

Cooking with Magic

The Psilocybin Cookbook

By David Connell

Profusely illustrated
by Snowflake

With a Safety Introduction
by Erica Darragh

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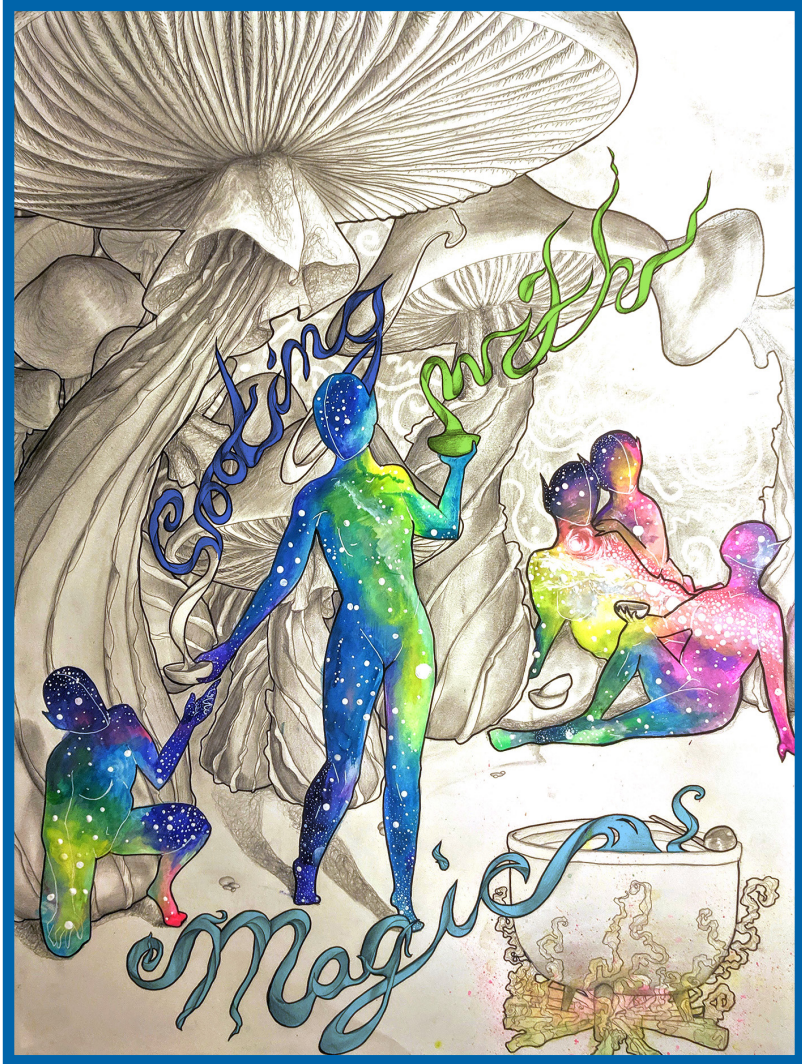
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This book is dedicated to my partner, Branden Buck.

Thanks to Stephen, Tyler, and Patricia, my editorial, design, and production team at for your guidance, support, and most of all friendship.

Special thanks to my cousin, Steve, for guiding me throughout my initial journeys with psychedelics, as well as countless others who have supported our team during the creation of this book.

“I suppose I ought to
eat or drink something
or other; but the great
question is ‘What?’”

– Alice

CONTIENIS

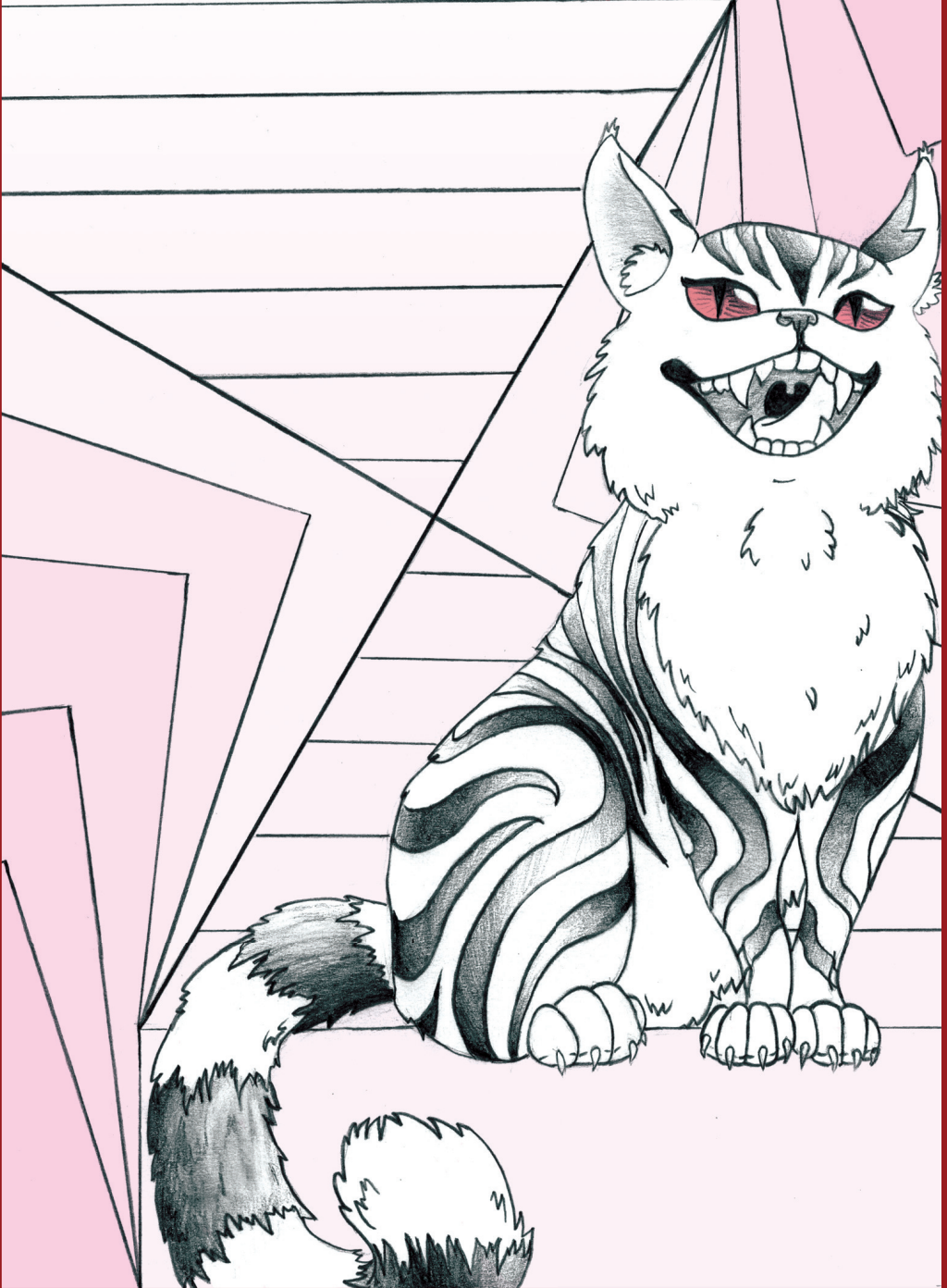


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Foreword

As all mushroom fans know, eating little fun-guys, as Branden and I like to call them, can be a trying experience. As much as we love and appreciate them, neither of us enjoy the sensation of chewing on dried out, fibrous fungi stalks. Our experiences learning to integrate small, measured quantities of shrooms into food and drink inspired us to collaborate in our kitchen on this definitive guide to cooking with shrooms.

We hope that it helps you experience your fun-guys in new, healthful and meaningful ways. With that in mind, we have decided to make all the recipes as health conscious as possible—while still being delicious and a little indulgent from time to time. You'll find that everything here has no added sugars and is lactose-free; we have also included gluten-free substitutions throughout. Happy cooking, and many best wishes as you embark on your journey with food and fungi!



“I know who I WAS when I got up this morning, but I think I must have been changed several times since then.”

– Alice



Harm Reduction

& Safety

WATER

Drink Me!

Written by

Erica Parragh



We would like to include a quick word on safety and intentional psychedelic use. The ideal dose in all our recipes is no more than one gram per person. Unintentionally consuming more than your intended dose can be an unexpectedly intense experience.

Individuals diagnosed with, or at risk for, mental health conditions that may include elements of psychosis (detachment from consensus reality), should abstain from using psychedelics, unless under the supervision of a licensed, experienced mental healthcare professional. Bipolar disorder and schizophrenia are two specific conditions that should be considered. Because these types of conditions have a genetic basis, individuals with a parent diagnosed with either condition should be particularly careful about their use of psychedelics.

Individuals who are prescribed psychiatric pharmaceuticals should also be mindful of their use of psychedelics. Commonly prescribed drugs, including SSRIs, SNRIs, and MAOIs, interact with psychedelics

and Safety

by Erica Darragh
Chapter Director,
DanceSafe Georgia

and can lead to serotonin syndrome. MAOIs are also present in some foods, such as yogurt, aged cheeses, and other fermented foods; St. John's Wort, a common nutritional supplement, is also an MAOI. Individuals who are prescribed benzodiazepines should keep in mind that those pharmaceuticals counteract psychedelics. If you choose to use, please respect your body, mind, and spirit by being mindful of the other chemical factors involved. TripSit's Guide to Drug Combinations is a helpful visual resource (tripsit.me), and The Vaults of Erowid (erowid.org/psychoactives/) contain extensive qualitative reports of drug experiences.

Set and Setting

Set and setting are the two primary considerations for psychonauts and sitters to consider before embarking on psychedelic journeys. "Set" refers to the psychonaut's internal psychology, including personality, autobiography, and emotional state. "Setting" refers to the external environmental factors that contribute to the psychedelic experience, including location, music, and other people.

Harm Reduction and Safety

There should be a balance between these two primary layers of the psychedelic experience. If one of these is out of equilibrium, the other should compensate for this distortion. For example, if someone chooses to ingest a psychedelic in order to process trauma, their external environment should be curated by the traveler and the sitter to serve as a safe container for the experience. If the setting is more unpredictable, such as a music festival, concert, or other gathering, the responsible psychonaut will be sure that their internal state is at equilibrium before choosing to ingest any substances.

These concepts lead to the foundation of psychedelic peer support. Organizations such as Kosmicare and Zendo Project collaborated on a beautiful book, titled *The Manual of Psychedelic Support*, that was published by the Multidisciplinary Association for Psychedelic Studies (MAPS). The book details the philosophy of psychedelic support, and explains at length the four principles of psychedelic support:

- 1. Safe space.** If someone is having a challenging experience, try to move them into a comfortable, warm, and calm environment. If possible, try to avoid noisy or crowded spaces. Ask what would make them most comfortable. Offer blankets and water.
- 2. Sitting, not guiding.** Be a calm meditative presence of acceptance, compassion, and caring. Promote feelings of trust and security. Let the person's unfolding experience be the guide. Don't try to get ahead of the process. Explore distressing issues as they emerge, and recognize that simply being with the person can provide support.
- 3. Talk through, not down.** Without distracting from the experience, help the person connect with what they are feeling. Invite the person to take the opportunity to explore what's happening and encourage them not to resist it.
- 4. Difficult is not bad.** Challenging experiences can wind up being our most valuable, and may lead to learning and growth. Consider that it may be happening for an important reason. Suggest that they approach the fear and difficult aspects of their experience with curiosity and openness.

You can find more invaluable resources online at zendoproject.org. You can also download The Manual's full text for free at psychsitter.com.

A Quick How-To-Do for Cooking with Fun-Guys

Cooking with fun-guys, AKA Magic Mushrooms are a wonderfully fun and engaging process. Sure, there are a ton of ways you can ingest our fungal friends, but taking the time to prepare a meal, with love and effort engenders a greater connection between the psilocybin-containing fellas and our souls. When I wrote this book, my purpose was to give people new and creative ideas for incorporating psilocybin into a weekly micro-dosing routine, but I understand that that may not be your cup of tea.



With that in mind here are a few rules for cooking with Magic Mushrooms and increasing (or decreasing) the dosage.

Rule 1: High heat is a trip killer.

Whenever you're baking, stewing, or brewing these fellas remember that our goal is to cook them low and slow. Don't exceed temperatures greater than 425 degrees for periods longer than 15 minutes. So, for example, if you are making our wonderful pumpkin pie and you'd like the edges nice and golden brown, then bake it at 425 for 15 minutes, then lower the temperature to 350 degrees for the remainder.

Rule 2: When its dry try 1:1.

Whenever you're cooking with dry ingredients and you want to increase or decrease your dosage but need to retain the proper dry to wet ratio, follow this rule. Add or subtract one-part dry ingredient, such as flour, for every gram of Magic Mushrooms you add or take away. This will help our baked goods maintain their consistency and not get too tough, dry or wet. One quick note, if you are adding massively more psilocybin than the recipe calls for you may need to adjust this to 1:1/2 ratio of dry to dry. i.e. add one gram of powdered mushrooms to a batter and take away half a gram of flour.

