

1 Subject: Psilocybe Mushroom FAQ v1.2 [New!]
2 Newsgroups: alt.drugs.psychedelics,alt.drugs
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6
7 THE PSILOCYBE MUSHROOM FAQ
8 VERSION 1.2
9 Last update: 04 Jul 1995

10
11 By nipo@brahman.nullnet.fi (most of the writing)
12 & gnosis@brahman.nullnet.fi (layout, additions)

13
14 Thanks to baabo@brahman.nullnet.fi (for shroom descriptions)
15 & Tatu (for shroom descriptions)
16 & ppennane@cc.helsinki.fi (for the Tryptamine FAQ)
17 & dr303@cleveland.freenet.edu (for alkaloid content figures)
18 & lamont@hyperreal.com (for neuropharmacology)
19 & all the other net-people who added or corrected info
20 & especially our fellow innerspace astronauts

21
22 .oOo. Notes .oOo.

23
24 This FAQ is far from complete, and we ask those with information to add or
25 fix to contact us. All comments and thoughts welcome.

26
27 Schizophrenic alternation between "I" and "we" is due to the file being
28 written by two people, not permanent brain damage from mushrooms. =)

29
30 This file is purposely not in the usual question-answer, clearly-divided
31 subsections, everything-referenced, no-cute-ASCII-pics format usually
32 used for FAQs. Instead, it's more relaxed and loose, which in our
33 opinion makes for a much better read. Enjoy!

34
35 .oOo. Index .oOo.

36
37 Disclaimer * Updates * Foreword * Viewpoint * History * Etymology *
38 Chemistry * Psychology * Legality * Botany * Mushroom Guide *
39 Growing Mushrooms * Picking Mushrooms * Drying Mushrooms * On the Dosage *
40 Consumption * Preparation for the Voyage * Music and the Voyage *
41 During the Voyage * Warning * Miscellaneous Questions * Further Reading *
42 References * Endnotes

43
44 .oOo. Disclaimer .oOo.

45
46 For info only. I hope someday humanity reaches the point where there are no
47 restrictions, laws or censorship. Just read the foreword and get an
48 attitude & altitude.

49
50 .oOo. Updates .oOo.

51
52 * What's new since version 1.1:

53
54 = In "Chemistry":

- 55 - Reorganized and cleaned up
- 56 - Added molecular weight/potency calculation
- 57 - Added molecular formulae
- 58 - Added DEA drug control numbers
- 59 - Minor fix to psilocybin structure [(+) in the wrong place]
- 60 - Comment about serotonin inhibition cleaned up [thanks Lamont!]

61 = In "Legality":

- 62 - Sorted everything into a big nifty ASCII table
- 63 - Added information about Canada and the Netherlands

64 = In "Mushroom Guide":

- 65 - Format of entries *greatly* improved
- 66 - New full-scale entries by Professor Peabody (Baabo) added:
 - 67 o *Panaeolina foenisecii*
 - 68 o *Panaeolus acuminatus*, *ater*, *campanulatus*, *sphinctrinus*
 - 69 o *Psilocybe montana*
- 70 - New full-scale entries from Mycologia/Lloydia/Norw J Botany:
 - 71 o *Conocybe cyanopus*, *smithii*
 - 72 o *Psilocybe aztecorum*, *mexicana*, *stuntzii*, *subaeruginascens*, *zapotecorum*
- 73 - Serious revision of the following entries:
 - 74 o *Psilocybe baeocystis*, *caeruleascens*, *cyanescens*
 - 75 o *Stropharia cubensis*
- 76 - Serious revision of a number of entries, esp. *Panaeolus* spp., by Tatu

153 "...ie. the product of "the phlegms of thought
154 perceptual processes." IN THE BRAIN
155
156 . colors magnified feelings of strange feelings
157 . strange feelings
158 . wavy motion of objects strange thoughts
159 : visions/insights
160 : 2-D visuals
161 : objects differ absence of normal thought
162 ; color/switches
163 ; 3-D objects mutate
164 | Perceptions not connected absence of reality
165 | to the ,real, world
166 *invisiblelandscapetheothersidedirectaxessunconsciousgodspacelifedeathuf
167
168 [Gnosis says: If that fails to make sense, read it again until it does...
169 which may take a while.]
170
171 .oOo. History .oOo.
172
173 Hallucinogenic mushrooms have probably been in existence exactly
174 as long as humanity. Ancient pictures of mushroom-headed humanoids have
175 been found in caves in the Sahara. Siberian shamans use[d] fly agarics to
176 enlighten the path to the spiritworld. In Central and Southern America
177 use of psilocybian mushrooms (and other hallucinogens) was common until
178 the arrival of Spaniards who spread the Catholic faith with sword and
179 fire and forbade the use.
180
181 Spanish priest Bernardino de Sahagun (ca. 1500 AD) on the use of
182 hallucinogenic mushrooms by the Aztecs:
183
184 "The first thing to be eaten at the feast were small black
185 mushrooms that they called nanacatl and bring on drunkenness,
186 hallucinations and even lechery; they ate these before the
187 dawn...with honey; and when they began to feel the effects,
188 they began to dance, some sang and others wept...
189 ... When the drunkenness of the mushrooms had passed, they
190 spoke with one another of the visions they had seen."
191
192 On use of alcohol:
193
194 "If a youth appeared intoxicated in public... he was punished
195 by being beaten to death with stick or garrotte before all
196 other youths assembled there...to serve as an example."
197
198 Only old people were allowed to drink the alcoholic beverage pulque. Sahagun
199 has an error in his writings, the mushrooms were not ingested with food:
200
201 "It is an ancient custom for people to eat mushrooms and these
202 they ate in a trice, as is said. They had had no food exept
203 some cacao drunk the night before. They ate these mushrooms
204 with honey."
205
206 The Aztecs (1400-1521) took other hallucinogenic drugs such as tlapatl,
207 mixitl grain and peyotl or peyote, use of which originated from the north
208 of Mexico, where it had been in use since 300 B.C. "Mushroom stones" in
209 which figures under the cap of a mushroom are depicted have been found even
210 from an earlier era (1000-500 B.C.) The purpose of these sculptures is not
211 certain, but these stones may have been religious objects.
212
213 The Codex Vienna Mixtec manuscript (ca 13th-15th century) depicts the
214 ritual use of the teonanácatl by the Mixtec gods. The god known as 7 Flower
215 (his name presented in the pictorial language as seven circles and a flower)
216 was the Mixtec god for hallucinatory plants, especially the divine mushroom,
217 and is depicted with a pair of mushrooms in his hand.
218
219 The Aztec also had their god for the entheogens, Xochipilli, Prince of
220 Flowers. He was the divine patron of "the flowery dream" as the Aztecs
221 called the ritual hallucinatory trance.
222
223 Mushrooms ingested by the indians were supposedly Psilocybe
224 mexicana or caerulea and Panaolus sphinctrinus. Stropharia
225 cubensis, which is currently quite popular as it is easy to locate and
226 cultivate, was not introduced to America until the arrival of the
227 Europeans and their cattle. Today indians regard Stropharia cubensis
228 inferior to Ps. mexicana for it grows in dung.

229
 230 In the beginning of twentieth century interest in psychoactive mushrooms
 231 stirred. The teonanácatl was first identified as Lophophora williamsii
 232 or peyote, and it was thought that Sahagun had mistaken the cactus for
 233 mushrooms. Finally ethnobotanist Richard Evan Schultes and physician
 234 Plasius Paul Reko traveled for the mushrooms to Oaxaca, and collected
 235 specimens of Panaeolus sphinctrinus. They found out that mushroom
 236 ceremonies - veladas - were still being held in the area.
 237

238 A decade after World War II, after long search the mycophile-family
 239 of R. Gordon Wasson came to little Village of Huatla de Jimenez, and
 240 Wasson and his friend Allan Richardson attended a velada held by
 241 curandera Maria Sabina.
 242

243 Information about the mushrooms soon spread. Psilocybin and psilocin
 244 were found and their analogues were synthesized. Experimentation with the
 245 mushrooms and the synthesized substances began and magic mushrooms were
 246 soon part of the 60's 'psychedelic' movement, ie. every second middle class
 247 kid was opening the doors of perception and [ab]using hallucinogenic drugs.
 248

249 .oOo. Etymology .oOo.

250 / ēt'e-mōl'e-jē / 1. the origin and history of words
 251
 252

253 The name of the genus "Psilocybe" comes from the Greek words "psilos"
 254 (bare) and "kubē" (head), warped into New Latin to form "psilocybe".
 255 Literally translated, this means "bald head", which I suppose comes from
 256 their appearance. A rather inaccurate comparison if you ask me, most
 257 bald people don't have big pointy nipples on top of cone-shaped heads,
 258 even if they're from Remulok, but I digress...
 259

260 The best known hallucinogens in Psilocybe mushrooms are the chemicals
 261 psilocybin and psilocin, which are discussed at length in the next part.
 262 There remains a minor controversy about the spelling of their names.
 263 Psilocybin and psilocin are both alkaloids (nitrogen-containing substances
 264 found in nature), and an effort in the 70's aimed to convert all alkaloid
 265 names so that they end in -ine, like cocaine, caffeine, morphine, etc.
 266 The names should thus be "psilocybine" and "psilocine"; yet "psilocybine"
 267 is used very rarely even in modern authoritative works, and I have seen
 268 "psilocine" in print exactly once. If anybody has some idea about the
 269 current situation and the Korrekt(tm) spelling, please inform me.
 270

271 .oOo. Chemistry .oOo.

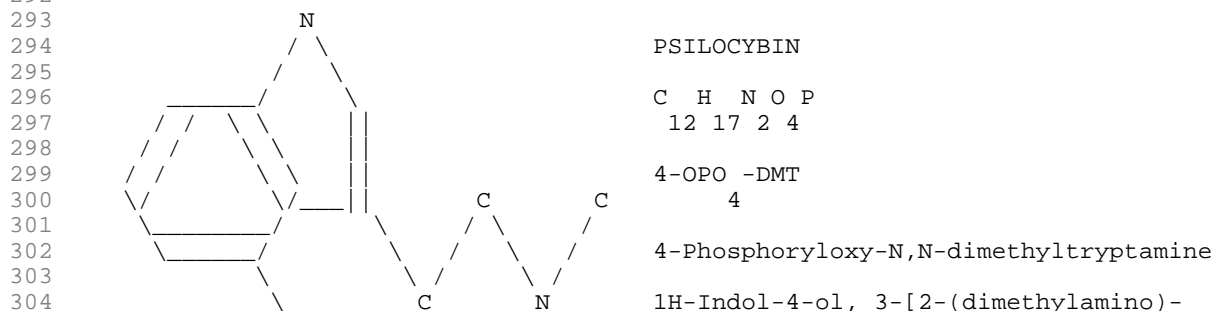
272
 273 The primary active ingredients of Psilocybe mushrooms are (surprise!)
 274 psilocybin and psilocin, and to a lesser extent baeocystin and norbaeocystin.
 275 The ratio of psilocybin to psilocin varies from species to species. The
 276 primary difference is that psilocin is unstable and it breaks down when
 277 the mushroom is dried, while psilocybin lasts much longer (a 115-year
 278 old mushroom sample was found to contain some). The two are equally
 279 psychoactive, since one molecule of psilocybin breaks down into one
 280 molecule of psilocin. But in terms of weight, we find that:
 281

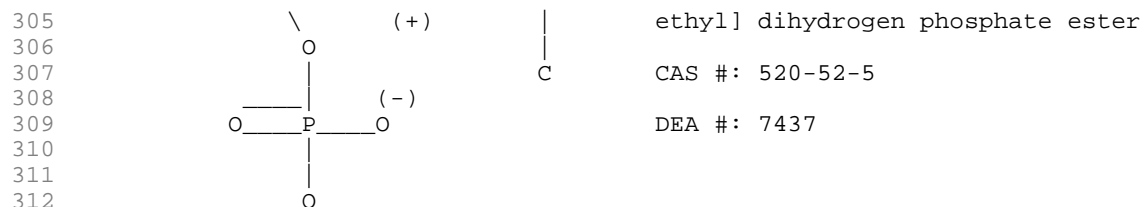
molecular weight of psilocybin	284.3	
-----	-----	= 1.391
molecular weight of psilocin	204.3	

286 So by weight psilocin is around 1.4 times more potent. The formula
 287 for calculating total potency, ignoring [nor]baeocystin, is thus:
 288

