c. vodka

Place all of ingredients in a small jar. Store jar in a dark, cool place. For the first two weeks, be sure to vigorously shake twice a day. After the second week, strain away the Chaga bits. Now you have a very potent tincture to ward away sickness.

Other than acquiring the Chaga mushrooms, this is truly a very simple way to extract all the awesome benefits of the mushroom. Despite the simplicity of these extractions, some of us just simply do not have the time, or like me, have completely forgotten that I had tinctures brewing. For you, there is a great company called [Four Sigma Foods](#) that makes tinctures and some really delicious teas out of Chaga and other medicinal mushrooms. If anything, just give them a look, and if you decide to purchase anything, use the code *ben-greenfield* to get 15% off. One thing I love about making extractions or tinctures is knowing that I have the knowledge on how to keep my family healthy the way mother nature intended. Have some fun with this!