Rule 3: Everything in moderation.

Our recipes are designed with smaller doses, but they can be "leveled up" to increase the potency. If you're going to do this, then simply add the desired amount. Either dry or liquid to the recipe, but please be safe and keep your dosage in mind, especially if you are making more than one recipe from the book (some are best in pairs).

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Cooking with Magic

Psilocybin and humanity have a rich, ancient, and deeply connected relationship. Wherever man goes, psilocybin containing mushrooms follow—or perhaps it's the other way around. We can trace this co-evolutionary bond from the earliest prehistoric cave paintings to modern studies that explore psilocybin's potential as a treatment for depression, addiction, and more. My personal experiences with psilocybin, during my post-military battles with depression and post-traumatic stress disorder (PTSD), engendered deep respect and driving curiosity to explore and share what knowledge I can about this amazing fungal ally of humanity. This desire to explore an ancient relationship—how we found it, how we lost it, and most importantly how we can regain it—were the driving factors in the creation of this book.

The main way I explore and use Magic Mushrooms is through food. I believe that by connecting psilocybin usage to cooking, we deepen the spiritual and emotional aspect of using this potent psychedelic. This is backed up by history itself. For at least as long as we have had fire, man has consumed Magic Mushrooms in various forms, whether it was Dionysian wines, brewed teas, or other ways lost to the ages. It makes sense that we should take the act of feeding yourself, your friends, and your family, something that for thousands of years was not only an act of necessity, but of love and sharing with your community, and bind our use of psychedelics to the purely human ritual of cooking and sharing food. In fact, Branden and I have grown quite fond of adapting our daily microdosing routine into the creation of pies, main dishes, drinks, and more. I have selected a handful of these recipes to share with the hope that it will inspire others to do the same.

Throughout the book, I will be sharing not just recipes with you, but research and insights into the magical realm of psychedelic fungus. There will also be the occasional history lesson, all told in what I hope you will find to be a fun and engaging voice.



Mad Hatter:

“Have I gone mad?”

Alice:

**“I’m afraid so.
You’re entirely bonkers.
But I’ll tell you a secret.
All the best people are.”**



a Human History

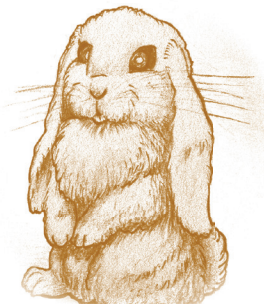
Neolithic Man and his Mushrooms

Humanity and Magic Mushrooms have enjoyed a long and storied history. We have evidence in the form of the Selva Pascuala mural, located in Spain, of ancient human use, or at least knowledge of psychoactive mushrooms. This cave painting depicts *Psilocybe hispanica* and humans interacting prominently with cattle, and is dated to at least 4000 B.C.E. This discovery, if true, is potentially a ground-breaking link in the long chain of human and *Psilocybe* interaction. It is important to note that this interpretation of the cave painting comes from local shamanistic traditions.



Can you imagine, even for a second, some of our earliest ancestors and their first time consuming psilocybin? Our John Q. Caveman, out walking through the fields of prehistoric Iberia, comes upon a mound of bison dung, and seeing the large and gorgeous fruits he gives into his hunger. The next thing our prehistoric friend knows the very air is vibrating and the ground is breathing. Perhaps, if we can pause for a moment, we can imagine what it would have been like to lie down in the tall grass, under the warm neolithic sun, and feel as if you have merged with a world so much larger and stranger than our own.

Surely once John had recounted this tale to his tribesmen they would have tried the fungus for themselves, and thus began a tribal tradition of ingesting psilocybin. It would not be far-fetched to assume that this could have spurred the



With Psilocybin

creation of some of the earliest spiritual and religious practices. Man, as we know, was prone to telling stories; these tales, told by future shamans and wise women, would have increased in power thanks to the addition of psilocybin to our early ancestors mystical arsenals.

Greek Mysteries and their Psychedelic Origins

Skip forward a few thousand years and you find the Thracian Celts venerating naturally occurring megalithic structures that heavily resembled local psychoactive fungi. Thrace, the probable source of Dionysus and Dionysysian rites, was famed throughout the ancient Greco-Roman world for its potent psychedelic wine. Imagine for a moment the ceremonial root-cutter women, in the woods of a bronze age Thrace, going about their task of harvesting psilocybin mushrooms. Some, surely older women bent and hunched with age, would pass the knowledge of their best harvesting locations down to their daughters and granddaughters who would do the same. These amazing women held places of high honor within their tribes, and why not? They were gatherers and keepers of their Gods' gifts to mortals. Picture if you will the sacred bacchanal performed for what may have been the first time; men and women gathered together in wolf pelts, or nothing at all, running through a forest, breathing, pulsing, and alive with psychedelic magic. All venerating the clarity, mental openness and visions brought to them by these mysterious and wonderful fungi.

We can also look to the Dacian Sons of Ares, who's consumption of Fly Agaric was said to be their source of strength and unnaturally strong martial gifts. The Roman historian, Trajan, explicitly documents

Chapter One: A Human History with Psilocybin

their mushroom consumption during berserker rites, which he observed during the Roman conquest of Dacia. Could you imagine being a Roman legionary staring over the brim of your scutum at a line of mad, wolf-skinned Dacian warriors? I can barely suppress my own shivers thinking about the sheer awe and fear this must have instilled, even in the steadfast Romans.

Further south we have the famed Oracle of Delphi, whose prophecies and portents drove momentous decisions across much of the Greek world. It is widely believed that these visions were fueled by *Claviceps purpurea*, or as you may know it, ergot. Ergot is the fungus from which LSD was synthesized in 1930 by Albert Hoffman. The idea that the ancient Greeks used Magic Mushrooms, and other psychedelics, in their religious customs and traditions is not very far-fetched. Another possible example of Greek use of psilocybin in particular can be found with the cult behind the Eleusinian Mysteries. One of the first duties a young initiate of the cult would be given was the gathering of a 'bulbous plant' found near spruce trees. This sounds an awful lot like *Psilocybe semilanceata*, or *Psilocybe serbica*. We even have a beautiful carving of Persephone and Demeter each holding what certainly appear to be Magic Mushrooms. Clearly the Greeks had a deep and respectful relationship with the same fungal friends as modern day humanity.



Fairies, Toadstools and Heroes of Ancient Ireland

At the same moment in time, the Thracian's Irish cousins far to the north were creating a rich, oral tradition with stories about the Tuatha de Danann, Fomorians, and Fairies. These tales have long been thought by a variety of historians and archaeologists to contain many thinly veiled references to visions imparted by the use of psychoactive mushrooms, likely Liberty Cap and Fly Agaric. Take the legend of Fionn mac Cumhail, whose magical hazelnuts were likely Liberty Cap mushrooms, which, when consumed, granted him foresight and

Cooking with Magic

knowledge, as well as the ability to see things which normal men could not.

This of course is a myth, but what a world to live in, where ingesting a native psilocybin containing mushroom allowed you to interact with fairies, monsters, gods, and heroes. Could you, for just a moment, imagine the deep woods of ancient Ireland, or the stark cliffs of the southwest coasts, where a young son or daughter of Ireland passes an Ogham stone ringed with these tiny fungal treasures? Maybe in his curiosity, young Fion picked a handful, sat by the stone, and enjoyed. The next thing our hero knows, he's being swept into a world of mischievous fairies, fair heroes, and epic adventures. Wouldn't you share this natural communion with the rest of your family and clan? This, no doubt, is how many an Irish legend came to be.

There is also the tale of Máel Dúin from around the 8th century. Máel was the son of a petty Irish king who, during his journey to avenge his father's death, encountered an 'Isle of Intoxicating fruits.' Upon drinking a tea made from these fruits, he enters a trance-like state where he finds himself unable to move, and is imparted with visions. Doesn't this sound a bit like our old friend *Amanita muscaria*, aka Fly Agaric, which is known to occasionally cause temporary paralysis in high doses?

We also have the tales of Saint Brendan and his findings of euphoric fruits growing near the base of certain trees. However, the main problem we have here is that the Celts, unlike the ancient Greeks, didn't write much down. What we do have comes from outsiders looking in, such as Saint Brendan and Saint Patrick; in their mission to convert the natives to Christianity they may have purposefully failed to write about ancient Irish psychedelics. Despite this lack of concrete knowledge, it is easy to make the connection between their oral traditions of fairies, strange gods, and morphing landscapes, with the effects we know are caused by ingesting psychoactive fungus.

Viking Berserkers, Fueled by Trippy Truffles?

A more well-known tale of our ancestors and their possible use of Magic Mushrooms can be found with the Vikings and their revered berserkers. These mighty warriors were dedicated to Odin, from the

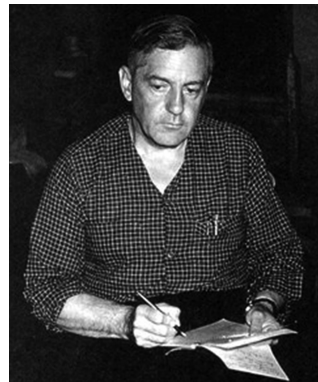
Chapter One: A Human History with Psilocybin

Norse pagan pantheon, and were known to go into battle nude, or wearing only a wolf skin. It has long been a popular theory that the Berserkers would partake in the eating of *Amanita muscaria* before battle, and that this is what gave them their fearsome strength, battle joy, and near immunity to pain. Of course it is important to note that as a society who passed down stories primarily via an oral tradition, it is impossible to say whether or not this is true.

Yet there is an unquestionable mystery and draw to the idea that these renowned and feared warriors went into battle fueled by our little fungi friends. They are said to have been so intoxicated by battle lust, drink, and other substances, that they would bite their shields and even lash out at allies. They were also notoriously difficult to control in battle, and were best left to their own devices rather than put into formation. This theory is dubious at best; anecdotal reports from those who have tried Fly Agaric have shown it to be a rather peaceful experience that does not lend itself to the ferocious mental state someone would have to be in to achieve the feats attributed to berserkers.

Modern Man, our Relationship with Magic Mushrooms, and How We Lost it

Let's skip forward some centuries to the mid 1950's. In the United States, Magic Mushrooms and their use were considered nothing more than folklore until 1957, when *Life Magazine* published an article written by the Vice President of J.P. Morgan, R. Gordon Wasson. Mr. Wasson had recently taken a trip to Mexico where he had the most wonderful and enlightening experience, with what he referred to as "divine mushrooms." During the course of his trip he reported such amazing sights as mountains, rivers, and great celestial bodies of water. In the article he wrote for *Life*, Mr. Wasson never once spoke negatively of the experience—in fact he extolled the virtues of Magic Mushrooms and even went so far as to suggest they could have therapeutic and medicinal uses. Doesn't that sound familiar? His article would



Cooking with Magic

skyrocket psilocybin mushrooms into the public eye, and even drew support from acclaimed Oxford professor Robert Graves.

It must also be said that Mr. Wasson would have never been able to partake in his journey, and thus write his article, without the help of one incredible and lesser known figure in the annals of psilocybin/human history.



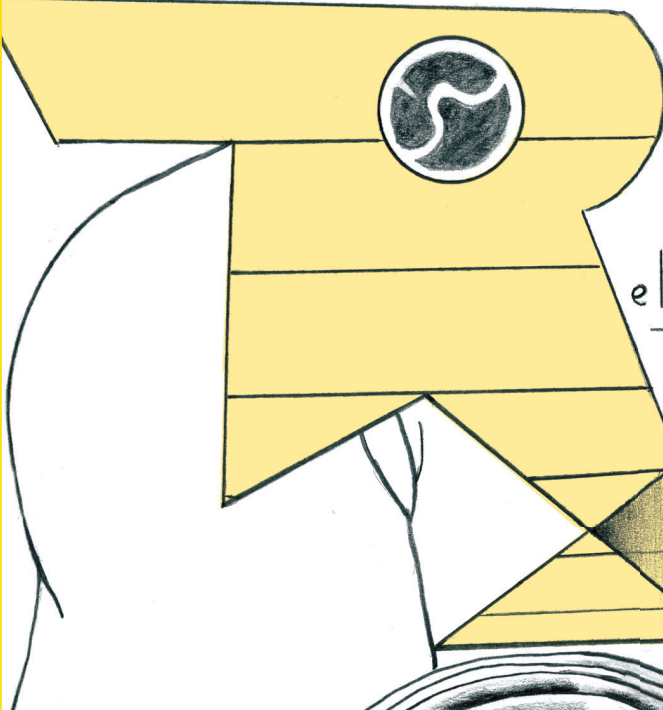
This, of course, is Maria Sabina, the Mezo-American shaman who would act as Wasson's spiritual and ritual guide during his trip to Mexico. Maria, a practicing shaman and medicine woman, descended from a long, traditional line of female shamans. She was also the first contemporary shaman to allow a westerner to observe and participate in the *veladas*, or healing journeys administered by Mezo-American

shaman using psilocybin. This practice was a way for the shamans, or *curanderos*, to actively communicate with their God figure by utilizing potent *Psilocybe* mushrooms. Maria would facilitate Mr. Wasson's trip, and thus open up the modern U.S. relationship with psilocybin.