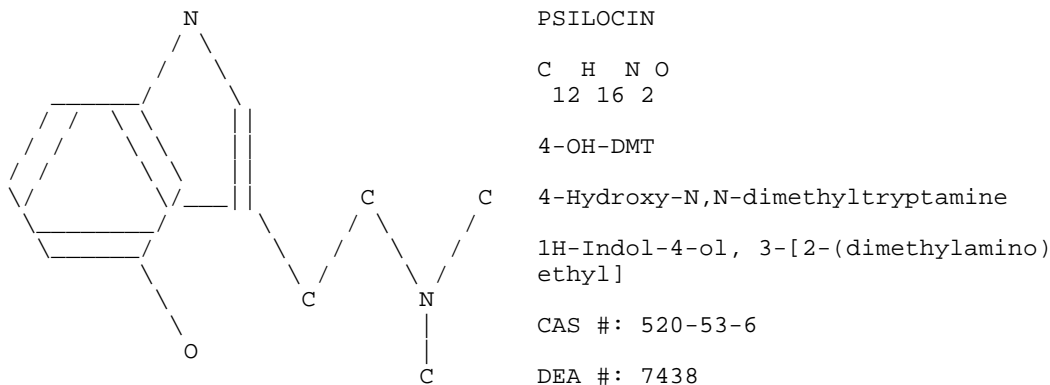
289 (psilocybin) + (1.4 * psilocin) = total potency in 'psilocybin units'
 290

291 Now, here's the structural diagram for psilocybin:
 292





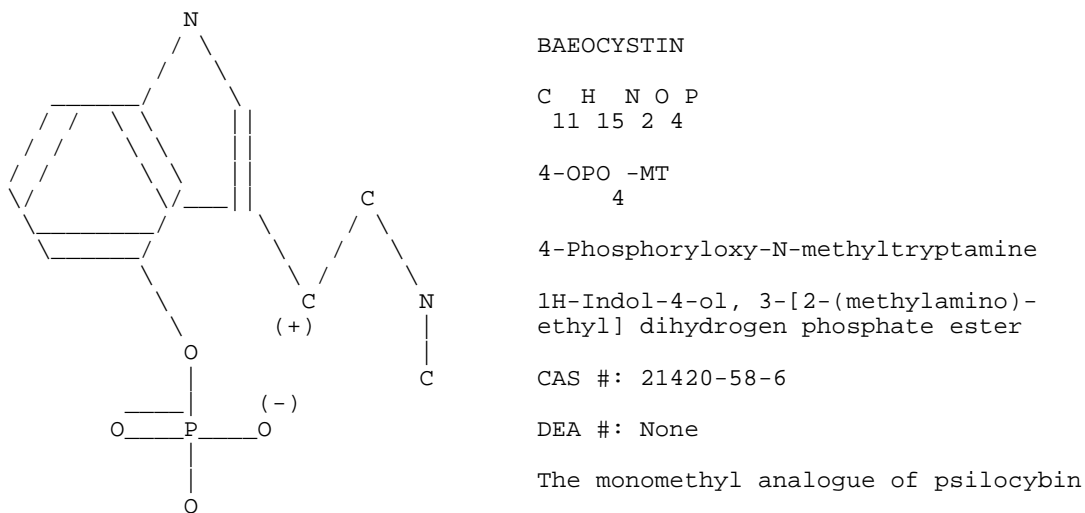
314 In the body, the phosphorus part is chopped off ("dephosphorylated")
 315 by the enzyme alkaline phosphatase, turning it into our other friend:



333 Psilocybin and psilocin are part of the tryptamine family (indole C₈H₇N &
 334 ethylamine side chain). They bear close resemblance to the neurotransmitter
 335 serotonin. How these substances work is, I have come to believe, still quite
 336 obscure. Primary effect seems to be the inhibition of neurotransmitter
 337 serotonin (5-hydroxytryptamine aka 5-HT), ie. a 5-HT_{2A} post-synaptic agonist
 338 that mimics the effects to 5-HT to put it in jargon. This is the working
 339 hypothesis for LSD-25 at the moment and it's probably true for psilocybin
 340 as well. These substances also present some cross-tolerance.

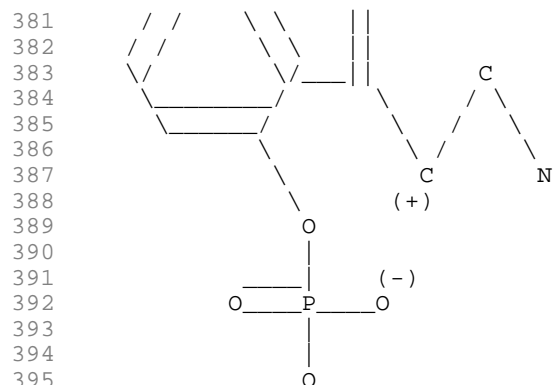
341
 342 As a good psychedelic should, psilocybin, psilocin and psilocybian mushrooms
 343 have low toxicity - in tests with mice, doses up to 200 mg of psilocybin/kg
 344 of body (in average human terms (65 kg) 13 grams) have been injected
 345 intravenously without lethal effects. The ED₅₀:LD₅₀ ratio is 641 according
 346 to the NIOSH Registry of Toxic Effects; compare this with 9637 for vitamin A,
 347 4816 for LSD, 199 for aspirin and 21 for nicotine. Poisoning, at least
 348 physically, is thus not a problem.

349
 350 Then we have the two other significant indole alkaloids:



373 Unlike psilocybin, baecocystin is somewhat unstable, and decays noticeably
 374 with age. And then we have baecocystin's close chemical cousin:





4-OPO -T
4
4-Phosphoryloxytryptamine
1H-Indol-4-ol, 3-[2-aminoethyl] dihydrogen phosphate ester
CAS #: 21420-59-7
DEA #: None
The demethyl analogue of psilocybin

In other words, baeocystin and norbaeocystin are just psilocybin with one methyl and two methyls respectively lopped off. And unfortunately for all you synthesis experts, while baeocystin and norbaeocystin do not have DEA control numbers they do both come under the Controlled Substance Analogue Act.

When dephosphorylated, they turn into 4-hydroxy-N-methyltryptamine and 4-hydroxytryptamine. All 4 substances are presumed hallucinogenic, but less so than psilocin or psilocybin. Very little work seems to have been done on them (Chemical Abstracts averages a cite a year, with most of them of the variety "baeocystin found in Psilocybe totallyobscuralis"). There has been some speculation on the 'net about them, and a possible correlation between nausea and the amount of baeocystin has been found. We hope to be able to investigate the question further for the next version.

These are just the four "biggies". A whole truckload of other indoles are known to exist in Psilocybe mushrooms. Here's a sample of what was found in a batch of Psilocybe baeocystis, excluding the ones mentioned above:

Indole derivative	Amount (microg.)
5-Benzoyloxy-3-indole acetic acid	2
N,N-Dimethyltryptamine hydrogen-oxalate [aka DMT]	4
Gramine	40
3-Hydroxyethyl indole	2
5-Hydroxy-3-indole acetic acid	2
5-Hydroxyindole	4
3-Hydroxymethylindole	2
5-Hydroxytryptamine creatine sulfate [aka Serotonin]	4
5-Hydroxytryptophane	2
Indole	4
3-Indoleacetamide	2
3-Indole acetic acid	2
3-Indoleacetic acid ethyl ester	2
3-Indoleacetonitrile	2
3-Indolealdehyde	40
3-Indoleacetaldehyde	2
3-Indolecarboxylic acid	4
3-Indolelactic acid	2
gamma-(Indole)-N-butyric acid	4
beta-Indole-3-acrylic acid	2
beta-(Indole-3)-propionic acid	4
Indoxylacetate	2
Indoxylbutyrate	2
Isatin	2
5-Methoxy-2-carboxyindole	2
5-Methoxydimethyltryptamine monooxalate [aka Bufotenine]	4
5-Methoxyindole	4
2-Methylindole	2
3-Methylindole	4
5-Methylindole	4
5-Methyltryptophane	2
N-Methyltryptophane	2
Tryptamine hydrochloride	4
L-Tryptophane	0.8

[From A.Y. Leung, A.H. Smith, A.G. Paul, "Production of Psilocybin in Psilocybe baeocystis Saprophytic Culture". J Pharm Sci 54: 1576 (1965).]

457 Yes, Psilocybe mushrooms contain DMT, but in microscopic amounts.
 458 DMT is not orally active anyway, so it doesn't do anything.

459
 460 The effects of psilocybin can be potentiated (made stronger) by taking
 461 them with a monoamine oxidase inhibitor (MAOI). The potency is roughly
 462 doubled, according to most reports. The best known MAOIs are harmine and
 463 harmaline from the plant Peganum harmala (Syrian rue). Combining MAOIs and
 464 tryptamines is an unsafe activity; not only are there are number of
 465 substances you must avoid during use to prevent a serious hypertensive
 466 crisis, but the long-term health effects are unknown. If you wish to know
 467 more, consult the Tryptamine FAQ. Personally, I doubt it's worth the
 468 risk, if you pick or grow shrooms it's easy to get enough shrooms
 469 for a double dose.

470
 471 .oOo Psychology .oOo.

472
 473 "Nature's Perfect Entheogen(TM)"
 474

475 Psilocybin is juuust fine. I've tried several psychoactive drugs,
 476 including hash, LSD-25 and psilocybin. Hash usually doesn't do much -
 477 sends me into a half sleep with silly thoughts and spacey soundscape
 478 added to music... LSD doesn't do it to me either. It's probably OK if you
 479 are after low dose recreation - partying and such... High doses - too
 480 blunt, like a mental power tool. It cracks up open your head; Starring
 481 You and Your Brain for 12 hours. Every perception magnified thousandfold
 482 - it's.. it's a bit too intense. __!INTENSE!__ is the keyword.
 483 It doesn't accept any apologies or mistakes.. too harsh. I often felt
 484 like I had been immersed in some chemical, into a substance so pure and
 485 efficient it has no place in nature. Too pure. 12 hours of LSD-25
 486 acid-bath makes you really tired... physically and mentally. But
 487 psilocybin, mm-mm, it's juuuuust fiiiine.

488
 489 Voyage to the spiritworld... visions and travels, awesome mental
 490 hallucinations. It's a direct ISDN-link to the mother earth, forgiving,
 491 gentle substance. You hear the chanting of the planet and the spirit of
 492 the mushroom. It's a product of the nature, untied to the actions of men
 493 and women roaming this planet. Your body disconnected from the circuit,
 494 you may often forget it exists. Six hours - not too short, not too long.
 495 Perfect.

496
 497 It should be noted that like all 'major' hallucinogens, psilocybin
 498 can precipitate psychotic episodes and uncover or aggravate previous
 499 mental illness. If you're stressed out or depressed, don't take mushrooms;
 500 if you have schizophrenia or something, _DO NOT_ take mushrooms.

501 ACID IS NOT FOR EVERY BRAIN ... ONLY THE HEALTHY, HAPPY,
 502 WHOLESOME, HANDSOME, HOPEFUL, HUMOROUS, HIGH-VELOCITY
 503 SHOULD SEEK THESE EXPERIENCES. THIS ELITISM IS TOTALLY SELF-
 504 DETERMINED. UNLESS YOU ARE SELF-CONFIDENT, SELF-DIRECTED,
 505 SELF-SELECTED, PLEASE ABSTAIN.

506
 507 -Timothy Leary, Ph.D.

508
 509 I think this applies to mushrooms as well. Mushrooms and acid will
 510 open your doors of perception, and once open you can never truly close
 511 them again. They are more than a purely recreational drug.

512
 513 .oOo. Legality .oOo.

514
 515 Here's a list of the places we know about. Much of this is 'off the net'
 516 and may thus be more or less flawed. "Y" means it is legal, "N" means it
 517 is illegal, "?" means their status is unclear.

Location	V	V	V	V	V	Notes
Austria	Y	?	Y	Y	Y	Mushrooms are considered decorative plants and unless attempts to extract psilocybin are made they _should_ remain legal.
Canada	Y	N	Y	Y	Y	If Bill C-7 passes possession of fresh mushrooms and cultures will become illegal.


```
609      ; ; [ASCII stolen from Mescalito Ted]
610 _\\;_\\//_
611
612 Psilocybe mushrooms are:
613
614 == kingdom Protista, division Fungi, class Basidiomycetes, order Stropharia,
615     families Bolbitiaceae, Coprinaceae, Cortinariaceae, Pluteaceae,
616     and Strophariaceae
617 == basidiomycotina or -mycetes - Fungi that produce spores on stalks
618     outside the terminal cells.
619 == agaricales - mushrooms with cap & gills;
620
621 Commonly used species:
622
623 == Panaeolus sphinctrinus, subbalteatus (benanosis)
624 == Psilocybe baeocystis, caerulescens, cyanescens, mexicana,
625     pelliculosa, semilanceata, stuntzii
626 == Stropharia (Psilocybe) cubensis
627
628 Uncommonly used species [mostly stolen from the Tryptamine FAQ]:
629
630 == Agrocybe farinacea
631 == Boletus erythropus, manicus, migroviolaceus, niggerimus, kumaeus,
632     reayi [all (@)]
633 == Conocybe cyanopus, kuehneriana (*), siligineoides (?), smithii
634 == Copelandia anomala, bispora, cambodginiensis, cyanescens,
635     tropicalis
636 == Coprinus niveus, patouillardii, narcoticus
637 == Galerina steglichii
638 == Gymnopilus aeruginosus, liquiritiae, luteus, purpuratus, spectabilis,
639     validipes, viridans
640 == Inocybe aeruginascens, coelestium, corydalna, haemacta, tricolor
641 == Lepiota peelee
642 == Panaeolina foeniseccii (%)
643 == Panaeolus acuminatus, antillarum, ater, cambodginiensis, campanulatus,
644     chlorocystis, foeniseccii, firmicola, olivaceus, papilionaceus, retirugis,
645     separatus, tropicalis
646 == Pholiotina cyanapoda
647 == Pluteus atricapillus (%), nigroviridis, salicinus
648 == Psathyrella candolleana, gracilis, sepulchralis
649 == (Almost) all Psilocybe species
650
651 (*) Contains only psilocin.
652 (%) Contains only psilocybin.
653 (?) Contains unidentified tryptamines (probably psilocin/psilocybin).
654 (@) Contains unidentified hallucinogens (possibly psilocin/psilocybin).
655     The Boletus genus is very large and very few of them are
656     hallucinogenic; some are known to be poisonous.
657
658 Inclusion on this list does not mean the psilocin/psilocybin content is
659 sufficient for psychotropic activity in practical amounts, for example
660 one would need to eat around a thousand Pluteus atricapillus to get off.
661
662 The following hallucinogenic species contain not psilocin/psilocybin
663 but atropine, bufotenine, muscimol and similar nasties:
664
665 == Amanita citrine, formosa, mappa, muscaria (*), pantherina,
666     porphyria, regalis, tomentella
667 == Pholiota squarrosa
668
669 (*) The famed "Fly Agaric" red toadstool with white warts.
670
671 Amanita species cause 95% of all deaths from mushroom poisoning. The
672 ones above are (reasonably) safe, the danger lies in correct identification.
673 Death by Amanita poisoning is reportedly an excruciating way to die, since
674 they nuke your liver and the body's own wastes then kill you. Worse yet,
675 the effects only start 3 days after ingestion, and by then it's too late.
676 I would seriously recommend against toying with these; most reports say
677 they're not even fun. If you insist, consult other sources for more
678 information.
679
680 .oOo. Mushroom Guide .oOo.
681
682 .oO Warning
683
684     "Expert shroomers really know their shit."
```

-cowboy@jax.jaxnet.com

685
686
687 A printout of this part of the text should provide an adequate
688 check-list for mushrooms in the field, but a good mushroom book with
689 color pictures of the mushrooms, preferably at all 4 stages of growth,
690 is INVALUABLE. The set of GIFs at hemp.uwec.edu may be used as a
691 crude substitute, but a book is easier to carry around... =)

692
693 For exhaustingly exhaustive and thoroughly technical descriptions of
694 most Psilocybes, the reader is referred to Singer & Smith: Mycologia 58,
695 263-303 and H0iland: Norw J Botany 25(2), 111-122. These two, along
696 with a dozen lesser references (all of them listed at the end), were
697 primary sources in compiling this.

698
699 To check the spore color, take two caps, place one on a sheet of white
700 and one on a black paper, or on a glass plate if you plan to use
701 microscope. Place in a draftless place and wait for 6 to 24 hours. The
702 dust-like stuff on the sheet is the spores. Compare the two papers.
703 For size, you'll need a good microscope... =)

704
705 The standard identifying mark of most Psilocybes is that they stain
706 blue when touched or cut; unless specifically noted otherwise, assume
707 all mushrooms listed here do. Mind you, this blueing alone is *not*
708 sufficient for identification as a non-poisonous and hallucinogenic mushroom!

709
710 It is *STRONGLY* recommended that for the first few hunts you go out
711 with a friend who has hunted before and knows what they look like. While
712 there are no poisonous mushrooms that look like the -common- Psilocybes,
713 there are a whole bunch that certainly will not get you off, and while not
714 lethal they might well be quite unpleasant. So be careful!

715
716 .oO Dosage Note

717
718 The medium adult oral dose, according to Hofmann, is 4-8 mg of
719 psilocybin. Thus, you can estimate doses from the mg/g psilocybin figures
720 found in technical literature. Data for "% dry weight" is the same as
721 centigrams per gram, so just multiply by 10 to get the mg/g figure.

722
723 Whenever possible, dosages in both shrooms and grams of *FRESH* material
724 have been given. As a rule of thumb, for dried shrooms multiply the
725 dosage in SHROOMS by two. There is no reliable way of converting
726 weight in grams from fresh to dry, mushrooms contain -approximately-
727 90% water (ie. 10 grams wet = 1 gram dry) but the figure varies from
728 species to species.

729
730 The amount of psilocybin varies very considerably from mushroom to
731 mushroom, depending on factors like age, growing conditions, etc. The
732 variation is up to 4x for mushrooms grown in controlled laboratory
733 conditions, and as much as 10x for ones that are not! With a new batch,
734 always start out low.

735
736 When reading the data, remember that psilocybin is almost equal in
737 strength to psilocin. On the other hand, baeocystin does not appear to
738 very hallucinogenic, but it is rumored to account for some of the side
739 effects.

740
741 .oO Shroom descriptions in alphabetical order:

742
743 It should be kept in mind that mushrooms change appearance as they
744 age and often have different coloration in different regions.

745
746 These descriptions, formatted nicely so that you can print them out
747 as a booklet and take it with you when cow-hunting, are now available
748 separately as the "Psilocybe FAQ Mushroom Field Guide". Available
749 at all well-stocked FTP sites! Or make your own: cut out this section,
750 search-and-replace "*" with "<CTRL-L>", and print. Substitute your
751 computer's form feed character or sequence for CTRL-L in need.

752
753 *-----+
754 | QUICK VOCABULARY |
755 +-----+
756 | adnate | Gills that are fully attached to the stem |
757 | adnexed | Gills that are partly attached to the stem |
758 | apex | Top part of stem (ie. where it's attached to the cap) |
759 | concave | Cap that curves 'inward' (like the inside of a sphere) |
760 | convex | Cap that curves 'outward' (like the outside of a sphere) |

761	evanescent	Quickly disappearing veil
762	fibrillose	Stem that seems to be made of fibers packed together
763	fissure	Crack or cleft in cap or gills
764	HD	High dose
765	hygrophilous	Absorbs water easily
766	hygrophanous	Becomes translucent when wet
767	LD	Low dose
768	MD	Medium dose
769	mg/g	Milligrams of substance per gram of *dried* mushroom
770	N/A	Not applicable or not available
771	seceding	Gills that are detaching/detached from the stem
772	umbonate	Cap that is shaped like a knob
773	viscid	Cap covered with sticky coating
774	+-----+-----+-----+	
775	And remember, if you think learning these is too hard, try reading Singer	
776	& Smith. "Stipe tubular, more rarely subequal, discolors to reddish	
777	cinerous, strongly sulcate at apex, glabrous to fibrillose..."	
778	+-----+-----+-----+	
779		
780	*-----*	
781	CONOCYBE CYANOPODA => See CONOCYBE CYANOPUS	
782	+-----+-----+-----+	
783		
784	+-----+-----+-----+	
785	CONOCYBE CYANOPUS (aka Conocybe cyanopoda, Galerula cyanopus)	
786	+-----+-----+-----+	
787	A small and uncommon but relatively strong mushroom, often found on lawns.	
788	Found in the northern parts of the U.S., Canada and northern Europe.	
789	+-----+-----+-----+	
790	CAP	diameter 0.7-2.5 centimeters
791		color rusty/dark brown to black
792		appearance convex, nearly hemispherical, slightly expanding
793		slightly wrinkled at edges
794	+-----+-----+-----+	
795	STEM	diameter 1-1.5 millimeters
796		length 2-4 centimeters
797		color white or slightly grayish
798		appearance silky, striated
799	+-----+-----+-----+	
800	GILLS	form not crowded
801		color dull rust brown, white edges
802	+-----+-----+-----+	
803	SPORES	color dull rust brown
804		size 6.5-7.5 x 4.5-5 x 4.5-5 micrometers
805		shape ellipsoid, distinct germ-pore
806	+-----+-----+-----+	
807	DOSAGE	fresh grams N/A (LD), N/A (MD), N/A (HD)
808		mg/g psilocybin 9.30-4.50
809		psilocin 0.70-0.00
810		baeocystin 0.30-1.00
811	+-----+-----+-----+	
812		
813	*-----*	
814	CONOCYBE SMITHII (aka Galera cyanopes)	
815	+-----+-----+-----+	
816	This tiny mushroom is scattered among mosses in swamps, boggy areas and	
817	ditches. Found in the northern parts of the U.S. and Canada.	
818	+-----+-----+-----+	
819	CAP	diameter 0.3-1.3 centimeters
820		color ochra/cinnamon brown, darker at edges
821		appearance sharply conical but expands with age, glistens
822		when wet, hygrophanous
823	+-----+-----+-----+	
824	STEM	diameter 0.75-1.00 millimeters
825		length 1-7 centimeters
826		color pure white
827		appearance fragile, slightly swollen at base
828	+-----+-----+-----+	
829	GILLS	form crowded, broad
830		color ochra/cinnamon brown
831	+-----+-----+-----+	
832	SPORES	color rust cinnamon brown
833		size 7-9 x 4-4.5 x 4-4.5 micrometers
834		shape ellipsoid, small but distinct germ-pore
835	+-----+-----+-----+	
836	DOSAGE	fresh grams N/A (LD), N/A (MD), N/A (HD)

837		mg/g psilocybin	N/A
838		psilocin	N/A
839		baeocystin	0.40-0.80
840	+-----+		
841	*-----*		
842	GALERA CYANOPES => See CONOCYBE SMITHII		
843	+-----+		
844	+-----+		
845	+-----+		
846	GALERULA CYANOPUS => See CONOCYBE CYANOPUS		
847	+-----+		
848	+-----+		
849	+-----+		
850	NAEMATOLOMA CAERULESCENS => See STROPHARIA CUBENSIS		
851	+-----+		
852	+-----+		
853	+-----+		
854	PANAEOLOMA FOENISECII (aka Panaeolus foenisecii, Psilocybe foenisecii, "Mower's mushroom")		
855	+-----+		
856	A very popular mushroom on lawns, grasses and cattle fields of all kind.		
857	Unlike other Panaeolus species it does *not* grow on dung!		
858	Grows from midsummer to first signs of winter. This one's everywhere!!!		
859	+-----+		
860	CAP	diameter	1-3 centimeters
861		color	light brown to dark brown; dries to yellow-brown
862		appearance	broad, bluntly conical to bell-shaped, expanding to convex, broadly umbonate, or nearly plane; surface smooth or cracking into scales in dry weather; hygrophanous but not viscid; chestnut-brown to dark brown or cinnamon brown when moist
863			fades as it dries to dingy buff or tan, often with darker marginal band when partially dry; flesh thin and fragile.
864			+-----+
865	STEM	diameter	2-3 millimeters
866		length	4-10 centimeters
867		color	paler than cap
868		appearance	constant diameter, sometimes with enlarged base, fragile, more or less smooth, white to dingy brownish, often becoming brown from the base upward.
869			+-----+
870	GILLS	form	adnate to adnexed or seceding, fairly close
871		color	brown to deep/grayish/chocolate brown, faces often mottled and edges paler or whitish
872			+-----+
873	SPORES	color	violet brown
874		size	12-17 x 7-9 x 7-9 micrometers
875		shape	lemon shaped, large sprouter
876			+-----+
877	DOSAGE	fresh grams	N/A (LD), N/A (MD), N/A (HD)
878		mg/g psilocybin	0.30
879		psilocin	0.00
880		baeocystin	N/A
881			+-----+
882	OTHER	Often found with other Panaeolus species.	
883		"Mini-model" of Pa. subbalteatus.	
884		Very low psilocybin content and some specimens have none at all.	
885		TASTES HORRIBLE! Tea recommended.	
886		+-----+	
887	*-----*		
888	PANAEOLOUS ACUMINATUS (aka Panaeolus rickenii)		
889	+-----+		
890	Grows in horse pastures and rarely on horse manure. From midsummer to the borders of winter. This fragile shroom is quite popular in Scandinavia and northern Europe.		
891	+-----+		
892	CAP	diameter	1-2 centimeters
893		color	dark brown/black when wet, dark grey when dry, light brown from the center
894		appearance	cone-shaped, hygrophilous
895			+-----+
896	STEM	diameter	1-3 millimeters
897			+-----+