Unfortunately, opening this door would lead to disaster for Maria. After Wasson wrote his article, the ensuing media coverage put Maria in the limelight. She was bombarded by Westerners looking to experience the same sort of *veladas* that she led Wasson on. She did not consent for her picture to be published, and was never made aware of Wasson's intentions. Maria was accused of allowing Westerners to pervert the ancient Aztec traditions. She was persecuted by her own government, ostracized by her community, and ultimately regretted allowing Wasson into her culture.

The early history of psilocybin in the West consists of decades of catastrophic and unfortunate events like those that affected Maria Sabina. Modern psychonauts owe everything to this woman and the kindness she showed to a foreigner who, through his willful ignorance, opened the floodgates that would wash away her world.

“Curiouser and curiouser!”
cried Alice (she was so
much surprised, that
for the moment she
quite forgot how to
speak good English).

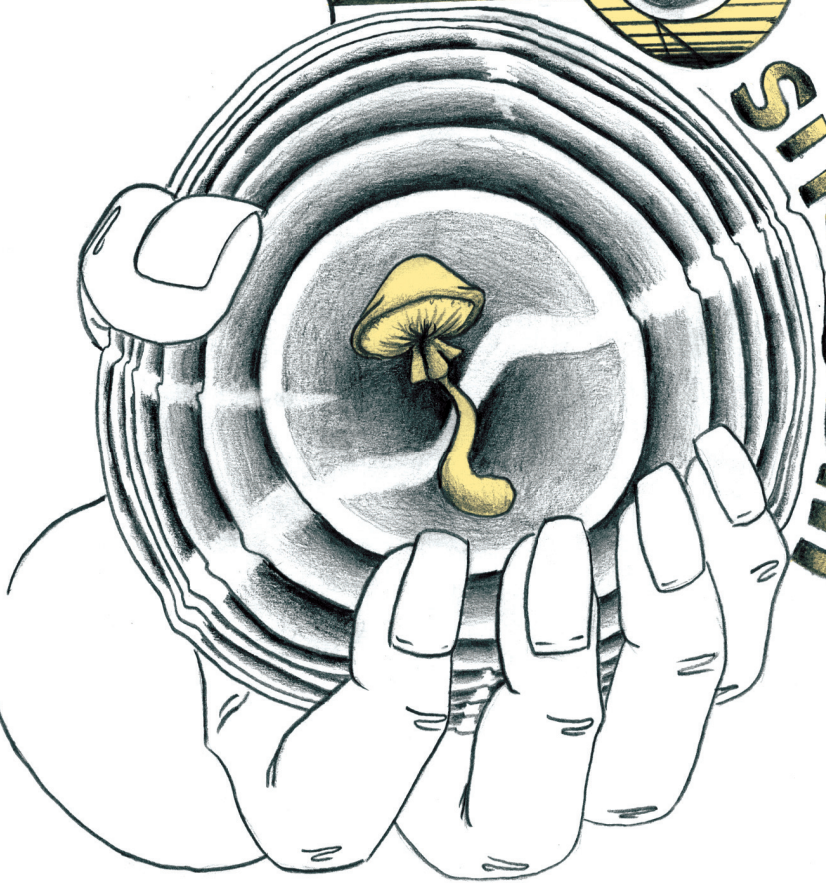


Researching

our

relationship

with



psilocybin

chapter two

Researching our



After the debacle of psychedelic prohibition in the late 1960s, and the overall failure of the War on Drugs that began in the 70s, lawmakers and researchers are starting to take a new look at psilocybin and other classical psychedelics, and the potent power they have for combating various psychological issues. Today, contemporary research is slowly being resurrected by scientists all over the world, from the brilliant minds at Johns Hopkins University and UCLA to the U.S. Department of Veterans Affairs.

For a more in depth review of the state of medicinal research into psychedelics look at *Acid Test* by Tom Schroder, and *Psychology of the Future* by Stan Grof. MAPS, the Beckley Foundation, and the Usona Institute, are also excellent sources for reference, as the subject material is too broad to be covered in depth in the few short pages available in this cookbook.

The main focus of much of this research is in the field of end-of-life care and addiction treatment. Charles Grob, of UCLA, has conducted some brilliant work using psilocybin to ease the effects of depression

Relationship with Psilocybin



and anxiety in patients suffering from advanced-stage cancer. His placebo-controlled study saw 12 patients given psilocybin in a double-blind study. The results were remarkable. The group given psilocybin, which was chosen over LSD due to its relatively short active period and ease of control, showed a significant drop in anxiety, fear, and depression, as well as a reduction in pain.

These effects carried on beyond the study, with patients reporting that their overall outlook was improved, and their anxiety and depression reduced for a long period after the initial dose of psilocybin had been administered. Research and results of this magnitude are incredibly exciting, what more could we hope for from a drug that is widely considered safe (there is no known deadly dose of psilocybin, although I strongly condemn testing this out yourself), and non-addictive. If this style of work continues and the efficacy of psilocybin-based treatment becomes widely known, we could see ourselves at the forefront of a new and incredibly exciting revolution in the ways we treat severe anxiety and depression.

Chapter Two: Researching our Relationship with Psilocybin

Now let's look at Johns Hopkins University, where a study into psilocybin-assisted psychotherapy is ongoing. This research, led by Roland Griffiths, and aimed at patients with early non-terminal cancer, found that psilocybin engendered positive improvement in mood, empathy, and behavior. These results were, for many of the patients, not just positive, but profoundly mystical and spiritual. These sessions were administered by knowledgeable and trained staff, and the patients were given eye masks and headphones to listen to music. The psilocybin reportedly gave participants a deep sense of sacredness, spiritualism, and an enduring sense of improvement. Griffiths reported that 80% of his patients disclosed that this was one of the most significant experiences of their lives, with the long-term effects being sustained for over a year.

Okay, so what have we learned so far? Psilocybin is proving to be an effective tool for the treatment of end-of-life distress, anxiety, and treatment-resistant depression. But what about some more mundane issues? Doctor Griffiths has also provided us with some interesting research into how psilocybin can be used to fight addiction. I'd say this is pretty compelling. How many people do you know who are addicted to alcohol or cigarettes, or even other, more potent and obviously harmful drugs, like heroin?

Griffiths reports that a study conducted by his team, targeted at patients with a smoking addiction, showed a six month cessation of cigarettes after a single session dose of psilocybin. That is clearly a massive finding! What would our culture's long-term health outlook be if individuals suffering from addiction could check into a clinic, and after being administered a single, above threshold dose of psilocybin, walk out of their doctor's office and leave behind a life of harmful and expensive drug or alcohol use? We spend around \$170 billion dollars a year on cancer treatment for cigarette users (don't misunderstand this, I am in no way passing judgment). What if, through the use of psilocybin and other classical psychedelics, we could reduce that to zero? It may seem implausible now, but as research continues and the public become more aware of psilocybin's powerful medical uses, we could one day live in a world where addiction is treated in a comfortable, and caring environment, with caregivers administering this unbelievable psychedelic fungi.

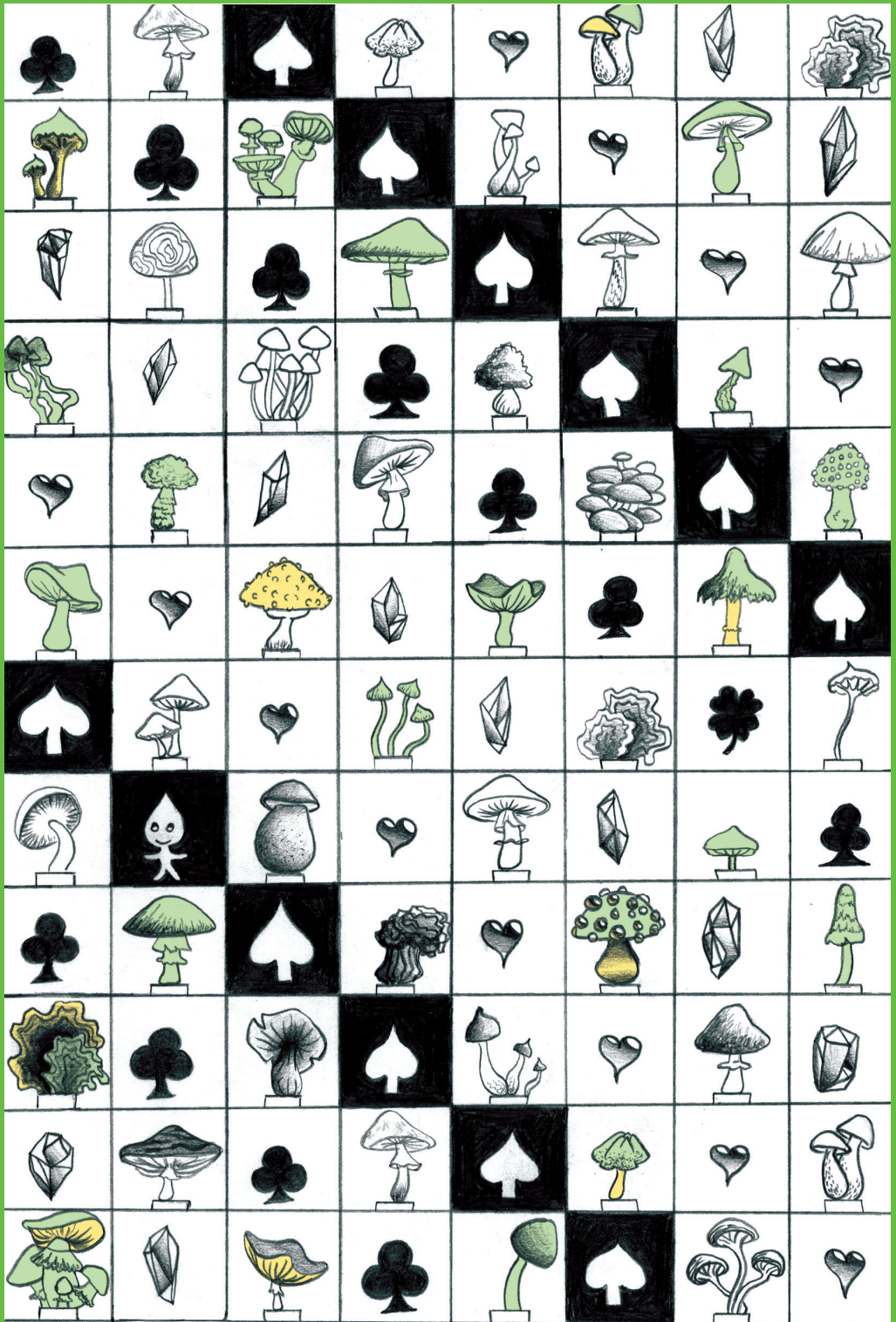
Cooking with Magic

We should also look at benefits outside of the medical aspect. Magic Mushrooms and their users report a greater sense of spirituality and worldly connectedness than non-users. Griffiths, again, shows that his patients, when asked about their post-psilocybin experience, felt as if they had a new understanding of the world on a more mystical level. This lines up perfectly with what we know of cultures with a long history of psilocybin usage. In Mezo-America, psilocybin use and shamanism go hand-in-hand with a greater appreciation for the natural beauty of the world, and a deep respect for its resources and their limited availability.

In a world plagued by climate change, sectarian violence, deforestation, and unfettered capitalism, we could really use a greater sense of connection with the earth and our fellow man. Perhaps if research is allowed to expand, and become less centered on treatment of the terminally ill, or those affected by depression and other mental health ailments, we could see psilocybin being used to treat addictive consumption, greed, or even apathy.



In a Wonderland they lie,
Dreaming as the days go by,
Dreaming as the summers die:
Ever drifting down the stream
Lingering in the golden gleam
Life, what is it but a dream?



microdosing

MAGIC MUSHROOMS



chapter three

Microdosing Magic Mushrooms



Unlike our other chapters, this section is going to be purely anecdotal, currently research into the effects of sub-perceptual use of psilocybin is almost entirely non-existent, so this should all be taken with several grains of salt.

Microdosing is the practice of using and consuming psilocybin, and other psychedelics, in a sub-threshold or sub-perceptual dose. This process is typically used to increase creativity, energy, focus, and improve social awareness and empathy. It is thought that microdosing psilocybin works similarly to taking Selective Serotonin Reuptake Inhibitors, aka SSRIs, with one key difference. Where SSRIs stimulate increased serotonin output, psilocybin skips this step and directly mimics serotonin. The chemical structure of psilocybin, when converted into psilocin, so closely resembles our bodies naturally occurring serotonin, that uptake is quite fast.