913		length	5-12 centimeters
914		color	greyish
915		appearance	N/A
916	+-----+		
917	GILLS	form	crowded together
918		color	grey to black, white tips
919	+-----+		
920	SPORES	color	violet brown
921		size	12-16 x 8-11 x 8-11 micrometers
922		shape	lemon shaped
923	+-----+		
924	DOSAGE	mushrooms	40 (LD), 100 (MD), 150 (HD)
925		mg/g psilocybin	N/A
926		psilocin	N/A
927		baeocystin	N/A
928	+-----+		
929	OTHER	Makes a good strawberry milkshake!	
930	+-----+		
931	*-----*		
932	+-----+		
933	PANAEOLUS ATER		
934	+-----+		
935	Fruits in forest clearings and cow pastures from spring to fall.		
936	+-----+		
937	CAP	diameter	1-2 centimeters
938		color	dark brown when wet, pale yellow-brown when dry
939		appearance	bell-shaped, spreads until hemispherical, smooth, hygrophilous
940	+-----+		
941	+-----+		
942	STEM	diameter	1-3 millimeters
943		length	3-7 centimeters
944		color	paler from tip, darker from bottom
945		appearance	N/A
946	+-----+		
947	GILLS	form	narrowly attached
948		color	first dark grey then black
949	+-----+		
950	SPORES	color	N/A
951		size	9-14 x 6-7.5 x 6-7.5 micrometers
952		shape	lemon shaped
953	+-----+		
954	DOSAGE	fresh grams	N/A (LD), N/A (MD), N/A (HD)
955		mg/g psilocybin	N/A
956		psilocin	N/A
957		baeocystin	N/A
958	+-----+		
959	*-----*		
960	+-----+		
961	PANAEOLUS BENANOSIS => See PANAEOLUS SUBBALTEATUS		
962	+-----+		
963	+-----+		
964	+-----+		
965	PANAEOLUS CAMPANULATUS		
966	+-----+		
967	Grows in cattle pastures and especially on horse manure, from midsummer to fall.		
968	+-----+		
969	+-----+		
970	CAP	diameter	2-4 centimeters
971		color	brown/gray/olive gray when fresh, reddish-brown and paler olive/tan/buff when drier
972		appearance	bluntly conical or bell-shaped, expands very little with age; surface not viscid, often shiny when dry, smooth or finely wrinkled or often cracking to form scales (especially in sunlight); margin hung with small, white, toothlike veil remnants, at least when young; flesh thin and fragile
973	+-----+		
974	+-----+		
975	+-----+		
976	+-----+		
977	+-----+		
978	+-----+		
979	+-----+		
980	+-----+		
981	STEM	diameter	1-3 millimeters
982		length	5-15 centimeters
983		color	grey or greyish brown
984		appearance	equal or thicker at apex, brittle or fragile, slightly powdered
985	+-----+		
986	+-----+		
987	GILLS	form	adnate or adnexed but often seceding, fairly close
988	+-----+		

989		color	first grey, blacken with age; edges whitish
990	+-----+		
991	SPORES	color	black
992		size	13-18 x 7-12 x 7-12 micrometers
993		shape	elliptical and smooth
994	+-----+		
995	DOSAGE	mushrooms	N/A (LD), 40-50 (MD), N/A (HD)
996		mg/g psilocybin	N/A
997		psilocin	N/A
998		baeocystin	N/A
999	+-----+		
1000	OTHER	Psilocybin content evidently varies, some people have eaten over	
1001		100 of these with no effects.	
1002	+-----+		
1003	*-----*		
1004	PANAEOLUS FOENISECII => See PANAEOLINA FOENISECII		
1005	+-----+		
1006	PANAEOLUS RICKENII => See PANAEOLUS ACUMINATUS		
1007	+-----+		
1008	PANAEOLUS SPHINCTRINUS		
1009	+-----+		
1010	Grows on manure of all kind, from summer to fall.		
1011	+-----+		
1012	CAP	diameter	1-4 centimeters
1013		color	grey to greyish brown, paler when dry
1014		appearance	bell-shaped, usually smooth but sometimes bumpy, not hygrophilous, white scales on the edge
1015	+-----+		
1016	STEM	diameter	1-3 millimeters
1017		length	5-12 centimeters
1018		color	grey, paler from tip
1019		appearance	erect, powdery
1020	+-----+		
1021	GILLS	form	adnate
1022		color	grey brown/black, white tips, veil remnants
1023	+-----+		
1024	SPORES	color	N/A
1025		size	14-18 x 8-12 x 8-12 micrometers
1026		shape	lemon shaped, with germ-pore
1027	+-----+		
1028	DOSAGE	mushrooms	N/A (LD), 200 (MD), N/A (HD)
1029		mg/g psilocybin	1.90
1030		psilocin	N/A
1031		baeocystin	N/A
1032	+-----+		
1033	*-----*		
1034	PANAEOLUS SUBBALTEATUS (aka Panaeolus benanosis)		
1035	+-----+		
1036	Widespread, found in temperate zones including Canada, the northern parts		
1037	of the U.S. and northern Europe. Grows on grasses, lawns, pastures,		
1038	roadsides; prefers fertilized or manured soil. Grows in the spring and		
1039	fall.		
1040	+-----+		
1041	CAP	diameter	2-6 centimeters
1042		color	variable; brown to reddish/cinnamon brown when moist, fading as it dries to tan/buff/whitish, margin often stays darker when dry
1043		appearance	broad, convex or bluntly conical, becoming broadly convex to broadly unbonate to plane or with an uplifted margin; surface smooth or wrinkled, in age sometimes breaking into scales(fissured), not viscid; flesh thin, brownish
1044	+-----+		
1045	STEM	diameter	3-5 millimeters
1046		length	5-10 centimeters
1047		color	brown to reddish-brown, often dusted by spores
1048		appearance	equal or tapered at either end, hollow but not fragile; usually longitudinally striated throughout.
1049	+-----+		

1065			
1066	GILLS	form	adnate to adnexed or seceding, close, broad
1067		color	pale watery brown or reddish brown, darkens
1068			gradually to black; edges whitish, faces mottled
1069			
1070	SPORES	color	dark brown
1071		size	11-14 x 7-9 x 6-8 micrometers
1072		shape	lens shaped, with germ pore
1073			
1074	DOSAGE	fresh grams	30 (LD), 60 (MD), 100 (HD)
1075		mushrooms	5-10 (LD), 20-40 (MD), 60-90 (HD)
1076		mg/g psilocybin	1.50-6.00
1077		psilocin	0.00
1078		baeocystin	0.01-0.05
1079			
1080	OTHER	Often forms tufts of 2-4 fruitbodies.	
1081		There are several distinct subtypes of <i>Pa. subbalteatus</i> , this is	
1082		the most common one.	
1083		<i>Pa. subbalteatus</i> bears some resemblance to <i>Panaeolina foenicicii</i> .	
1084			
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1100			
1101			
1102			
1103			
1104			
1105	CAP	diameter	1.5-2.5 centimeters
1106		color	milk white to yellowish
1107		appearance	starts obtuse to subumbonate, expands to broadly
1108			conical; edge of cap may become cracked
1109			
1110	STEM	diameter	0.2-0.4 centimeters
1111		length	3.0-6.0 centimeters
1112		color	whitish, possibly with gray discolored portions
1113		appearance	fibrous, veil remnants may be visible
1114			
1115	GILLS	form	closely spaced, broad
1116		color	deep purple brown, pallid/whitish edges
1117			
1118	SPORES	color	dark dull ochra brown
1119		size	11-14 x 5-8 x 5-8 micrometers
1120		shape	elongated ellipsoid, with germ pore
1121			
1122	DOSAGE	mushrooms	2-3 (LD), 4-10 (MD), 20-40 (HD)
1123		mg/g psilocybin	N/A
1124		psilocin	N/A
1125		baeocystin	N/A
1126			
1127	OTHER	<i>Ps. aztecorum</i> resembles <i>Ps. mexicana</i> to some degree and was	
1128		originally thought to be a variant. Dosage has been estimated on	
1129		the assumption that they are equally potent; it is known to be a	
1130		hallucinogen.	
1131			
1132			
1133			
1134			
1135			
1136			
1137			
1138			
1139			
1140			

1141	CAP	diameter	1.4-5.4 centimeters
1142		color	olive brown to buffy brown, greenish if touched
1143		appearance	edge of cap undulates like a bottle cap or umbrella, a brown spot appears in the center of the cap after drying
1144			
1145	-----		
1147	STEM	diameter	2.0-3.0 millimeters
1148		length	5.0-7.0 centimeters
1149		color	white except for yellowish apex
1150		appearance	often characterized by twisting bends
1151	-----		
1152	GILLS	form	relatively closed spaced
1153		color	dark cinnamon or gray
1154	-----		
1155	SPORES	color	gray
1156		size	10-13 x 6-7 x 6-7 micrometers
1157		shape	cylindrical with tapered corners
1158	-----		
1159	DOSAGE	fresh grams	N/A (LD), N/A (MD), N/A (HD)
1160		mg/g psilocybin	1.50-8.50
1161		psilocin	0.50-5.90
1162		baeocystin	0.10-1.00
1163	-----		
1164	OTHER	As the name indicates, it has a lot of baeocystin.	
1165		This is the only common Psilocybe for which a fatality, a	
1166		7-year-old boy, is known.	
1167	-----		
1168	*-----*		
1169	*-----*		
1170	PSILOCYBE CAERULESCENS (aka Psilocybe mazatecorum, "Durrumbe",		
1171	"Landslide")		
1172	-----		
1173	Found throughout the southern United States, from California to Louisiana		
1174	and South Carolina to Florida; a Mexican variety called Ps. caeruleascens		
1175	mazatecorum exists. Evidently unknown elsewhere. Grows on the banks of		
1176	rivers and streams in the summer during rainy season.		
1177	-----		
1178	CAP	diameter	2.0-8.8 centimeters
1179		color	deep green to black, fades with age
1180		appearance	cone-shaped when young, expands to convex/flat (never bowl-shaped), smooth and sticky, no nipple, margin of cap lighter/darker than center
1181			
1182	-----		
1184	STEM	diameter	0.2-1.0 centimeters
1185		length	4.0-12.2 centimeters
1186		color	glassy-white to grayish
1187		appearance	even, hollow, smooth, tough, covered w/ hairs, possibly remnants of evanescent veil
1188	-----		
1189	GILLS	form	closely spaced
1190		color	light gray to dark brown/black as it ages
1191	-----		
1192	SPORES	color	deep purple brown
1193		size	6-8 x 5-6 x 4-5 micrometers
1194		shape	elliptic to inequilateral, broad germ pore
1195	-----		
1196	DOSAGE	mushrooms	2-3 (LD), 4-10 (MD), 20-40 (HD)
1197		mg/g psilocybin	N/A
1198		psilocin	N/A
1199		baeocystin	N/A
1200	-----		
1201	OTHER	The dosage is an estimate, the mushroom is said to be roughly	
1202		equivalent to Str. cubensis.	
1203	-----		
1204	*-----*		
1205	*-----*		
1206	*-----*		
1207	PSILOCYBE CUBENSIS => See STROPHARIA CUBENSIS		
1208	-----		
1209	The nomenclature of this mushroom remains confused. Europeans and most		
1210	ethnopharmacologists call it by its original name, Stropharia (Psilocybe)		
1211	cubensis Earle, which is the name its discoverer R.E. Schultes gave it.		
1212	However, the American mycologist Rolf Singer reclassified it as Psilocybe		
1213	cubensis (Earle) Singer, which is what mycologists usually call it.		
1214	We have decided to stick with Stropharia cubensis.		
1215	-----		
1216	*-----*		