Cooking with Magic

This fast-acting absorption of psilocybin is the key factor when considering the benefits provided by sub-threshold doses of psilocybin. Instead of tricking your body into creating more serotonin, you are simply supplying it with a very close chemical cousin. That's beneficial for a few important reasons, but the greatest of those is the lack of risk for addiction and dependency. We build tolerance to psilocybin quickly, and in a way that compounds. Users will have to constantly increase, and in some cases double their dose, in order to achieve the same level of heightened consciousness as the previous dose. The quick buildup of tolerance is a key factor in the relatively low risk of addiction to psilocybin, i.e., it is rather difficult to abuse a substance when your body doubles or triples tolerance in a matter of days.

Psilocybin also has another key difference from SSRIs, an apparent lack of long-term side effects (this does not mean that there are none, just that there are currently no known long-term side effects from microdosing). SSRIs can cause users to experience side effects ranging from, withdrawal, sexual dysfunction, weight gain, emotional numbness, and the development of suicidal thoughts and tendencies.

Current research indicates that the adverse effects of psilocybin are both short-lived and relatively mild. They can include increased anxiety, lowered inhibitions, mild irritability, headache and in some cases stomach discomfort and nausea. These sound significantly less frightening than the suicidal thoughts and tendencies that some SSRI users have reported.

What Else Does Our Little Fungal Friend Do?

Psilocybin ingestion leads to a few important effects that are thought to occur in the hippocampus. The first is the increased production of brain-derived neurotrophic factor (BDNF). BDNF is a supposed miracle chemical for your brain, as it stimulates the growth of new connections as well as the repair of old damaged connections. It is also thought to be responsible for a psilocybin users entrance into a more open and child-like state of mind. Do not confuse child-like with naive, or simple, instead the increased production of BDNF allows your mind to become more open to new experiences, and to more

Chapter Three: Microdosing

easily connect the dots when learning a new skill. This is similar to the way children's minds are more easily able to retain new information.

The next important possible effect of microdosing is the uptick in production of glutamate; this is the neurotransmitter responsible for critical functions such as cognition, information retention, learning, and memory. It is thought that this increase in glutamate powers a microdoser's ability to quickly grasp and retain new information. It is also known to be responsible for increased interest in mundane tasks—which explains why the boys on Wall Street are happily consuming capsules packed with brain-enhancing psilocybin.

Another interesting aspect of the way our brain changes while microdosing is the suppression of the Default Mode Network. The Default Mode Network is the part of our brain that is responsible for things like day-dreaming, self-reflection, self-pity, and thinking about things that have happened in our past. While these of course are important functions, this part of the brain is often overworked, and some studies are linking an overactive Default Mode Network with depression and anxiety. This could explain why individuals who consistently use Magic Mushrooms report lower instances of depression and anxiety.

So What Exactly is a Microdose?

Microdosing involves taking roughly a tenth of the dose that you would typically need to trip, so around 0.3 to 0.4 grams, if we assume that most people will achieve a trip level dose at around 3.5 grams. In my experience, anything over 0.5 grams makes you either a little too high to get anything done, or breaks into the sub-visual range of tripping and things will start getting a little weird. I.e., you will either be oddly joyful, or wax philosophical for no apparent reason, which can make those boardroom meetings with your boss a bit awkward.

With that in mind, let's stick to the 0.3 grams range, which is currently all the rage in places like Silicon Valley and Wall Street, or the humble halls of college campuses across the country. This lower dose will provide the benefits of psilocybin consumption we are looking for, while avoiding issues like: increased psilocybin tolerance, lack of focus, or just being a little too high to operate normally with your daily

Cooking with Magic

routine. You will of course also not be tripping—which I have been told can put a damper on your workday schedule.

When it comes to what routine to follow for microdosing there are a few schools of thought. Some microdosers recommend taking them everyday, alternating days, or dosing on a one-day-on-two-day-off schedule. However, in this book, dosing everyday is not recommended for a variety of reasons. The first is the simple fact that psilocybin tolerance builds very quickly; if someone is dosing everyday, then within just two or three days they will see a significant drop in psilocybin's desirable effects. Heart-health is another reason not to dose everyday. Psychedelics, and psilocybin in particular, have been shown to cause ventricular hardening with extended daily use, which puts you at an increased risk for heart disease.

Now, let's talk about the first recommended dosing schedule covered here. This is a two week cycle with alternating one-day-on-one-day-off. For beginners, scaling your doses is highly recommended. The first time someone is microdosing, they should aim for a dose of 0.1 grams. Take one or two days off from work, school, or other responsibilities, and record how you feel. From there, you can scale as needed—up to that 0.3 gram sweet spot. The schedule should look something like this:

Day 1 Dose 0.10 grams	Offday	Day 2 Dose 0.20 grams	Offday	Day 3 Dose 0.30 grams	Offday	Offday
Day 4 Dose 0.30 grams	Offday	Day 5 Dose 0.30 grams	Offday	Day 6 Dose 0.30 grams	Offday	Offday
No Dose Week						

Chapter Three: Microdosing

The addition of an entire week off from microdosing allows the body to reset and prepare for the following week. The next dose after taking that time off is much more potent and will really get those creative juices flowing. The no-dose week also allows your body to reset and should help prevent any long-term effects of dosing too regularly.

Another common dosing schedule is an offset one-day-on-two-day-off schedule. Some psychonauts find this schedule allows them to be more flexible and increases the punch of the microdose. For myself, I have found that there is not much difference between the perceived effects of an every-other-day schedule vs. the one-on-two-off schedule.

Day 1 Dose 0.10 grams	Offday	Offday	Day 2 Dose 0.20 grams	Offday	Offday	Day 3 Dose 0.30 grams
Day 4 Dose 0.30 grams	Offday	Offday	Day 5 Dose 0.30 grams	Offday	Offday	Day 6 Dose 0.30 grams
No Dose Week						

Cooking with Magic

Using the above schedule or the previous one is completely up to you. I would recommend that you experiment with them and even makeup your own regiment. Microdosing, like tripping, is a very personal and deeply spiritual experience that should be tailored to fit your individual needs, goals, and lifestyle. Psilocybin is a powerful tool that should be used with purpose and intent. I hope this guide and the tables help you to learn, grow, and most of all, be safe when interacting with our magical fungi friends.



“Contrariwise, if it was so, it might be; and if it were so, it would be; but as it isn't, it ain't. That's logic.”

– Tweedledee



FOR-M-GUYS



chapter four

Fuh- Gyys

My name is Snowflake, the illustrator of *Cooking with Magic*. Welcome to one of the loveliest sections of David's book!

There are well over 200 known species of psychoactive mushrooms across the planet, with many sub-species and a great many that are believed to be yet undiscovered. Some of these are common, some very rare. Some are easily found, some hide away in secretive places like mountainous cloud forests. Some are mild, some potent, while others are indeed toxic.

Cooking with Magic

In this chapter you will see a few North American favorites, along with several others. These images are only meant as a visual reference guide for what you might happen across outside; this reference in no way provides instruction on how to cultivate them. The entries here are not intended for scientific education, but are well researched and intended to give you standard information in an easy-to-use reference.

Fungi will grow despite any laws against them; they are a defiant little bunch, and so having a way to identify what you may find in the wild will help you to be safer in your wanderings.



Chapter Four: Fun-Guys

Conocybe velutipes, also known by "*Conocybe kuehneriana*" (invalid)

This tiny, basic species looks near identical to a species that shares the toxin of the "death cap."

BE CAREFUL!

These babies often have a dusting of mycelium fuzz on their fragile stems.

↑ 1.5-2.5" tall
↓ 4-6cm

Caps are 1-2cm

Common Name:

- Ohrahuupika (Finnish)
- Dunce Cap (UK)

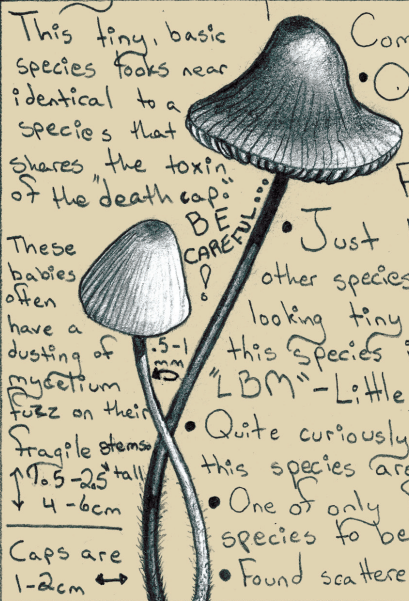
Colors:

- Dull brown to yellowish-tan with a slightly darkened top (cap)
- Matching the cap, then fade to cinnamon (gills)
- Brownish, frail, with dainty mycelium (stem)

Features:

- Just like dozens of other species of common-looking tiny brown fungi, this species is known as an "LBM" - Little Brown Mushroom.
- Quite curiously, the spores of this species are elliptical.
- One of only five *Conocybe* species to be psychoactive.
- Found scattered in grass & woods.

Found across North America and Europe. Concentrated in: Illinois, UK, Sweden.



Caps grow up to 2 in, staying as bells.

2-4.5cm

Stems are 1.5-3 in in length, with a slightly hairy texture.

3-6cm

Psilocybe allenii

*No common name yet.

Range: Pacific NW from British Columbia to Los Angeles, usually up to about 10 miles inland


Colors:

- brown, drying to yellow-brown/buff, bruising blue (cap)
- Pale cinnamon, aging to dark gray brown (gills)
- White, will bruise (stem)


Features:


- New to science! Officially added in 2012 by John W. Allen, after whom it is named.
- Common in the San Francisco Bay area
- Growing in loose clusters
- Can be found from September - December

Can be cultivated.



Cooking with Magic

<p>Caps grow 1.5-4 in. across 3-10 cm</p>  <p>These can be 4-8 in. tall, and the stem can get quite thick. 3-20 cm</p> <p>These are so potent they bruise without effort</p>	<h3 style="text-align: center;">Psilocybe azurescens</h3> <p>Common names: - Flying Saucer - Copper Tops</p> <p>Features: • This species thrives in unusually cold winter weather on the coastline • This variety prefers dune grasses and beached wood • These have the strongest concentration of all 35 psychedelic alkaloids ever discovered (double that of the fabled <i>P. cubensis</i>! Be cautious)</p> <ul style="list-style-type: none"> • Grows typically in troop clusters. • Prominent nipple/"umbo" always 	<p>Range: limited range from coastal mid-Oregon to coastal mid-Washington*</p> <p>Colors: • Chestnut to caramel in gradient, drying to straw-blue bruising (cap) • brown with white edge (gills) • white to brown, fluffy white base mycelium (stem)</p>
<p>* Feral growths found in Germany. Cultivable indoors.</p>		

<p>"Baeocystis" translates to "small bladder."</p>  <p>Caps, highly glossy when moist, grow from 1/2 - 2 1/2 in. 1.5-5.5 cm</p> <p>Stems grow 2-3 in. in length. 5-7 cm</p>	<h3 style="text-align: center;">Psilocybe baeocystis</h3> <p>Common Names: - Bottle Caps - Knobby Tops - Blue Bells - Olive Caps</p> <p>Features: • Growing solitarily or in small clusters, cultivatable. • Bruising an intense blue easily, even from rain • Potency is markedly greater when fresh, dropping by up to half when dry.</p>	<p>Range: Pacific northwest/Maine</p> <p>Colors: • Dark olive, buff brown, greenish brown, or steel blue when wet - drying to a copper center and white edge, bruising blue (caps) • Gray to cinnamon (gills) • Brownish, white, & yellowish (stem)</p>
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The caps of this species begin small & concave, but

opening to a convex, often wobbly forms

Caps are 1/2-1 1/2 in.
1-3.5 cm

Stem is 1 1/4-2 1/4 in. long
3-6 cm

*This name can also refer to other species.

Psilocybe caerulipes

Common name:
*Bluefoots

Features:


- These are often mistaken for the larger *P. ovoideocystidiata*
- These have a wide, but infrequent, distribution. Rare.
- These are solitary or in small clumps - cepitose"
- While there are cultivation methods, these are more difficult to grow, and stronger fresh.

Range:

Most common in the extent of Appalachian range, but as far South as Mexico (in cloud forests)

Colors:

- Cinnamon to dingy brown gradient with a darker center (cap)
- rusty with pale edges (gills)
- buff to brown (stem)



Psilocybe cubensis

Common Names:


- Cubes
- Gold Tops
- Penis Envy*

Features:

- Pranging widely in Asia, N & S America, Australia/Oceania, & Africa
- Clusters
- Shrink to up to 1/10th dried

*Strain specific

P. cubensis is fabulously various in the shapes, sizes, & colors they present with. These depend on age, growth method, and strain or subspecies. Can be cultivated.



Cooking with Magic

The iconic wonky caps are usually 1-2 in. grown.
2-5cm

These grow from 1.5-3 in tall.
2-6cm

At young age, the cap is convex, waves show maturity.