1293		Indians and the first one discovered by the West.	
1294		Ps. mexicana always grows solitary, but there are usually many	
1295		others near each fruitbody.	
1296	+-----+		
1297			
1298	*-----*		
1299		PSILOCYBE MEXICANA var. LONGISPORA => See PSILOCYBE AZTECORUM	
1300	+-----+		
1301			
1302	+-----+		
1303		PSILOCYBE MONTANA (aka Psilocybe atrorufa)	
1304	+-----+		
1305		Grows in low moss on sandy land, roadsides etc. From summer to fall,	
1306		sometimes in spring, quite popular.	
1307	+-----+		
1308	CAP	diameter	0.5-2 centimeters
1309		color	red-brown, paler when dry
1310		appearance	hemispherical, sticky when wet
1311	+-----+		
1312	STEM	diameter	1-2 millimeters
1313		length	1-4 centimeters
1314		color	light brown
1315		appearance	crumbles easily
1316	+-----+		
1317	GILLS	form	widely spaced
1318		color	first light brown, become purple-brown with age
1319	+-----+		
1320	SPORES	color	N/A
1321		size	6-9 x 5-6 x 4-5 micrometers
1322		shape	oval shaped
1323	+-----+		
1324	DOSAGE	mushrooms	40 (LD), 100 (MD), 200 (HD)
1325		fresh grams	5 (LD), 15 (MD), 30 (HD)
1326		mg/g psilocybin	0.0 (?)
1327		psilocin	0.0 (?)
1328		baeocystin	N/A
1329	+-----+		
1330	OTHER	Chemical studies have found no psilocybin or psilocin in this,	
1331		yet reports of its use exist. Caveat emptor.	
1332	+-----+		
1333			
1334	*-----*		
1335		PSILOCYBE PELLICULOSA => See PSILOCYBE SEMILANCEATA	
1336	+-----+		
1337			
1338	+-----+		
1339		PSILOCYBE PUGETENSIS => See PSILOCYBE STUNTZII	
1340	+-----+		
1341			
1342	+-----+		
1343		PSILOCYBE SEMILANCEATA (aka Psathyra pelliculosa, Psilocybe pelliculosa,	
1344		"Liberty Cap")	
1345	+-----+		
1346		Found in northern temperate zone throughout the world. Grows inland up to	
1347		a thousand miles (1500 km) from the ocean. Northwestern U.S, Scandinavia,	
1348		the British Isles and western Europe. Very popular in Norway and other	
1349		parts of Scandinavia. Fruits in grasses and cow pastures, parks and	
1350		roadsides in the fall.	
1351	+-----+		
1352	CAP	diameter	5-10 millimeters
1353		color	brown, drying to yellowish brown
1354		appearance	sharply conical, small "nipple" on top, never
1355			expands, incurved, striated margin, sticky when
1356			wet
1357	+-----+		
1358	STEM	diameter	2-3 millimeters
1359		length	6-10 centimeters
1360		color	pallid to yellowish or brown, darkens with age,
1361			does *not* bruise blue
1362		appearance	wavy and tough, fibrilliose, veil absent or
1363			rudimentary, small dark ring may be present
1364	+-----+		
1365	GILLS	form	adnate or adnexed, slant upwards to almost
1366			vertical
1367		color	first pale, soon becomes purplish brown
1368	+-----+		

1369	SPORES	color	brown
1370		size	12-16 x 7-9 x 7-9 micrometers
1371		shape	ellipsoid, with germ pore
1372	+-----+		
1373	DOSAGE	mushrooms	5-10 (LD), 20-40 (MD), 60-90 (HD)
1374		mg/g psilocybin	10.0-11.0
1375		psilocin	0.00
1376		baeocystin	0.90-3.40
1377	+-----+		
1378	OTHER	Ps. pelliculosa is actually a separate species, but the two are indistinguishable to the naked eye. It grows in sawdust or wood chip piles in forests where lumberjacks have been working. The two can be distinguished by spore size, with Ps. pelliculosa spores being smaller at 9-13 x 5-7 x 5-7 micrometers. Ps. pelli. is also weaker in potency, having only 1.2-7.1 mg/g and 0.0-0.5 mg/g psilocybin and baeocystin respectively.	
1379		Ps. semil. contains more baeocystin than most other Psilocybes, which may account for the subjective difference in quality.	
1380	+-----+		
1381	*-----*		
1382	PSILOCYBE STUNTZII (aka Psilocybe pugetensis)		
1383	+-----+		
1384	Commonly found in Washington state (U.S.) and British Columbia (Canada).		
1385	Found on lawns, in fields and bark mulch; originally identified growing on the U of Washington campus! Fruits from August to December.		
1386	+-----+		
1387	CAP	diameter	0.5-3.5 centimeters
1388		color	variable; deep olive-brown to chestnut brown if young, fading to dingy yellow-brown or yellowish buff; margin often tinged greenish
1389		appearance	bluntly conical becoming convex to broadly umbonate, plane, or with uplifted margin; viscid when moist; margin striate when moist
1390	+-----+		
1391	STEM	diameter	1.5-4.0 millimeters
1392		length	2.0-7.0 centimeters
1393		color	white to ochraceous brown
1394		appearance	becomes hollow with age, equal or thicker at either end, often curved, not viscid, veil may form fragile ring or fibrillose zone
1395	+-----+		
1396	GILLS	form	adnate or adnexed, narrow, close to well spaced
1397		color	chocolate brown to violet/black, whitish edges
1398	+-----+		
1399	SPORES	color	deep violet to dark purple
1400		size	8-12 x 6-7 x 6-7 micrometers
1401		shape	not quite elliptic, with germ pore
1402	+-----+		
1403	DOSAGE	fresh grams	N/A (LD), N/A (MD), N/A (HD)
1404		mg/g psilocybin	3.6-0.4
1405		psilocin	0.1-0.6
1406		baeocystin	0.0-0.2
1407	+-----+		
1408	OTHER	This mushroom is quite similar to Ps. cyanescens, Ps. venenata and Ps. subaeruginascens; however, the latter two do not grow in Northern America. There are also some poisonous Galerina species that resemble Ps. stuntzii, so be careful. The Galerinas grow in forested areas, not lawns and fields.	
1409		Ps. stuntzii can grow either in clusters or solitary.	
1410	+-----+		
1411	*-----*		
1412	PSILOCYBE SUBAERUGINOSA		
1413	+-----+		
1414	Found throughout Australia and regions nearby. Grows solitary or in groups on soil in forests.		
1415	+-----+		
1416	CAP	diameter	up to 5 centimeters
1417		color	"biscuit brown", darker when wet
1418		appearance	conical with inturned edge when young, becomes convex when older
1419	+-----+		
1420	STEM	diameter	relatively thin
1421		length	up to 10 centimeters
1422		color	white with occasional grey/blue/green blotches

1445		appearance	traces of veil may remain as a small ring
1446	+-----+		
1447	GILLS	form	closely spaced, may be attached to stem
1448		color	smoky brown/black
1449	+-----+		
1450	SPORES	color	purplish brown
1451		size	10-15 x 5-9 x 5-9 micrometers
1452		shape	ellipsoid, with germ pore
1453	+-----+		
1454	DOSAGE	mushrooms	2-5 (LD), 5-13 (MD), 20+ (HD)
1455		mg/g psilocybin	N/A
1456		psilocin	N/A
1457		baeocystin	N/A
1458	+-----+		
1459	*-----*		
1460		PSILOCYBE SUBAERUGINASCENS (aka Psilocybe aerugineomaculans, Stropharia	
1461		caerulescens, Stropharia venenata)	
1462		+-----+	
1463		Found in some parts of Asia, at least northern Japan and Java, Indonesia.	
1464		Usually found on horse manure but evidently grows on rotten wood as well.	
1465		+-----+	
1466		+-----+	
1467	CAP	diameter	1.5-2.5 centimeters
1468		color	whitish with smoke-brown center
1469		appearance	flat to convex, glabrous and smooth
1470	+-----+		
1471	STEM	diameter	1.5-3.0 millimeters
1472		length	3.0-4.0 centimeters
1473		color	white
1474		appearance	traces of veil may remain as a small ring
1475	+-----+		
1476	GILLS	form	widely spaced
1477		color	grayish brown, edges paler
1478	+-----+		
1479	SPORES	color	violet brown
1480		size	8-10 x 7-8 x 6-7 micrometers
1481		shape	ellipsoid, with germ pore
1482	+-----+		
1483	DOSAGE	fresh grams	N/A (LD), N/A (MD), N/A (HD)
1484		mg/g psilocybin	N/A
1485		psilocin	N/A
1486		baeocystin	N/A
1487	+-----+		
1488	OTHER	This mushroom is known to be hallucinogenic in reasonable doses,	
1489		but unlike most other Psilocybes it is also toxic and possibly	
1490		even lethal in higher ones (deaths are known). Caveat emptor!	
1491	+-----+		
1492	*-----*		
1493		PSILOCYBE ZAPOTECORUM (aka "Mbey San", "Piule de Barda")	
1494		+-----+	
1495		+-----+	
1496		Found only in Oaxaca, Mexico. Grows primarily on soil in swamps.	
1497	+-----+		
1498	CAP	diameter	6.0-11.0 centimeters
1499		color	ochra yellow to brown/purple/black
1500		appearance	bell-shaped, becomes breast-shaped; always
1501			twisted and asymmetric in shape
1502	+-----+		
1503	STEM	diameter	1.0-2.0 centimeters
1504		length	10.0-20.0 centimeters
1505		color	brownish (inside of stem lighter or white)
1506		appearance	very fibrous, elastic, often twisted, hollow
1507	+-----+		
1508	GILLS	form	rather closely spaced, not very broad
1509		color	violet-purple
1510	+-----+		
1511	SPORES	color	brown purple
1512		size	6-9 x 4-5 x 3-4 micrometers
1513		shape	compressed ellipsoid, with germ pore
1514	+-----+		
1515	DOSAGE	mushrooms	N/A (LD), N/A (MD), N/A (HD)
1516		mg/g psilocybin	N/A
1517		psilocin	N/A
1518		baeocystin	N/A
1519	+-----+		
1520	OTHER	Ps. zapotecorum is used as a hallucinogen by Chatino and Zapotec	

1521			Indians.				
1522	+-----+						
1523							
1524	*-----*						
1525		STROPHARIA CAERULESCENS => See PSILOCYBE SUBAERUGINASCENS					
1526	+-----+						
1527							
1528	+-----+						
1529		STROPHARIA CYANESCENS => See STROPHARIA CUBENSIS					
1530	+-----+						
1531							
1532	+-----+						
1533		STROPHARIA (PSILOCYBE) CUBENSIS (aka Naematoloma caerulescens, Psilocybe cubensis, Stropharia cyanescens, "San Isidro")					
1534	+-----+						
1535							
1536		Found throughout the southern United States, from California to Louisiana					
1537		and South Carolina to Florida, as well as most of Central and South					
1538		America, and parts of southeast Asia. Arrived to the Americas with					
1539		Spanish Brahma cattle from the Philippine Islands. Grows on cow manure					
1540		or manure-fertilized soil.					
1541	+-----+						
1542	CAP	diameter	1.6-8.0 centimeters				
1543		color	pure white to light brown, translucent when wet				
1544		appearance	starts conical, gradually inverts to convex,				
1545			then to flat and finally bowl-shaped; has a gold				
1546			center spot; covered by sticky protective film;				
1547			flesh firm and white; margin sometimes hung				
1548			with veil remnants				
1549	+-----+						
1550	STEM	diameter	0.4-1.4 centimeters				
1551		length	4.0-15.0 centimeters				
1552		color	white or bluish-stained				
1553		appearance	membranous, usually forms a thin fragile ring				
1554			on stalk which is blackened by falling spores				
1555	+-----+						
1556	GILLS	form	closely spaced, initially attached to stem but				
1557			may separate with age				
1558		color	light brown/gray to deep purple/black, edges				
1559			whitish				
1560	+-----+						
1561	SPORES	color	dark brown to blackish				
1562		size	12-17 x 8-12 x 7-9 micrometers				
1563		shape	smooth, nearly elliptic, with germ pore				
1564	+-----+						
1565	DOSAGE	mushrooms	2-3 (LD), 4-10 (MD), 20-40 (HD)				
1566		dried grams	1-2 (LD), 3-5 (MD), 10-20 (HD)				
1567		mg/g psilocybin	4.00-12.0				
1568		psilocin	0.00-1.00				
1569		baeocystin	0.00-0.20				
1570	+-----+						
1571	OTHER	Str. cubensis is the most important of the psilocybian mushrooms,					
1572		being common in the Americas and relatively easy to cultivate.					
1573		Str. cubensis variety cyanescens, found in Florida, is a sort of					
1574		albino Str. cub. with very little pigment in the cap.					
1575		Str. cubensis variety caerulescens, found in Indochina, has cap					
1576		colored clear yellow in some places.					
1577	+-----+						
1578							
1579	+-----+						
1580		STROPHARIA VENENATA => See PSILOCYBE SUBAERUGINASCENS					
1581	+-----+						
1582							
1583	.o0 Other psychoactive species						
1584							
1585	Here is a brief list of dosage information on some other mushrooms.						
1586	Some Psilocybes that are known to contain no psilocybin/psilocin are						
1587	included. Descriptions have been purposely omitted, since I don't have						
1588	enough info for a full-scale description like the ones above; if you are						
1589	interested, look them up in a guide.						
1590							
1591	Genus	Shrooms	Grams	Psilocyb.	Psilocin	Baeocys.	Notes
1592	species	fresh	fresh	mg/g dry	mg/g dry	mg/g dry	
1593	+-----+						
1594	BOLETUS						
1595	erythropus		100+				1
1596	+-----+						