Psilocybe cyanescens

Common names:

- Wavy Caps (English)
- Maalkopje (Dutch)
- Blaufarbender

Features:

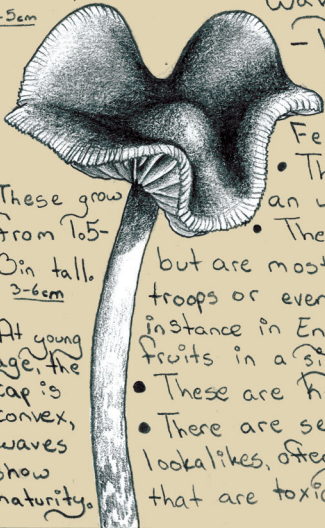
- This species prefers an unusually cool 50-65°F
- These can happen solo, but are most usually in large troops or even "fairy rings". One instance in England was 100,000 fruits in a single troop!
- These are known for potency
- There are several convincing lookalikes, often growing nearby, that are toxic. Be cautious!

Range: global*

Colors:

- gradient sienna center to buff/yellow edges - dries to paler tones - bruises an iconic blue shade (cap)
- cinnamon to dark grey-brown with age (gills)
- smooth to silky white, blue bruising (stem)

* These have cropped up all over the world due to distribution in mulch. Most common in the Pacific NE. Can be indoor cultivated.



* This species produces what is called "magic truffles" or sclerotia.

Typically length 2-4 in. when grown, with caps going from convex to concave and staying 1-2 in. in diameter.
Average 0.5-3cm diameter

Psilocybe mexicana

Common Names:

- Teonanacatl (Aztec) translated "god's flesh"
- Chamaquillo
- Little Bird

Features:

- Solo or troop
- Notably small size
- Prominently in high altitudes
- Sepia/brown spores
- This species has recorded thousands of years of use
- This species is very common in appearance to many wild mushroom varieties, including poisonous species. Please be cautious, always!

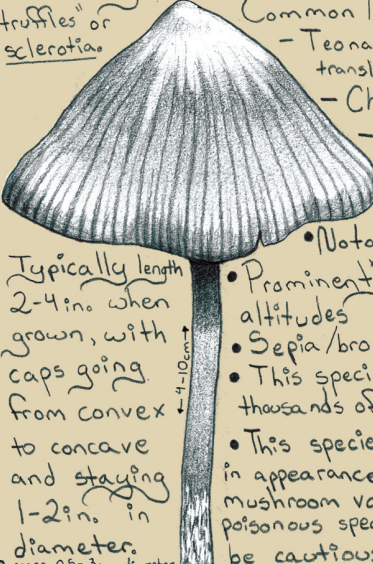
Range: Mexico, Costa Rica, 3 Guatemala*

Colors:

- ochre/brown to straw based on age (cap)
- blue bruising
- gray to purple-brown (gills)
- straw to ruddy brown (stem)

* Dr. Albert Hofman first isolated psilocybin and psilocin with P. mexicana

* This species has also been reported, rarely, in the swamps of Florida, US. This species can be cultivated indoors.



Chapter Four: Fun-Guys

The difference between growth stages are so dramatic and so akin to other fungi, one image wouldn't be enough reference for you. Please, my dove, always be cautious. ♡

Psilocybe ovoideocystidiata

Range: Continental USA, Germany & Switzerland

Common Names:
- Ovoids
- Bluefoots*


Colors:
• Early - from pearly cream to yellow/orange brown
• Mature - mix of yellow, blue, & brown
• Whitening upon drying
• Dramatic blue & green bruising
• Rusty, white, lavender, dark purple (gills)

Features:
• These grow in clusters... huge ones!
• These fruit every season except winter
• Most *psilocybe* species don't have a membranous ring, "annulus", or if they do it is high and faint, ovoids wear theirs halfway down their stems.
• No standard cultivation method
*Bluefoots can mean other fungi!

Caps 1.5-2 in diameter 4.5cm

Stems up to 4 in tall 9cm

Stems darken in age - from whites, yellows, browns, blues, & green bruising



Caps from 1/4 - 1.5 in. staying convex 0.5-3cm

Psilocybe pelliculosa

Range: Northern Pacific coast from Oregon through Alaska

Common Name: Conifer *Psilocybe*

Colors: translucent chestnut brown when wet, drying to a range of yellows (cap)
• cinnamon brown (gills)
• white to grayish, with brown near base (stem)


Features:
• Unlike most of the *psilocybe* fungi, this species barely bruises, if at all.
• Growing in clusters and troops, hard to find
• Found often at elevations of 1000-2000 feet, at which clear-cutting is common, leaving timber

These stay around 2.5-3 in. tall 6-8cm

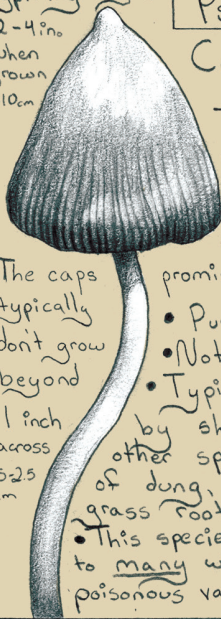
Spores are purple/brown


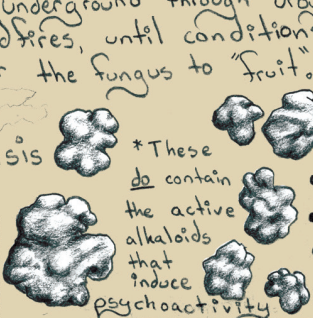
These like wet October through December

These grow on 3-10 year conifer (evergreen) decayed wood. There is no known indoor cultivation method. Feral growth in Finland.



Cooking with Magic

<p>Typically length 2-4 in. when grown 3-10 cm</p>  <p>The caps typically don't grow beyond 1 inch across 0.5-2.5 cm</p>	<h3 style="text-align: center;">Psilocybe semilanceata</h3> <p>Common Names:</p> <ul style="list-style-type: none"> - Liberty Caps (N.A.) - Magic Mushrooms (E.) <p>Features:</p> <ul style="list-style-type: none"> • Cone-shaped cap with a prominent center nipple ("umbo") • Purple-brown spores, wiggly stem • Notably small stature, solo or troop • Typically growing in meadows used by sheep and cattle, however unlike other species they do not grow out of dung, but instead from decaying grass roots. • This species is very common in appearance to many wild mushroom varieties, including poisonous varieties. <u>Please be cautious!</u> 	<p>Range: N.A. & E.*</p> <p>Colors:</p> <ul style="list-style-type: none"> • dark chestnut brown when wet, light tan/yellow when dried (cap) • purple/brown (gills) • off-white/tan (stem) <p>* These have also been found in Peru, India, Australia, New Zealand, and even at altitudes of 4,000m in Italy. Can be cultivated indoors.</p>
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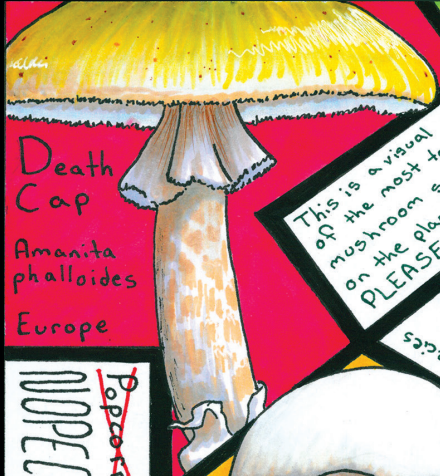
	<h3 style="text-align: center;">Sclerotia</h3> <p>These are known to most people as "magic truffles". However, these are <u>not</u> a truffle species, but in fact a different part of the above-ground mushrooms we already know. They are a resting form of a few fungi that exist underground through drought, frost, even wildfires, until conditions are right for the fungus to "fruit".</p> <p>Species:</p> <ul style="list-style-type: none"> • <i>Psilocybe tampanensis</i> • <i>Psilocybe mexicana</i> • A variety of browns • Commonly "nutty" taste
<p>* These do contain the active alkaloids that induce psychoactivity</p> 	<p>Common Names:</p> <ul style="list-style-type: none"> • Philosopher's Stones • Triphnollen (Dutch) • Space Truffles • Magic Truffles

The Helpful Guide to Outdoor Leavemalones

This guide is here to help you and your friends stay safe, and to be able to see right away what some of the most toxic varieties look like so you can steer clear of them. It is important to note that several of these resemble some of the edible varieties. For goodness sake, always be careful when handling any fungus you discover!

Many thanks to Fire and Earth Erowid for their insight and assistance in researching and preparing these illustrations. For more information on fungus research, please see the resources guide at the back of the book for some scientific sources to learn even more about Magic Mushrooms.

Helpful Guide to Outdoor LEAVEMALONES



Death Cap
Amanita phalloides
Europe

This is a visual aid of the most toxic mushroom species on the planet Earth. PLEASE avoid!!!!

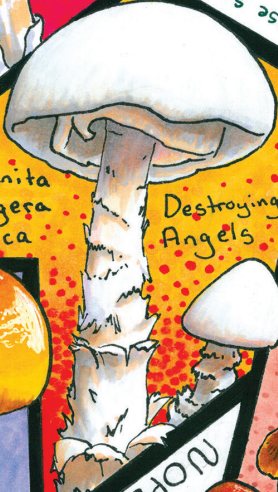
Everything here has the ability to kill you, even if cooked, dried, or in some cases simply topped.



Cortinarius rubellus
Europe, North America
Deadly Webcaps

These species make terrible chairs. Ergonomic? No.

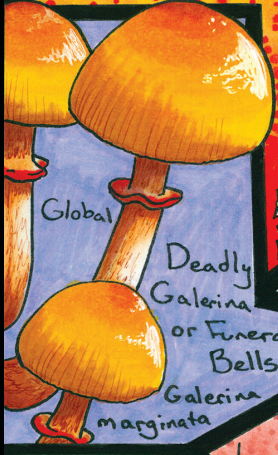
~~POISONOUS~~
POISONOUS



Amanita bisporigera
North America
Destroying Angels

Pholiotina rugosa, synonym: *Conocybe filaris*

Fire Flame Kinoko



Global
Deadly Galerina or Funeral Bells
Galerina marginata

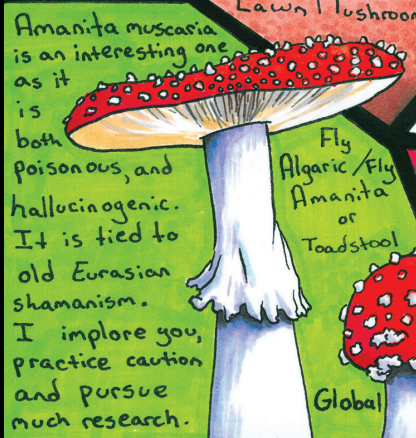
NOPE Earth

These are deadly poisonous from amatoxins, are extremely common and are easily mistaken for *Psilocybe*. Be CAREFUL.



Podostroma cornu-damae
Asia

AKA Doom Umbrellas

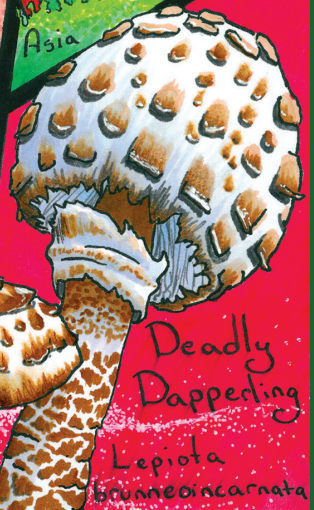


Amanita muscaria is an interesting one as it is both poisonous, and hallucinogenic. It is tied to old Eurasian shamanism. I implore you, practice caution and pursue much research.

Algaric/Fly Amanita or Toadstool

What is a poisonous mushroom, if not a melancholic jellydisc?

Europe, Asia

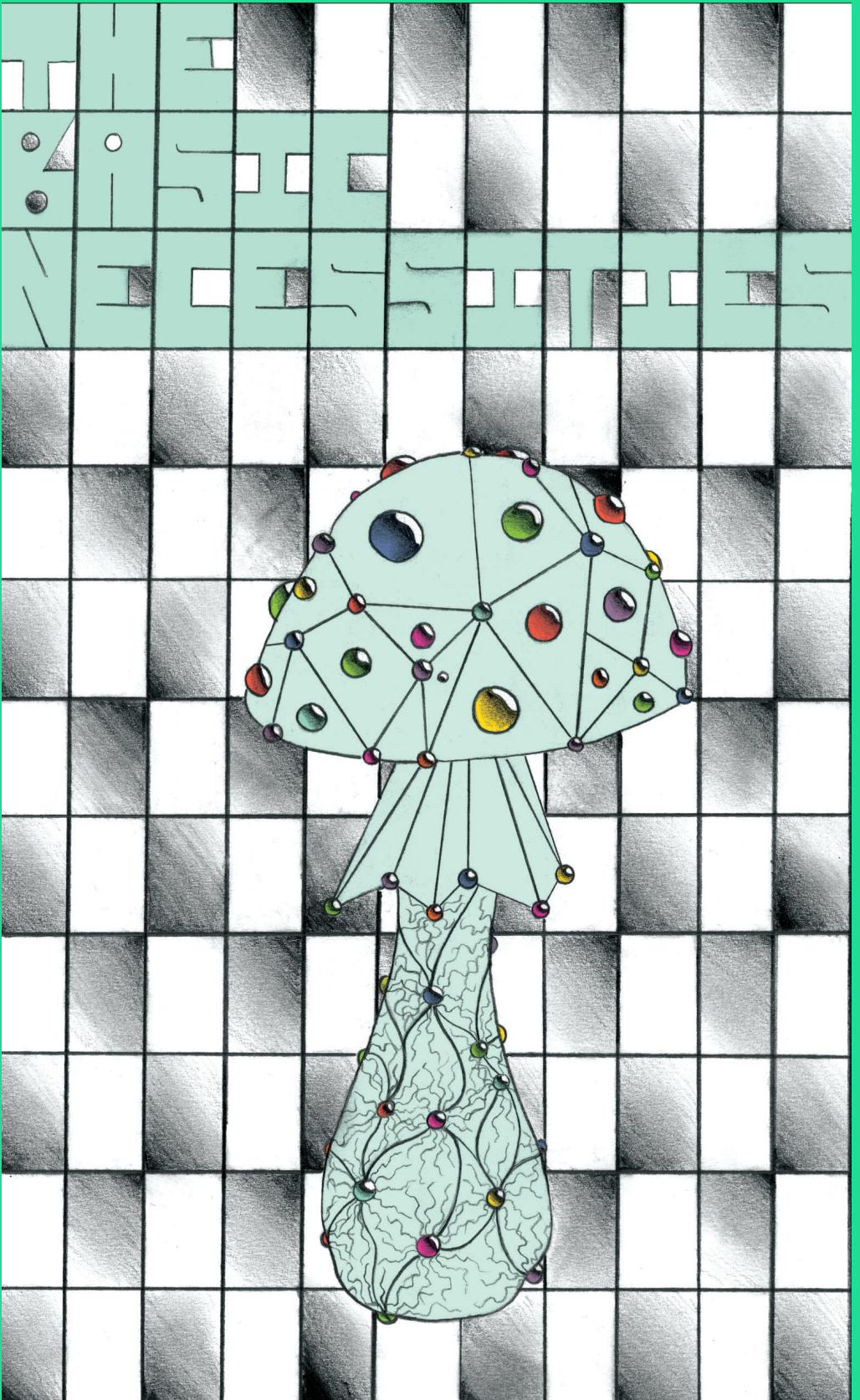


Deadly Dapperling
Lepiota brunneoincarnata

Global

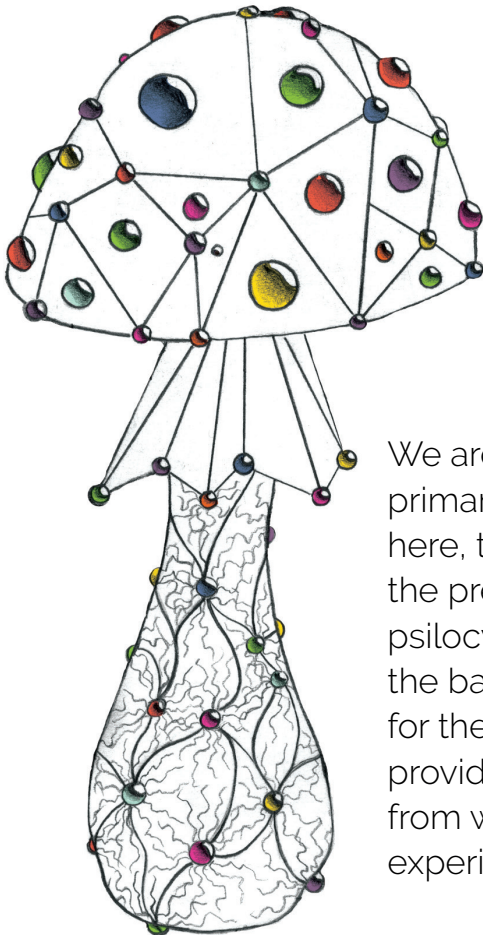
“I can't go back to
yesterday, I was a
different person then.”

- Alice



chapter four

The Basic Necessities



We are now getting into the primary body of this book. From here, the book will be covering the preparation and cooking with psilocybin. This chapter will cover the basics of what you will need for the recipes to come. It will also provide you with the foundation from which you can grow your experience and knowledge base.

Simple Mushroom Powder

Ingredients

Dry Magic
Mushrooms

Equipment

Coffee grinder,
food processor,
or blender

This is an easy one, but crucial for many of the baked goods you will find in later chapters of the guide.

First, gather (wild-picked or otherwise) roughly 20 dry-grams (or however much you wish, but let's start with 20 for the purpose of this book) of your favorite strain of psilocybin mushrooms. For consistency, we have decided to go with *Psilocybe cubensis*, but any other strain is just fine.

Next, you'll need a good coffee grinder or food processor. Make sure yours is of decent quality, as the fibrous stalks of the mushrooms can get caught up in the blades and ruin the motor of less powerful blenders—if they're not dried to a cracker-like consistency.

Step one is simple, just grind your mushrooms until they form a fine powder. You can also add any spices you like to the mix. Just portion out however much mushroom powder you need and mix in the spices. For example, we have included a mushroom and pumpkin pie spice blend on the next page.

Mushroom/Pumpkin Pie Spice Blend

Equipment

Coffee grinder,
food processor,
or blender

Ingredients

3 ½ tablespoons of
ground cinnamon

2 ¼ teaspoons of
ground ginger

2 teaspoons of
nutmeg

2 teaspoons of
ground allspice

2 teaspoons of
ground cloves

4 grams of
mushroom powder

This simple spice blend was inspired by my grandmother's pumpkin pie recipe—a version of which is included later in the book. It is a subtle yet deliciously fun little mix of warm, nutty flavors, and, of course, psilocybin. This blend can also be combined with your favorite nuts and a little honey for a cosmically delicious snack. Enjoy!

Preparation

Pulse your dry ingredients in a blender until the mixture is well, and thoroughly, combined. That's it!

Basic Mushroom Elixir

Equipment

Coffee grinder, food processor, or blender

Two pint jars with lids

One medium-sized rubber band

A spoon or small spatula

Food processor

9x9 baking dish

100 ml beaker

2 oz Boston round bottle with scientific dropper

Small funnel

2 paper coffee filters (I like to use the cone shaped filters as they fit in your jars easier)

Ingredients

20 grams of your favorite fun-guys

750 ml bottle of good grain alcohol or vodka

This one is going to be a little more complex, but still easy. The main thing you'll need is patience as the entire process takes a few days. The result is undoubtedly worth the wait and will be a key part of many of the recipes to come.

Preparation

Alright, friends, let's get started. This particular recipe is going to read more like a science experiment than cooking, but the whole process is really fun. Bonus points to those of you who don a solid scientist costume while you work. We're going to start with a relatively mild elixir using 20 grams of dried mushrooms extracted into a final 40 ml solution. I've found that this gives you a moderate dose that's perfect for microdosing, or combining with teas, coffees, juices, and various other recipes that we will see later. You can, of course, scale this up for a stronger elixir if you find that this one is a little to mild for your needs. As always, the journey is yours, and once you have this process down pat play around with it through trial and error until you find your favorite strength level.

Step One: Alcohol Extraction

Take your 20 grams of mushrooms and pulverize them by pulsating your grinder, the ideal consistency should be like very coarse sand; we don't want our mix to be too fine for this as you will end up with a cloudy solution if the particles are too small.

Next, place your freshly pulverized mushrooms in the pint jar you have ready to go. Now measure out 100 ml of grain alcohol using your beaker. Pour this over the mushrooms making sure that it just barely covers the top of your powder.

Now, securely fasten your lid onto the jar and then give it a few seconds of good, hard shaking. Go on, I know you can shake it a little harder, we want to be sure that our solution is thoroughly mixed. Once you've shaken the fun-guys until they're thoroughly mixed, and probably a little dazed and confused, set aside your jar. We're going to let this sit and soak for the next 48 hours (like I said, patience is key). In the meantime, feel free to have a handful of the nut and honey mix I mentioned earlier and take a load off.

Step Two: Evaporation and Concentration

And we're back! I hope you all enjoyed your break, now let's get this next step rolling. Grab your second pint jar, two coffee filters, and the rubber band. Double up the filters by placing one in the other. Slightly wet your coffee filters with some fresh cool water and then insert them into your second, clean jar. Leave just enough sticking out to fold over the top of the jar and then secure it with a rubber band.

Now, open the mushroom and alcohol mixture that you let sit for the last two days, and slowly pour it into your filters. Take a spoon or small spatula and gently tamp down the mixture periodically to ensure that it all fits. Once you've got everything inside the filters (go ahead and scoop out anything left in your jar) let the mixture drain into the new jar. Occasionally give the mix a gentle pat, or press, with your spoon/spatula until it has stopped dripping. Remove your filters full of mushroom material and set it aside, but don't discard it yet.

Cooking with Magic

Now, bring over that 9x9 baking dish and pour your elixir into the pan. Now is also when you want to grab your filter and give it a good squeeze to extract any remaining liquid into the pan. Once it is thoroughly wrung out you can go ahead and dispose of it (we like to compost ours). Now we must get ready to wait again. At this point, you're going to set the pan aside and let it rest uncovered while the alcohol evaporates. This can take a day or two—depending on how warm the room is and the alcohol content of the elixir. Periodically check on it, you're looking for it to form a slightly viscous solution. While you wait have a snack and kick back, this is another waiting game.

Step Three: Bottling

Alright, it's been another few days, but we are finally at the finish line! Once it appears to be about right, gather a clean funnel and the 100 ml beaker. This is also a good time to take your spatula (recently washed) and gently stir the elixir. You want to break up any materials that have adhered to the bottom of the pan.

Next, place the funnel into the top of your beaker, and then gently pour the elixir from the pan and into the beaker. Once that is done, take note of the liquid volume in your beaker—we are aiming for a 40 ml solution. If you still have too much, simply let it sit out and continue to evaporate until you achieve the correct volume. If you have too little, just grab the bottle of grain alcohol, or vodka, that you used earlier, and pour some in until you have that 40 ml volume.

Okay, everyone, thanks for being patient with me—it's finally time to bottle your elixir! Set out your 2 oz Boston round bottle and place a funnel in the top. Now, slowly pour your elixir out of the beaker and into the funnel, taking care not to spill too much of it. Then, screw on the dropper lid. That's it, you're done! Congratulations, my friends, you have successfully scienced the shit (pardon the explicative) out of this!

Stamets' Blue Juice

Yield

Roughly 3 cups

Dose

2.6 grams per cup

Here, we have another very simple, but incredibly fun, extraction method. Originally from Dr. Paul Stamets, this cold-water extraction takes some time and patience, but is worth it in the end. You can use it in a variety of things, or just drink it as is. I like to add some lemon juice, ice, and a little sweetener, and make a big pitcher of Blue Lemonade.

Note: This only works on fresh mushrooms. For some reason beyond my understanding, the psilocybin will not extract using this method with dried mushrooms.

Preparation

The prep for this is quick and easy. Grab your 80 wet grams of fresh Magic Mushrooms and evenly, but not too finely, chop them. Scoop these into the Mason Jar and then begin adding in the ice. Continue to add crushed ice until the jar is completely full.

Place the full jar into the refrigerator. And now we wait—this takes a few days so be patient.

Periodically check the jar and top it off with fresh ice one or two times. After that, just let it

Equipment

One 24 oz wide mouth mason jar with lid

Ingredients

3 cups of crushed ice

80 grams of fresh Magic Mushrooms

Cooking with Magic

sit and allow the ice to melt. As the ice melts, the cold water will extract the psilocybin from the fresh mushrooms.

Once the ice has completely melted you should be left with a jar full of blue/green juice. You can strain out the mushrooms, if you like, and put the juice in a clean jar, or not (it's completely fine either way, but the mushrooms get particularly soggy after a few days). From here, you can store it in the refrigerator for a few weeks or turn it into ice cubes.

Stamets' Blue Lemonade

Yield

Roughly 6 servings

Dose

1 gram per serving

Ingredients

4 cups of water

3.5 cups of Stamets' Blue Juice

Juice of 6 large lemons

1 cup of sweetener

Ice

Stamets' Blue Lemonade is a quick, delicious and refreshing drink that you can quickly put together using a few cups of blue juice some sweetener, lemons, and ice.