1597	COPRINUS						
1598	narcoticus		50+				
1599	niveus		50+				
1600	patouillardii		50+				
1601	-----						
1602	GYMNOPIIUS						
1603	purpuratus			1.0-3.4	1.0-3.1	0.5-0.1	
1604	-----						
1605	INOCYBE						
1606	aeruginascens			4.0	0.0	2.1	
1607	-----						
1608	PANAEOLUS						
1609	olivaceus			0.05	0.0		
1610	-----						
1611	PLUTEUS						
1612	atricapillus			0.05	0.0		
1613	salicinus			2.1-3.0	0.0-0.5		
1614	-----						
1615	PSATHYRELLA						
1616	candolleana			0.04	0.05		
1617	-----						
1618	PSILOCYBE						
1619	bohemica			8.5-9.3			
1620	bullacea	40-200	5-30				
1621	cookei	10-25	2-10				2
1622	coprophila	50-200	15-100	0.0	0.0		3
1623	inquilina			0.0	0.0		
1624	merdaria			0.0	0.0		
1625	muscorum	40-200	5-30				
1626	percivalii			0.0	0.0		
1627	rhombispora			0.0	0.0		
1628	squamosa			0.0	0.0		
1629	subcoprophila			0.0	0.0		
1630	-----						

Notes:

- 1 Has poisonous lookalikes.
- 2 Very similar to Ps. semilanceata.
- 3 No psilocybin or psilocin detected chemically despite reports of successful use as a hallucinogen.

.oOo Mushroom Resources .oOo.

>>> Archives on the Internet

hemp.uwec.edu (FTP, Gopher)

Contains a nice set of mushroom GIFs.
Directory of interest: ???

hyperreal.com (FTP, WWW, Gopher)

The site for drug information on the 'Net'.
Directory of interest: /drugs/psychedelics/mushrooms

teleport.com (FTP)

The FTP site for the FUNGUS mailing list (see below).
Directory of interest: /pub/users/rarnold/mushroom/FUNGUS

>>> Mailing lists on the Internet

FUNGUS

A list devoted to mushroom growers, the guidelines specifically ban discussion of illegal topics, so use a little common sense. The interesting types are however mentioned occasionally, usually under the name "stropharia", and quite a bit of the info is of interest to all growers.

Request address: fungus-request@teleport.com
First line of message: "SUBSCRIBE FUNGUS <address>"

Visionary Plants

1673 A list devoted to all issues regarding visionary plants, primarily
1674 mushrooms and species that contain DMT. Highly informative and highly
1675 recommended.
1676
1677 Request address: EDMOND@uwyo.edu
1678
1679 This list is selective and maintained by a human, so be polite and tell
1680 a bit about yourself and why you want to subscribe, etc.
1681
1682 >>> Companies in the Real World
1683
1684 ** Warning: Some of these are probably fly-by-night companies that may
1685 ** already have disappeared, so be careful. All addresses are in the USA
1686 ** unless otherwise noted.
1687
1688 BJ Str. cubensis or Lepiota peelee sporeprints
1689 #118 10548 SW 8th St. for \$2; Amanita pantherina coming up in
1690 Miami, FL 33174 the future.
1691
1692 Conscious Dreams Sells fresh mushrooms (F25/oz), growing
1693 Kerkstraat 117 kits, spore prints (Str. cub, Ps. cyan.),
1694 1017 GE Amstergam and live cultures.
1695 The Netherlands (Phone: +31-20-626-6907)
1696
1697 The DoorWay Sells lots of books and a shroom kit.
1698 P.O. Box 12553 Send \$1 for catalog.
1699 Ogden, UT 84412-2553 (E-Mail: MELBARBARI@cc.weber.edu)
1700
1701 Fane of the Psilocybe Also known as "The Fane", send \$1 for
1702 Mushroom Association a membership form. Issues of their
1703 Station "E" publication "The Sporeprint" cost \$5.
1704 Victoria, B.C. V8W 2W3
1705 Canada
1706
1707 ** FMRC Florida Mycology Research Center
1708 1* P.O. Box 8104 ** NO LONGER SELLS PSILOCYBE SPORES **
1709 ** Pensacola, FL 32505
1710
1711 FS Book Company Does not sell spores, but sells a "Mushroom
1712 P.O. Box 417457 Resource Catalog" for \$15.
1713 Sacramento, CA 95841-7457 (Phone: +1-916-771-4203)
1714
1715 Fungi Perfecti Does not sell Psilocybe spores, but
1716 P.O. Box 7634 everything else is available.
1717 Olympia, WA 98507 (Phone : +1-800-780-9126 orders only
1718 +1-206-426-9292 other/int'l
1719 Fax : +1-206-426-9377
1720 E-Mail: MYCOMEDIA@aol.com)
1721
1722 J.L.F. Supposedly sells some rare species ready
1723 P.O. Box 184-SC to eat and lotsa weird stuff. Free catalog.
1724 Elizabethtown, IN 47232 (Phone: +1-812-379-2508)
1725
1726 HEMP BC Str. cubensis syringe w/ instructions \$33.95,
1727 324 West Hastings complete kit \$95.65. S&H included, add \$5
1728 Vancouver, B.C. for delivery overseas.
1729 Canada V6B 1K6 (Phone: +1-604-681-4620
1730 Fax : +1-604-681-4604
1731 WWW : <http://www.hempbc.com>)
1732
1733 ** Homestead Books Str. cubensis spores (\$25), kits (\$70), and
1734 2* P.O. Box 31608 books/videos about growing.
1735 ** Seattle, WA 98103 (Phone: +1-206-782-4532)
1736
1737 Lux Natura No spores, but McKenna stuff and a new,
1738 P.O. Box 2196 extended version of "Psilocybin: Magic
1739 Berkeley, CA 94704 Mushroom Grower's Guide." Free catalog.
1740
1741 ** Mushroompeople Sells books related to mushrooms (including
1742 3* P.O. Box 220 but not limited to psychoactive ones).
1743 ** Summertown, TN 38483-0220 (E-Mail : NATLAW@igc.apc.org
1744 Voice/Fax : +1-615-964-2200
1745 US Fax : +1-800-MYCO-FAX)
1746
1747 Mycophile Books Just what the name says, and nothing more.
1748 P.O. Box 93 Also sell used and rare books. Catalog \$3.

1749 Naples, FL 33939 (Phone: 1-813-262-3363)
1750
1751 Pacific Exotic Spora Panaeolus cyanescens and Coplandia cyanescens
1752 P.O. box 11611 spores. Very expensive, \$40-\$75.
1753 Honolulu, HI 96828
1754
1755 PRL Biosciences Str. cubensis culture for \$40, other equipment
1756 and supplies available. Free catalog.
1757 (Fax: +1-215-483-4917)
1758
1759 ** Psylocybe Fanaticus Send \$2 & SASE for ad (electronic version
1760 4* 1202 E. Pike St. #783 on hyperreal.com). Spores come in syringes
1761 ** Seattle, WA 98122 making them considerably easier to use.
1762
1763 Teonanácatl \$5 for small Ps. cyanescens Astoria Ossip
1764 (postlagernd) or small Ps. cyanascens USA sporeprint,
1765 Postamt 1092 \$10-20 for large Ps. cy. AO sporeprint.
1766 A-1092 Vienna Add \$2 for shipping and handling.
1767 Austria (E-Mail: an148626@anon.penet.fi)
1768
1769 The Shroom King Str. cubensis print and a book for \$25,
1770 P.O. Box 17444 above plus compost and agar for \$35.
1771 Seattle, WA 98107 (Phone: +1-206-784-9328)
1772
1773 SYZYGY \$15 + \$1 (S&H) for a Str. cubensis print
1774 P.O. Box 619 on a slide.
1775 Honaunau, HI 96726
1776
1777 Additional notes:
1778
1779 *1* FMRC: While they do not sell Psilocybe spores anymore, they are
1780 still active supporters of the issue and they also put an excellent
1781 publication named "The Mushroom Culture".
1782
1783 *2* Homestead Books: Around for a long time, cheap, and knowledgeable.
1784
1785 *3* Mushroompeople: The best, although not necessarily the cheapest, source
1786 for all types of mushroom literature.
1787
1788 *4* Psylocybe Fanaticus: The best known of the 'underground' sellers,
1789 with cheap prices, very fast turnaround times, and high reliability.
1790 Outside the US, add an extra \$10 to your order for shipping & handling.
1791
1792 Updates to the list are welcome, of course.
1793
1794 .oOo. Growing Mushrooms .oOo.
1795
1796 This is about the only aspect of mushrooms that has been thoroughly
1797 covered in text files, so we advise you to consult them. Here are few
1798 of the better known and more complete files:
1799
1800 The Psilocybin Producer's Guide
1801 Psilly Simon's Mushroom Growin' Guide II
1802 How To Grow Psychedelic Mushrooms
1803 Psylocybe Fanaticus Tek
1804
1805 There are also numerous files described more specialized methods such as
1806 different agar mixes, reports of successful growing, etc. For the serious
1807 or interested, there is Paul Stamets' excellent book, The Mushroom
1808 Cultivator, and McKenna brothers' Psilocybin: Magic Mushroom Grower's
1809 Guide written under pseudonyms O. T. Oss and O. N. Oeric, both available
1810 through many mail-order companies, such as FS books.
1811
1812 All available at a local friendly FTP site such as hyperreal.com, except
1813 for the P.F. Tek which is copyrighted and thus contraband (unless you pay
1814 \$10 to PF, that is). And of course a bit of research at your local library
1815 won't hurt one bit. There are also two mailing lists which regularly
1816 discuss growing mushrooms.
1817
1818 .oOo. Picking Mushrooms .oOo.
1819
1820 ## Before you leave for the site, remember a few things; clothing, container
1821 and energy. So respectively:
1822
1823 -- Take clothing that keeps you warm and dry. Fever is not a funny thing
1824 during your experience. If your clothing is inadequate, a day out

1825 picking mushrooms can be a real pain.
1826
1827 -- Take a container that breathes, preferably two to four different
1828 containers. And one set for each picker. Take lots of containers
1829 with you, especially if you are unsure or have not found the species -
1830 it is easy to put each sort into each container. A basket with a few
1831 paper cups or tins is just fine. Paper and cloth bags will do fine, but
1832 be wary of crushing the mushrooms during transport.
1833
1834 -- Energy. Mushroom hunting can be really tiresome at times. Take your
1835 happiness and food rations with you - you'll probably need both.
1836
1837 ## Once you have located the site keep it clean. If it is a cowfield,
1838 don't leave any gates open or either the owner of the field or the bull
1839 of the herd will get you. Try to just do your thing and then get out of
1840 there. Don't scream and shout. I wouldn't recommend telling about a site
1841 to anyone - it instantaneously creates an "anonymous mmp-site" - and
1842 suddenly everyone is there, sooner or later including the cops too.
1843
1844 ## OK, run around the field... do you find any mushrooms? If none found,
1845 you are not looking hard enough. No matter where you go in the fall,
1846 there's some sort of mushroom there. You'd be surprised at how well
1847 the things can hide themselves. Found - what is it? Whether you
1848 identify it or not, put each species into different container - if in
1849 doubt - different container or throw it away. There are always two
1850 phases in identifying - when picking and when cleaning (or should be).
1851 Always check carefully - saves you lot of trouble.
1852
1853 Here's what the Audubon Society's "Field Guide to North American Mushrooms"
1854 has to say on the issue:
1855
1856 "Collect mushrooms in a flat-bottomed basket. Take along a roll of wax
1857 paper and wrap each species you find; do not use plastic wrap since it
1858 hastens decay. This will keep species separate and fresh until you
1859 return home. A pocket knife or trowel is useful in extracting mushrooms
1860 from the ground; be very careful not to disturb the underground root
1861 system more than necessary. Bring note cards with you and jot down
1862 pertinent field data. In particular, note the habitat of the mushroom,
1863 including what type of tree it is growing on or near; whether it is
1864 growing singly, scattered, in groups, or in clusters; any distinctive
1865 odor or taste; the color of the cap, stalk, gills, pores, or teeth, and
1866 latex, which may change after the mushroom has been picked. Note any
1867 color changes when it is bruised. You can also use the note cards to set
1868 up spore prints in the field; they will often be ready by the time you
1869 return home. If you are absolutely certain of the identification of an
1870 edible species, you can clean it in the field. Until you are
1871 experienced, however, it is best to take the mushroom home intact; the
1872 stalk base is often a crucial identification feature, and cleaning can
1873 remove diagnostic characteristics. The more characteristics you can
1874 observe, the better chance you have of identifying the mushroom. It
1875 helps to have fresh mushrooms rather than old ones, and to collect many
1876 specimens of one kind at various stages of growth."
1877
1878 .oOo. Drying Mushrooms .oOo.
1879
1880 >>> Fresh
1881
1882 Mushrooms are best when fresh, both tasting better and working better.
1883 The freshness affects experiences a lot. The "divinity factor" is
1884 enhanced.
1885
1886 >>> Drying
1887
1888 Drying mushrooms is easy. There are many ways to do it:
1889
1890 * The drawer. Put the mushrooms into a drawer on few sheets of paper.
1891 Wait 24 hours. Works well on smaller mushrooms such as Ps. semilanceata.
1892 If you have silica gel or something similar (captures humidity) I'd
1893 recommend using it.
1894
1895 * The oven. Put the mushrooms into an oven (with the fan on if there is
1896 one) with the heat set to 30 to 35 C (~90 F). Wait 2 to 6 hours. Higher
1897 temperatures, even 40 C, destroy psilocybin and psilocin.
1898
1899 * The mushroom dryer. Just follow the instructions. Also easy to build.
1900

1901 * The freeze dryer. A psilophile's dream come true, the gadget that stops
1902 the time on your mushrooms. Read the instructions.

1903
1904 Once the mushrooms are dry, place them into *airtight* containers and
1905 protect from light. Some psilophiles grind the mushrooms, if you do so,
1906 weight the outcome. It is very hard to tell how much of a dose there is if
1907 the mushrooms are dried and ground. Some mix the dried and chopped or
1908 ground mushrooms with honey. Be sure to use a brand that hardens once
1909 cooled. Place in refrigerator. Note that mushrooms containing only
1910 psilocybin keep their psychoactivity much longer than those containing
1911 psilocybin and psilocin or only the latter. Evidently the psilocin breaks
1912 up easily and needs refrigeration to be preserved. I have never had to
1913 preserve mushrooms over a year so I wouldn't know exactly, but if stored
1914 properly the mushrooms stay psychoactive for *at least* a year.

1915
1916 Especially with strong, large mushrooms like Str. cubensis, grinding
1917 is the only way of calibrating doses. With for example Ps. semilanceata,
1918 statistics ensure that the sum of 40 mushrooms from a batch will be more
1919 or less the same no matter which 40 you pick, but if you're eating only
1920 two Str. cubensis caps things are different. Thus, dry, grind, mix and
1921 weigh the resulting powder. After a carefully weighed initial dose
1922 (which you'll have to guess, aim low), it's easy to measure out smaller
1923 or larger doses in the future.

1924
1925 .oOo. On the Dosage .oOo.

1926
1927 Always start with low doses - and continue for at least for the first
1928 couple of times. Some people might be familiar with LSD-25. Well they are
1929 bit similar, but still very different. I'd recommend about 20 Ps.
1930 semilanceatas or 2-3 dried grams, 2-3 dry g.'s for Stropharia cubensis,
1931 1-2 dry g.'s of Ps. cyanescens or about 3 g.'s of Ps. baeocystis. Increase
1932 the dose step by step, until you find the dose you are most comfortable
1933 with. There are people who never go for more than an ultra light trip, and
1934 some feel it must be an earthshattering experience. You'll probably find
1935 your dosage somewhere between these two extremes.

1936 The amounts of psilocin and -cybin vary: an extreme case >>>

1937
1938 "Me and a friend of mine were in a rave, and both had taken
1939 some mushrooms along. Semilanceatas... so at one point we
1940 decided to drink some mushroom tea, and both put 20 tiny
1941 mushrooms into our teas... I got nearly nowhere.. some funny
1942 effects, almost no dilation of pupils, very very light trip.
1943 My friend kept saying 'Wow' and 'What a trip', and some friends
1944 of ours tried to talk with him. Afterwards he said he didn't
1945 understand a word =). He said the trip was so intense it was
1946 as if he had consumed 60 semilanceatas."

1947
1948 .oOo. Consumption .oOo.

1949
1950 Once ready for a trip after a yearlong meditation in the wilderness,
1951 one is confronted with a problem - how to get that dry and unpleasant
1952 tasting stuff down?

1953
1954 o Honey & spices & water & mushrooms

1955
1956 This one is a bit sweet but does a good job of covering the taste. Take a
1957 half glass of warm or cold water, three or more spoonfuls of honey, and
1958 according to taste, spices such as nutmeg, ginger and others. Grind the
1959 mushrooms with spices into fine powder, mix everything carefully and
1960 gulp down.

1961
1962 o Mushroom cacao

1963
1964 Get some cacao beans/powder for this one. Warm some _water_ to 40-60 C.
1965 Let the mushrooms steep in this water for about five minutes, fish 'em
1966 out and add cacao powder and mix well. Or you can grind mushrooms into
1967 fine powder. Sweeten with honey, and drink. Another variation is hot
1968 chocolate - melt some chocolate in water instead of cacao.

1969
1970 o Mushroom tea

1971
1972 Drown some dried mushrooms in warm/hot water, wait five minutes, and
1973 drink. If you seriously dislike the taste of shrooms, just drink the
1974 water (although you'll lose part of the effect). I find that this is
1975 a good way of getting the shrooms down as well though, just dump in a
1976 baggy of strong tea and you won't taste a thing. Word of warning: if you

1977 leave the shrooms in for too long, they'll expand and mutate into
1978 disgusting blobs of slime. Also a nice way of getting some clue of their
1979 original appearance, provided the mushrooms are intact.
1980
1981 o Mushrooms & orange juice
1982
1983 Blend an appropriate amount of fresh mushrooms and orange juice in a
1984 blender. The orange juice masks the taste quite well, the blender chops
1985 up the shrooms into tiny chunks so all the psilocybin is digested,
1986 and the vitamin C in the juice won't hurt either.
1987
1988 o Pizzas
1989
1990 Just add fresh or dried mushrooms on top. Note that eating a lot adds to
1991 physical interference.
1992
1993 o Shroom powder and liquids of choice
1994
1995 The finer you grind the shrooms, the better this works. Take a piece of
1996 paper and fold twice so you have a V-shape, and make a little pile of
1997 shroom powder on one end of it. Open your mouth and let the stuff flow
1998 in, then drink water/juice/tea/whatever to wash it down. Figure out an
1999 optimal pile size, and you can down the shrooms in record time with no taste
2000 and maximum psilocybin ingestion efficiency. Just be careful not to
2001 laugh or sneeze when holding the paper, otherwise you'll have to lick the
2002 carpet to get the powder... =)
2003
2004 o Chew & grind
2005
2006 For this one, toss mushrooms into your mouth, chew well and swallow. The
2007 most efficient and simple method of mushroom ingestion. Dried mushrooms
2008 taste quite a bit more unpleasant than fresh ones.
2009
2010 o Other recipes
2011
2012 I have heard about people making mushroom wine or mushroom chili. There
2013 are lots of foods you can put mushrooms into, but I'd recommend
2014 indulging in culinary pleasures after the trip. Also note that excessive
2015 heat breaks down psilocybin and psilocin, so always add the shrooms in
2016 after the food is cooked.
2017
2018 As you may have noted, except for the cheese on the pizza, none the recipes
2019 contain any milk or milk products. This is because several files and/or
2020 books have stated that calcium and/or fermented milk products interfere
2021 with psilocybin. Mind you, this is far from sure, if anybody can dig up a
2022 reference for (or against) this we'd appreciate it. But scientific proofs
2023 aside, the Aztec tradition of not eating before tripping is probably
2024 grounded in knowledge of possible adverse consequences, so don't eat too
2025 much, just enough to get the shrooms down.
2026
2027 .oOo. Preparation For The Voyage .oOo.
2028
2029 There is a lot one can do to ensure a enjoyable voyage. People often talk
2030 about the "set and setting", squaking the three words like bunch of
2031 parrots and hardly giving much thought into their meaning. It's probably
2032 all the same whether you've ingested super-pure & fresh LSD-25 or
2033 nail-polishing fluid if the set and the setting aren't in condition.
2034
2035 - Packing: Get into packing a couple of days before the voyage. Load
2036 your gear (brain) with everything you think will be useful. Personally
2037 I like documents about nature as they are easy to pack (video or TV).
2038 Books are fine but bit slower to load. Walking in nature, quiet and
2039 peaceful, and meditating ensures I get enough mental energy and
2040 happiness along. Try to break the normal circles of work, and if you are
2041 stressed, take few more days away from everything before leaving on the
2042 expedition. Go easy on your diet. Some fast for the previous week, others
2043 don't pay any attention to what and how much they eat. I eat normally
2044 until the day before, after which I eat mostly vegetables and fruits.
2045
2046 - Place: Clean it up. Get some fresh air into it. Tell all your
2047 friends/relatives not to visit, and disconnect the doorbell and take
2048 the phone off the wall. Make everything as comfortable as possible.
2049 Fresh flowers will blow your mind with their beautiful looks and odors.
2050 A stroboscope is also worth a try, especially at 20 to 30 Hz. Lights are
2051 probably best low or off (and of white color). Music is so important
2052 we've given it its own section, coming up next.