The sweetness from the monk fruit (or any sweetener) is nicely complemented by the tart lemon juice. If you want to give it a little extra panache, throw in a bag of blue-peaberry flower tea and watch it transform from deep blue to bright lavender. Mix up a pitcher and kick back on a hot day.

Serving

Gather up some glasses, fill with crushed ice and pour. Serve this up to a group of close-knit companions and prepare to go on a journey of self-discovery.

“Never imagine yourself not to be otherwise than what it might appear to others that what you were or might have been was not otherwise than what you had been would have appeared to them to be otherwise.”

- The Duchess



chapter five

Blend 'em or Brew 'em



Cubensis Coffee to Start Your Day

Yield

4 servings

Dose

1 gram per serving

Coffee and cubensis? What an absolutely delightful little combination to get your mind going and ready for a long day of inspiration and creativity. This is a simple recipe that's mostly (remember, I'm kind of a diva) devoid of fuss and flair, but is still delicious. I like to use a French press for just me, and a regular pot for groups of four or more. Although the coffee you use doesn't make a

Cooking with Magic

Equipment

6 Cup French press

Sunshine (unless you're a night owl, then Moonlight will do)

Ingredients

4 cups of cool, fresh water

1 ½ tablespoons fresh ground coffee per cup of water

2 teaspoons of unsweetened almond milk

1 teaspoon of monk fruit sweetener, Stevia, or honey (whichever you prefer)

4 cinnamon sticks

4 grams of powdered *Psilocybe cubensis*

Optional Items

Some neat, little, mushroom coffee cups

large difference, it's best with freshly ground beans (Three Bears Coffee in Knoxville, Tennessee roasts some amazing beans), and a little almond milk—with just a spoonful of monk fruit sweetener and a cinnamon stick for stirring. Pour yourself a slightly steamy cup and prepare to greet the day.

Brewing

Bring your water up to a temperature that's just above a slow simmer, but not boiling as we don't want the coffee to become bitter from overheating. Grind your fresh beans and add those into the French press along with the powdered mushrooms. Pour over the hot water and let it fill your press. After that, put the lid on and let the coffee and mushroom steep for around 5 minutes before you press the plunger down.

Serving

While that steeps, gather some cups and add sweetener and cinnamon sticks. Now, plunge that plunger! Done? Pour in the coffee and add your favorite almond milk, or other non-dairy creamer, and give it a quick stir with the cinnamon stick. Serve it up with a slice of our Mushy-Morning Coffee Cake (set aside the used coffee grinds to use for the coffee cake), and enjoy with a few other beautiful spirits, or just by your ever-so-amazing self.

Refreshingly Cool Mint Lime Tea with Honey

Yield

8 servings

Dose

0.5 grams
per serving

This wonderfully refreshing, and slightly funky, mint tea was invented by Branden on a particularly balmy 91-degree day. It's a simple, but delicious summer (or anytime) refresher that's perfect to enjoy with a group of friends around the pool, or on a sunny back porch. The effects of a single glass are not too strong, and tend to provide you with a nice body high with increased clarity and creativity. Combined with the slightly caffeinated green tea, this will perk you up and get your mind ready to enjoy a lovely afternoon of sun and fun. Pour out a few glasses and be prepared for a journey of discovery with your closest companions.

Brewing

Bring the cold water to a boil in your kettle, or simply a pot if no kettle is on hand. Once it's ready to go, pour the hot water into your pitcher then add in your tea. Let it steep according to the package instructions, or roughly 3 minutes. Once your tea is done

Cooking with Magic

Ingredients

3 bags of herbal mint tea (we like to use Moroccan mint from Trader Joe's)

2 large bags of green tea (any brand is fine, and feel free to substitute regular for decaf)

1 oz of your favorite honey

8 cups of fresh, cold water

8 ml Mushroom Elixir (you may add more but we find that this gives you a nice, but not overwhelming, dose)

1 lime, juiced

Fresh mint for garnish

Ice

steeping, go ahead and remove your tea bags. I like to let set them to the side to cool for a few minutes before squeezing out the remaining liquid. After that, discard your bags.

Now, add the honey and stir using a long spoon until it has fully dissolved in the tea. Set your hot tea in the refrigerator to cool for 2–4 hours. Once cooled, take your lime and juice it; you can use a lime juicer if you like, or go the easy route (my preferred method) and just squeeze them directly in the pitcher. Give it a quick stir to mix in the juice. Measure out your 8 ml of mushroom elixir and stir that in as well. Remember, you can always add more to achieve your desired strength, or less for that matter, but as always be mindful of your dosing. Stir a little more and place the tea back in the refrigerator to cool.

Stored in the refrigerator, your tea will last several days without any noticeable loss of potency. This cannot be said for storing the tea at room temperature as psilocybin tends to break down quickly in liquid at room temperature.

Serving

Gather up a few glasses, as many as needed and fill them with ice. I like to use crushed ice. Take your fresh mint, give it a quick washing, and pluck off any brown and dried up leaves (you can let these dry in the sun and powder them). Gently bruise your mint, and then place it into the glass. Next, grab another lime and slice a few thin rounds off it. Make some quick cuts into the round so the lime can sit on the rim of your glass.

Pour a glass of tea, and stick that fancy little lime slice on there for garnish. Voilà! You've got yourself a refreshingly psychedelic glass of tea to enjoy on a hot day!

Mushroom Toddy with Dried Lavender and Wildflower Honey

Yield

4 servings

Dose

1 gram per serving

The inspiration for this soul-warming tea came to me on a dreary fall afternoon that needed a little brightening up. The lavender combines scrumptiously with wildflower honey, smoky Scotch, and crisp oolong tea, topped off with slice of vibrantly tart lemon. It has just enough fun-guys in the mix to give you an interesting and groovy state of consciousness, while still being able to navigate through your day. Excellent when shared with like-minded souls during a long paint-party or by yourself and a good book (no wandering words here, unless you decide to spice up the dose).

Ingredients

4 cups of cool fresh water

4 bags of your favorite oolong tea, or enough loose-leaf tea for four

4 tablespoons of locally sourced wildflower honey

2 tablespoons of dried lavender

4 grams of cracker-dry mushrooms, roughly chopped and divided into one-gram servings

1 lemon, cut and quartered

8 oz of Scotch divided into fourths, I like to use Glenfiddich 12-year-old Single Malt (I know, looking like Snooty McGhee over here)

Optional Items

Tea infuser

A fancy looking mushroom tea pot and little mushy-shaped cups for serving (completely unnecessary but oh-so-satisfying)

Brewing

As with all teas, this is pretty simple. Bring your water to a boil, or heat until the kettle toots. Next, there are two options—first is my preferred method. Whip out that fancy, little, fungus-impersonating teapot, and pour the water in. Now, throw in your four tea bags and the infuser—loaded up with dried lavender and mushrooms. Let the tea steep for five to ten minutes before removing the bags and lavender infuser.

While that steeps, grab your mushy-cups and add in the scotch, pouring just 2 oz per cup. Then, squeeze some fresh lemon into each. Let this sit while the tea finishes steeping. Once the tea has steeped, gather your friends and pour out a few cups. Feel free to mix in the honey at this point, or leave it out for a sugar free experience. Lastly (and this part is absolutely mandatory) take a sip, hug your friends, or open that book, and start to relax. You're in for a fun time!

Method Two

The first few steps are the same, but here, we are going to dispense with the fancy, and totally necessary, but not, teapot. Instead, simply add 1 gram of roughly chopped mushrooms, ½ tablespoon of lavender, and a tea bag to each cup. Pour in hot water, add the scotch, and lemon, then let steep for five or ten minutes. From here, you can fish out the mushrooms and lavender with a spoon, or just let it be (I vote for the latter option). Remove the bags and serve with or without honey. Enjoy!

Ritual Cup Hot Chocolate

Yield

4 servings

Dose

1.75 grams
per serving

I was inspired to create this hot chocolate recipe based on my favorite Mexican hot chocolate from a little shop in San Pedro, California. Made with real 99% dark chocolate, chipotle powder, a dash of cayenne pepper, and, of course, powdered fun-guys (we also added a dash of mentally stimulating Lion's Mane). The flavors mix wonderfully and will absolutely delight your taste buds. It is a strong, warming, and relaxing brew that I have always found will soften any hard edges, or relax me after a long, rough day. The dosage on this one is the highest of any of the brewed recipes so please approach it carefully—this is NOT meant to be had before running out the door or driving. Be ready to sit down, stay home, (or take a nice walk) and have a long evening of contemplation, creation, and joy.

Ingredients

3 oz Absolute Black 99% Dark Chocolate (easily acquired at your local Trader Joe's or Amazon)

2 tablespoons unsweetened cocoa powder

3 tablespoons monk fruit sweetener (or any other 1/1 sugar replacement)

½ tablespoon cayenne pepper

1 tablespoon chipotle powder

½ teaspoon coarse sea salt

3 tablespoons lime juice

1 can coconut milk with liquid

7 grams powdered Magic Mushrooms

Preparation

Start by roughly chopping the dark chocolate. In a medium saucepan, warm the coconut milk over medium heat until it begins to simmer. Stir this occasionally. Add in the chopped dark chocolate and stir until it has fully dissolved. Add in the cocoa powder, cayenne pepper, monk fruit sweetener, and chipotle powder. Stir this until it is fully combined. Now add in the salt, powdered fun-guys, and lime juice. Reduce the heat to low and allow to simmer while stirring constantly (we are going to use low heat, a little time and acid to release some of the psilocybin). Continue this for about five minutes, if the liquid starts to get low you can top it off with a little water or milk substitute (or milk if you like dairy).

Serving

Get yourself a handful of mugs (I have some neat little mushrooms mugs that I like to use), fill those babies up with your amazing hot chocolate mix, and then serve as is or top it off with some coco- whip (see page 71). Hand out a few cups to your troop of compatriots, and then prepare for a wildly relaxing evening and some sweet mental clarity (also probably some nifty visuals).

Enjoy, my friends!

Star-Side Fungi-ccinos with Honey and Oat Milk

Yield

2 servings

Dose

1 gram per serving

My personal take on a favorite treat of mine; this fun-guy infused frap is perfect for a quick pick-me-up on a busy day. With just enough caffeine to get you going, and a not-too-strong dose of psilocybin, you'll be ready to power through your daily routine. The flavors of the oat milk, espresso, and dark chocolate, will soothe your taste buds and liven up your creative side. I like to serve it with a reusable flexi-straw and a dollop of homemade coco-whip (see page 71). Go the extra mile and grate a little more chocolate on top for some fancy points.

Equipment

Blender

Ingredients

2 cups oat milk

½ teaspoon
vanilla extract

1 ½ tablespoons
instant espresso
(I like Megdalia
D'Oro, it's easy
to find at most
grocery stores)

¼ teaspoon salt
(don't leave this out)

2 tablespoons
monk fruit
sweetener, or either
Stevia or honey

4 ml of
Mushroom Elixir

4 oz of good,
dark chocolate (we
use Endangered
Species 88%
dark, not only
is it delicious
but proceeds
go towards
conservation of
threatened and
endangered
animals)

4 cubes of frozen
Cubensis-Coffee
(or just ice)

Optional Items

Chilled mugs fresh
from the freezer

Preparation

Oh look, a coffee drink that doesn't require boiling water! This here's an easy one, folks. Pour your oat milk (or substitution) into the blender. Next, add the vanilla extract, instant espresso, chocolate, and salt. Give the blender a few quick pulses to combine the ingredients before adding in your frozen coffee cubes or ice. Blend until you have a nice smoothie like texture. Lastly, add in your 4 ml of Mushroom Elixir, and pulse 3 or 4 times until thoroughly combined.

Serving

Simply fill each glass nearly to the brim, stirring occasionally to ensure an even distribution of slush. Now, add a little (or large) blob of coco-whip and, most importantly, grate some more chocolate on there. Say it with me, chocolate, chocolate, chocolate! All that's left is to sip and enjoy while basking in your own chocolatey, shroomy glory.

Kickin' Super Berry Watermelon and Lion's Mane Smoothie

Yield

4 servings

Dose

1 gram per serving

This smoothie is an adaptation of my mother's recipe from many, many summers ago (we won't say how many). It is wonderfully flavorful and packed with tons of antioxidants. The addition of the Lion's Mane mushrooms pairs well with our fun-guys as they are thought to further enhance the neuro-regenerative and cognitive enhancing traits of psilocybin. It is also just yummy, plain and simple. I really like the way the tart, black cherries play off the strawberries and fresh watermelon. Those of you worried about the flavor being heavy on the fungus, never fear, you can barely taste the Lion's Mane (which has a mild mineral flavor on its own) and the Mushroom Elixir is fully covered by the explosion of fresh, fruity greatness.