2053
2054 - Flight: Loose clothing and something to put on/take off; you'll be
2055 lying down most of the time, so pick something you could sleep in.
2056 Something to drink - see if your drinks include caffeine or other
2057 chemicals. Water is always the best. Some light snacks to eat during
2058 the trip, and possibly something to fill your stomach after the trip.
2059 Drawing during take-off can be fun, also psychedelic videos. Anyway, for
2060 a real "trip" I say: after the takeoff, turn the lights off, turn the
2061 volume to the edge of subliminal, and relax & tune into the vibe of
2062 the Earth.
2063
2064 .oOo. Music and the Voyage .oOo.
2065
2066 One of the important factors of the setting is music - especially in
2067 urban environment music may be necessary to camouflage and change the
2068 every-day-soundscape. Music can tingle your imagination in a myriad
2069 different ways. Music can take you away, comfort or make you feel
2070 unbelievably good. It can also make you sad, jumpy or angry.
2071 Therefore it is very important to make the right choice of music.
2072 There is tripping music and there is tripping music - depending on the
2073 results one wishes to achieve. I will concentrate on the deeper side;
2074 music for shamanic voyages, spacetravels and intense mushroom-magic-trips.
2075 I speak from my own experience, thru my own frame of reference, so all of
2076 the material recommended might not be on your wavelength - I was often
2077 skeptical myself but results often are awesome and surprising. Music you
2078 like during your normal states of consciousness is probably not ideal - for
2079 instance lots of the ambient done today is not very nice for tripping, but
2080 probably ideal listening both before and after the trip. For a voyage try
2081 to find music that is calm, not too hectic or fast, not too structured and
2082 stays in the background if desired.
2083
2084 Ambient - lots of music goes under this name today, and it may
2085 very hard to find something truly ambient among all those new ambient-
2086 techno/dub releases... All time favorites of mine and many others include
2087 Ashra Temple, John Cage, Cluster, Brian Eno, Robert Fripp, Steve Hillage,
2088 Daniel Lanois, Pink Floyd, David Toop & Max Eastley, Tangerine Dream and
2089 Tuu. Many music stores lump these under the heading "New Age" next to
2090 stuff like Yanni, bleah... All of these move on the more serious tangents
2091 - worth checking out. On the lighter, more techno side of the ambient -
2092 try Aphex Twin, James Bernard, FFWD, FSOL, Pete Namlook, The Orb (especially
2093 the newer releases), William Orbit, Seafeel, Sun Electric or Terre
2094 Thaemlitz for instance.
2095
2096 Ethno - music from the different cultures around the world and
2097 especially music by shamen or music aiming to a religious
2098 or spiritual experience - shamanistic drumming, australian dijeridoo
2099 sounds or chantings by gregorian or buddhist monks, for instance.
2100 "Meditative music" compilations can be excellent. There are huge volumes
2101 of this sort of music published around the world.
2102
2103 Minimalism - especially Terry Riley. Steve Reich, Philip Glass
2104 and Lamonte Young have all made "psychoacoustic music", to use a term
2105 developed by Brian Eno for his own music. Riley is especially- er..
2106 "beyond words" - something unbelievable. For connoisseurs.
2107
2108 Silence - either complete or 'The music of the Mother Nature' - best tripping
2109 music for as long there has been humans around to trip. The patter of
2110 raindrops falling surpasses just about any music humans can come up with.
2111 A must try. Perfect.
2112
2113 .oOo. During the Voyage .oOo.
2114
2115 Once you are in the air it is relatively easy to forget that you can
2116 alter the course of trip. Visuals and thoughts come and go, and
2117 everything follows some strangely familiar yet divine and unknown path.
2118 So one is left gawking at all this jaw open, as if watching TV. But
2119 changing pathways is easy - provided you don't forget it is possible =)
2120 Always decide and ponder what you want to see and where you want to go
2121 before the experience. A shamanic voyage to the underworld is a snack,
2122 as is seeing the future. Usually every tripper forms his own way,
2123 follows his own paths, be it for good or evil. Anything is possible!
2124
2125 And remember the immortal words of the Hitchhiker's Guide to the Galaxy:
2126
2127
2128

2129 | _/_/ | | / _/_/ | | | | | | | | _/_/ | o | _/_/ |
2130 | _/_/ | ***** | ***** | *** | _/_/ |
2131
2132 >>> A general topological examination of the scenery <<<
2133
2134 Minutes after ingestion:
2135
2136 0 Ignition
2137
2138 Usually the first effects of psiloc[ycin/in] are perceivable after ten or
2139 twenty minutes. Funny or strange things may pop into your mind. One may
2140 feel very relaxed or like jumping all over the place. Next you may feel
2141 like you were blasting off, up towards the stars, rising high.
2142 Chewing the mushrooms for about ten minutes in your mouth enables the
2143 psilocybin and its analogues to enter the brain faster - if the
2144 mushrooms are immediately swallowed, it may take as long as 1 hour for
2145 the first effects to set in.
2146
2147 20 Acceleration
2148
2149 If you get any physical symptoms, this is when they will hit. You can avoid
2150 or at least reduce nausea by not eating very much before the trip and not
2151 moving around too much during this phase. Throwing up is uncommon but
2152 not unheard of; having a barf bag around, especially on the first few
2153 trips, is a good idea. If you find that your body *really* doesn't like
2154 shrooms, a motion sickness pill (Dramamine and similar anti-histamines)
2155 beforehand may help. But don't worry about it too much, even if you
2156 feel queasy the nausea will end quite quickly.
2157
2158 40 Leaving the atmosphere
2159
2160 One will begin entering the realms of the experience; often the first
2161 real signs are simple hallucinations with the eyes closed or in darkness,
2162 little colored pixels floating around etc. If one is going to go to the
2163 toilet, it should be done now.
2164
2165 70 Flight
2166
2167 1 hour is usually sufficient for the more powerful effects to set in.
2168 The body will feel heavy and drowsy.
2169
2170 130 Peak
2171
2172 After two hours the peak of the experience. Often quite awesome.
2173
2174 300 Deceleration
2175
2176 By now one will again start to remember the concepts of normal reality
2177 and may feel like getting something to drink and eat, or talk and do some
2178 moving about.
2179
2180 360 Touchdown
2181
2182 After about six hours most of the effects have disappeared and sleeping
2183 becomes possible.
2184
2185 12h Reality
2186
2187 If you trip at night and fall asleep when the trip is ending, this is when
2188 you'll wake up... and the odds are you'll feel GRRRRRREAT!
2189
2190 7d Jet lag
2191
2192 Afterglow of the experience will persist anywhere from few days to
2193 several weeks; what you've learned may change your life. Occasionally
2194 this learning will be negative and you'll be depressed for a while
2195 as you assimilate the fact that you've been wrong about something for
2196 all your life, but the depression is never extreme and - cheezy as it
2197 may sound - you will be a much better person afterwards.
2198
2199 Surgeon General's Warning: One of the aftereffects of psilocybin (and most
2200 all psychedelics for that matter) is "emotional fluctuation", ie. things
2201 that would make you a bit happy cause euphoria and conversely things you
2202 don't like cause depression. At its worst this is a real manic-depressive
2203 rollercoaster, but usually the fluctuations are more positive than
2204 negative ("It's Monday morning and I feel GRRRRRRREAT!"). At any rate,

2205 this rarely lasts longer than a day or two, so don't worry about it.
2206
2207 >>> Notes on physical interference <<<
2208
2209 In addition to the possible nausea in the beginning, which invariably
2210 wears off by the time the hallucinations start, the mushrooms can
2211 cause physical or psychosomatic interference. You will feel odd, weird
2212 and maybe scary physical sensations like liquid skin or distorted
2213 body-proportions. You may feel that you have trouble breathing; you may
2214 feel that you've just pissed or shit in your pants; you may feel that
2215 you're sinking into the ground or into yourself. If you really start
2216 worrying about this, you may start to feel like there are worms crawling
2217 inside your stomach, that the roof is about to collapse on you, that the
2218 sheet you are lying under is trying to eat you...
2219
2220 Don't panic! First of all, 'serious' effects of this type are quite unusual,
2221 but even if they do occur getting rid of them is usually easy. Just
2222 remember, nothing has really happened or is really happening, it's just your
2223 mind exaggerating and creating things. Learn to relax and distract your
2224 thoughts on other tangents at moments like this. A simple exercise you can
2225 try to practice thought diversion, no drugs needed:
2226
2227 Lie on your bed in complete darkness, listening to suitable evil/freaky
2228 music with headphones. Skinny Puppy and ambient industrial are the
2229 classic choices. Meditate or just relax for a while. Then, think about
2230 something you have a phobia about: snakes, spiders, skeletons, rats,
2231 tornados, earthquakes, even mushrooms. Everybody has something they're
2232 irrationally afraid of. Staring at a picture of such a thing beforehand
2233 may help. At any rate, you will, in all likelihood, feel yourself to be
2234 tipping over and falling uncontrollably. Imagine that you're falling into
2235 a bottomless pit filled with the nasty thing. Visualize it. Now attempt to
2236 wrench your thoughts to something else. If you can take half an hour of
2237 this without ripping off the headphones, you're in good shape.
2238
2239 .oO The Eraserhead Syndrome Oo.
2240
2241 The mushrooms can be fun. One may feel like eating them every day. A -
2242 not cool, B - not good. A mental/physical tolerance builds up quite
2243 fast: usually three or four times with 7 day intervals cause diminished
2244 effect and notably less divine trip. I'd recommend visiting the
2245 spiritworld 4 to 10 times a year, for the freshness and divinity of it.
2246 Most of us know an acid- or pot-head - a drug abuser. I call acid/
2247 mushroomheads Eraserheads (seen the movie?), as they are often bit
2248 paranoid and manic-depressive and dullheaded. It's easy to get bad vibes
2249 off the psilos - just do the mushrooms like you'd do alcohol - without
2250 respect or any care. So - remember what the foreword says, and use the
2251 consciousness of turbocharged-monkeybrain we all have. And if you only
2252 want to get your brain fucked up there are better substances for that
2253 in the world.
2254
2255 Bad trip? What... hey waitaminute, I know - it's that oriental food with
2256 rice and peaches and raw tuna innards - No???
2257
2258 Everyone gets anxious or bad feelings during their dives to the seas of
2259 collective unconsciousness. It's normal, but the magnitude of baddies can
2260 be decreased by paying attention to "set and setting." A friend or guide
2261 can distract the attention of a tripper to a wholly different direction.
2262 A change of room, place, music or lights often helps. Possible bodily
2263 discomfort can be eliminated by learning relaxational techniques and
2264 breathing exercises. Keeping your body in good condition is not only
2265 good for your trip, but also for your life. Generally, it's good to try
2266 to trip for living, not to live for tripping.
2267
2268 .oOo. Miscellaneous Questions .oOo.
2269
2270 Q: Can black market 'shrooms be laced with LSD?
2271
2272 A: Yes, very possibly, if the local market price for mushrooms is higher
2273 than that of LSD (as it usually is). If the mushroom looks nothing
2274 like any of the common psychoactive species, or you are told that one
2275 or two small ones are enough to trip hard, odds are it's laced.
2276 Note that at least one dealer, fooled by the urban legend of LSD
2277 needing strychnine for binding to the paper, laced his LSD-shrooms
2278 with strychnine as well! (PharmChem 1972, vol 1, #7) Thus, either get
2279 your shrooms fresh from the fields (cheaper as well) or know what they
2280 look like and what the dosage is before buying.

2281
2282 Q: What about Amanita muscaria (Fly Agaric)?
2283
2284 A: A. muscaria, the classic red toadstool with white warts on top,
2285 does not contain psilocybin, but a series of muscarinic deleriants.
2286 It's also poisonous (not very, but deaths are known) and in general
2287 rather nasty. Avoid.
2288
2289 Q: What happens if I combine 'shrooms and other drugs?
2290
2291 A: Alcohol: Variable, usually takes the edge off since it helps you relax.
2292 Note that if you're drunk before you eat the shrooms, the mental
2293 effects of your drunkenness will disappear as the trip starts.
2294 Large amounts will increase the nausea in the beginning.
2295
2296 Cannabis: Nearly always the experience is intensified/lengthened, but
2297 a few people claim it actually ends the trip. Smoking is handy during
2298 the last few hours to extend the experience.
2299
2300 MDMA/MDA: Known as an "MX-missile" (M as in mushrooms and X as in XTC),
2301 the experience is *highly* intensified and similar to LSD & MDMA
2302 ("candyflipping").
2303
2304 Nicotine: Smoking feels good.
2305
2306 Nitrous: Catapulted into outer space for a few minutes.
2307
2308 Psychedelics: Cross-tolerance usually present, not much point in
2309 taking other psychedelics at the same time.
2310
2311 Other: Unknown.
2312
2313 Q: Shrooms grow all by themselves in nature in zarking cow shit, why is
2314 sterility so important when growing them yourself?
2315
2316 A: In nature, there are 17 billion spores of all kinds of different shrooms
2317 flying around. As people who've been to a cow pasture will know, most
2318 patties will not have Psilocybes, they'll either have something completely
2319 different or nothing at all. But in a pasture, there's a lot of shit,
2320 and there's a lot of shrooms, so it's enough if 1/100 patties have the
2321 right kind.
2322
2323 Now, when you're growing them at home, if you sprinkle spores in each dish
2324 and don't give a shit about sterility, you'll have natural conditions and
2325 maybe every hundredth jar will get the right shrooms. Needless to say,
2326 this is not good, so you must push up the odds of the right shrooms
2327 growing by improving sterility.
2328
2329 .oOo. Further Reading .oOo.
2330
2331 I will not attempt a complete bibliography on the subject, but more
2332 of a 'further reading'-sort of list.
2333
2334 Carlos Castaneda, Philip K. Dick, Timothy Leary, Terence McKenna,
2335 Andrew Weil, Robert Anton Wilson and Aldous Huxley all make fine reading.
2336 Peter Stafford's "Psychedelic Encyclopedia" is a classic, as is
2337 "Plants of the Gods" by Richard Schultes and Albert Hofmann.
2338 Umberto Eco has always been very good when talking about the mind,
2339 almost as good as Herman Hesse. And for some attitude - read Byron.
2340
2341 .oOo. References .oOo.
2342
2343 Apologies for not footnoting everything exactly, you'll just have to bounce
2344 around checking the references (or ask us) if you want to know where a
2345 specific bit of info comes from.
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2412
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2414
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2422