Equipment

Blender

Ingredients

1 cup frozen black cherries, roughly chopped (this helps with blending)

1 cup fresh strawberries

1 cup frozen blueberries

1 cup fresh watermelon

½ cup fresh lime juice

½ cup crushed ice

8 ml of Mushroom Elixir

Optional Items

Fancy, little, cocktail umbrellas

3 grams of fresh Lion's Mane mushroom (omit if not available)

Preparation

Gather your various fruit and begin adding it to the blender. Starting with the frozen cherries, pulse the blender until the cherries are broken up into small pieces. Next, add in your frozen blueberries and repeat the pulsing process (pulse, pulse, pulse!). After that, add fresh fruit in any order, as well as the crushed ice, and juice. Lastly, we are going to blend in the Lion's Mane mushroom and fun-guy elixir. Continue to blend until your smoothie reaches the desired consistency.

Serving

The absolute best (i.e., fanciest) way to serve these delicious little smoothies is in four, large margarita glasses. Pour out even portions, and top with a lime garnish and cocktail umbrella. Share this easy summer refresher with your chosen life partners and kick your feet up!

“Do you know, I always thought unicorns were fabulous monsters, too? I never saw one alive before!”

“Well, now that we have seen each other,” said the unicorn, “if you’ll believe in me, I’ll believe in you.”



FANTASTIC

TREATS

AND

HOW
TO

MAKE

THEM

chapter six

Fantastic Treats and How to Make Them



Coco-Whip Topping

Ingredients

1 can full-fat
coconut cream,
chilled

1 tablespoon
maple syrup

½ teaspoon
vanilla extract

1 teaspoon
lemon juice

This is a quick and very simple recipe for homemade coco-whip. Flavored with maple syrup, and a little bit of lemon juice, this is light, refreshing, and pairs well with any pie.

Preparation

Chill your can of coconut milk in the refrigerator overnight, or at least six hours. Once chilled, carefully remove the can. Scoop out the coconut cream solids only into a large chilled stainless steel bowl, set aside the liquid.

Add in the remaining ingredients, and using a hand mixer beat until the cream begins to form soft peaks. That's it, it's ready to serve along with the pumpkin pie of an other. Enjoy!

Serving

After your pie has thoroughly cooled, slice that baby up into eighths, and dole it out. Serve it topped with a hefty dollop of coco-whip and a sprinkle of cinnamon. All pies are best when shared, so find a few fellow psychonauts and tuck in to a fantastic treat!



Perfectly Mushroomy Pumpkin Pie

Yield

8 servings

Dose

0.5 grams
per serving

How better to start off our desserts than with a classic pumpkin pie? This warm, fall time treat is delightfully satisfying, with its flaky and buttery gluten-free crust, warmly spiced filling, and, naturally, a dash of magic from our fun-guy friends. This recipe is based off of my grandmother's pumpkin pie, which has stood unchanged since at least 1952. Pair it with an ice cold glass of your favorite milk, or milk substitute, and a whopping dollop of coco-whip for an out-of-this-world treat.

Gluten-Free Pie Crust

Yields 2 pie crusts

1 ⅓ cups Arrowhead
Mills Organic GF
All-Purpose Flour

½ teaspoon salt

½ cup chilled
organic vegetable
shortening

1 large egg

4 tablespoons
ice water

Ingredients

1 cup monk fruit
sweetener

3 eggs

15 oz organic
pumpkin puree

1 cup coconut
cream solids
fully melted

Magically Mushroomed Pumpkin Pie Spice

1 teaspoons
ground cinnamon

½ teaspoon
ground ginger

¼ teaspoon nutmeg

¼ teaspoon
ground allspice

¼ teaspoon
ground cloves

4 grams of
mushroom powder

Preparation

Crust: In a large mixing bowl, add gluten-free flour and salt. Mix until well-combined. Cut your vegetable shortening into ½ inch cubes, and using a fork or pastry blender, chop into flour until it forms a grain-like consistency.

Next, beat your egg with 1 tablespoon of the cold, ice water. Pour this over the flour mixture and combine until mixture begins to join. Add more ice water as needed until the dough can hold together when firmly pressed (grab a pinch of dough and roll it into a ball, squeeze this, and if it holds together without crumbling it's good to go!).

Place the dough into the refrigerator to chill for around an hour.

Once your dough is chilled, bring it out and place it onto a well-floured working surface. Form it into a rough ball, and then cut in half.

Set aside one of the halves and save for later. Using a rolling pin, roll out the dough until it forms a roughly 10x10 circle, or is about 2 ½ inches wider than a pie plate.

Preheat oven to 375° F. In a large bowl, combine pumpkin, eggs, monk fruit sweetener, and coconut cream. Mix thoroughly until combined, add in remaining ingredients, and stir until fully incorporated. Place your pie crust in a ten inch oven-safe pie dish and pour in the filling. Bake at 375° F for 15 minutes, then reduce the heat to 350° F and allow the pie to continue baking an additional 30–40 minutes, or until a knife inserted into the middle of the pie comes out clean. Remove from oven and cool for at least one hour (personally I like my pumpkin pie nice and cold so I recommend letting it sit overnight).

Squigberry Tarts

Yield

6 servings

Dose

0.5 grams
per serving

Awww, Squigberry Tarts, this recipe was requested by our illustrator, Snowflake (Snowzilla Arts). At its heart, this is a wonderfully simple berry and rhubarb tart. The combination of strawberries, blackberries, and rhubarb, blend nicely with a little lemon juice, a hint of vanilla, and our buttery tasting gluten-free crust. Once you add in some fun-guys you'll have a tart worthy of the Red Queen herself.

Equipment

10 inch tart pan

Ingredients

1 ten inch
gluten-free pie
crust (see page 73)

1 ½ cups rhubarb,
chopped

1 ½ cups
strawberries, sliced

1 ½ cups
blackberries,
halved

1 teaspoon
vanilla extract

Zest of 1 lemon

½ cup sugar
replacement

4 ½ teaspoons
vegan gelatin

2 tablespoons
vegan butter

3 grams powdered
mushrooms

Preparation

Preheat oven to 375° F. Place your gluten-free pie crust into a slightly greased 10 inch tart pan. In a bowl, combine the fruit, gelatin, lemon zest, vanilla, and Magic Mushrooms together with sweetener until thoroughly mixed.

Pour the fruit into the center of the crust, leaving space between the fruit and the edge of the crust—about 2 inches. Fold the pie crust up and over the edge of the fruit, leaving the center uncovered. You can add a little flair here by overlapping the edges to create a neat, concentric pattern in the crust (make sure to pinch the edge so it stays in place).

Lastly, brush the edges with melted vegan butter, leave some in reserve to pour over the center of the fruit. Bake at 375° for 45 minutes, or until nicely browned and bubbly.

Serving

Let the tart cool entirely before slicing—the gelatin needs time to set. Once it is cooled, it can be divided, roughly, into six slices, and served with some of our homemade coco- whip. The dosage with this one is around 0.5 gram per serving, but this tart is so good you may want more. Just be safe and keep track of your dosage level. Share this with your Court and beware of tart thieving toads!



Fantastically Fudgy Fungi Truffles

Yield

22 servings

Dose

0.5 grams
per serving

These fudge-tastic treats are an adapted version of my grandmother's double-fudge chocolate truffles (less sweet and more psychedelic). The 88% dark chocolate shell coats a deliciously decadent fudge center that is complemented by just a hint of earthy mushroom goodness. Make yourself a dozen (the recipe yields 22) and share them with your closest chocoholics!

Preparation

In a heat-safe bowl, place 1 cup of roughly chopped dark chocolate and set aside. Using a medium saucepan over low heat, pour the coconut cream, ghee, and sweetener. Stir constantly until the sweetener and ghee have thoroughly mixed with the coconut cream. Take the hot coconut cream mixture and pour this over your chocolate. Stir with a spatula, or whisk, until smooth and totally incorporated (look for a silky-smooth surface). Last, add in the vanilla and Mushroom Elixir, stirring until completely mixed. Place the completed ganache in the refrigerator to cool

Ingredients

1 $\frac{3}{4}$ cup
Endangered
Species 88% Dark
Chocolate, roughly
chopped (divide
out the $\frac{3}{4}$ cup)

$\frac{3}{4}$ cup coconut
cream solids
(discard the liquid
or save for later)

3 tablespoons ghee

4 tablespoons
monk fruit
sweetener

$\frac{1}{4}$ tablespoon
bourbon vanilla
extract

11 ml
Mushroom Elixir

Cake pop sticks or
toothpicks

Cooking with Magic

overnight. Grab yourself a cup of tea, or one of those nifty little smoothies from earlier, and relax for the night!

Shaping

Good morning! I hope you slept well. Now, let's get this last part knocked out and eat some chocolate.

Take up a baking pan and cover it with a piece of wax or parchment paper. Remove the ganache from the refrigerator and begin scooping out the chocolate—using either a small spoon or a melon baller. Continue until the bowl is empty. If your truffles start to get too warm to handle, you can place them in the refrigerator or freezer for a few minutes to firm back up. Next, take the last $\frac{3}{4}$ cup of chocolate and place it in a microwave-safe bowl. Begin heating it in 30 second intervals, stirring between until smooth and fully melted.

Using your cake pop sticks or toothpicks, place one in each truffle and then use it to dip the truffles into the melted chocolate. Coating lightly. Keep at it until all the truffles are coated. Place them back into the refrigerator and chill until ready to serve.

Serving

This part is complex so pay close attention. Take a truffle off the pan, and pop that little beauty in your mouth. Enjoy with friends, or on your own!

Less Stress Lemon Lime Truffles

Yield

22 servings

Dose

0.5 grams
per serving

The inspiration for these lemony treats came from my grandmother's excellent, but very complex, lemon bar recipe. The truffles are light and refreshingly citrusy, and don't take much effort or time. I like to use finely chopped mushrooms soaked in the juice of half a lime and half a lemon, and then strained. With around 0.5 grams of psilocin (extracted from the fun-guys using a version of the lemon tek) per truffles these little guys will open your inner eye without also sending you to Pluto (unless you eat around 6). Enjoy them fresh from the fridge with a cup of warm tea and some cosmically awesome companions.

Preparation

First gather and roughly chop about 11 grams of dried fun-guys. Once chopped, add them to a small bowl and juice a lemon and half a lime into the bowl. Let this sit for 15–20 minutes, then strain. Using a whisk, mix

Ingredients

1 ¼ cup Nuvia
Cocoa Butter
pieces

½ cup coconut
cream solids

4 tablespoons
monk fruit
sweetener

½ lime and ½
lemon juiced

Zest of 1 lime
(can be omitted)

11 grams finely
chopped fun-guys

Topping Options

¼ cup coconut
shredded with
½ tablespoon
lemon zest

Cocoa powder

Powdered monk
fruit sweetener

Cooking with Magic

in the 4 tablespoons of sweetener until fully dissolved. Set your citrus/mushroom juice in the fridge until ready to use.

In a large microwave-safe bowl, combine cocoa butter pieces with the coconut cream solids. Microwave in 30 second intervals, stirring gently and folding in between intervals. Continue until the cocoa butter is completely combined and smooth (yay, no stove top needed!). Remove the bowl of citrus juice blend from the refrigerator, and slowly pour it into the cocoa butter mix—stirring until thoroughly incorporated. Lastly, zest one lime and mix into your ganache until well distributed. Place your ganache into the refrigerator to chill overnight. At this point, I recommend making some of our Mushroom Toddy's and settling in for a relaxing day or evening.

Welcome back! I swear, you're just the best! Now, get that big, old bowl of ganache out of the fridge and ready your scooping tool of choice. Using either a spoon or melon baller, begin scooping out ganache onto a pan covered with parchment paper. Do this until the bowl is empty. Once done, top the truffles with your favorite toppings—I like to roll them in a mix of cocoa powder and shredded coconut. Put them back in the refrigerator until it's time to serve.

Serving

Grab a few and share with friends. Pairs nicely with Cubensis Coffee or Lavender Mint Tea. These things are perfect for group paint-and-chill sessions or sharing around a campfire!

Kickin' Key Lime and Fun-Guy Pie

Yield

8 servings

Dose

0.5 grams
per serving

Like so many of my recipes, this one can only be attributed to my grandmother, whose kitchen witchery is without compare. My modifications to it make the pie a little lighter on the calories, and free from dairy and added sugars.

I have also included a wonderfully flaky recipe for gluten-free pie crust. If you'd prefer the easy route, I find that Trader Joe's and Kroger both offer an excellent frozen pie crust (for those of us looking to save a little time). The flavors from the coconut cream base blend very well with the sharp, brightly acidic Key lime and lemon juice. As far as dosing goes, each slice has just enough punch to have you feeling like you're on Cloud Nine, but is still navigable and shouldn't interfere with your day. Enjoy it on a hot and sunny afternoon or after a good meal (for breakfast is fine to)!

Preparation

Preheat your oven to 425° F.

Place one ten inch crust into a 10x10 pie pan, or oven-safe pie dish. Using a fork, prick the bottom of the crust about 50 times (this will

Ingredients

1 ten inch
gluten-free
pie crust
(see page 73)

1 can coconut
cream solids

½ teaspoon salt

¼ cup Key lime
juice

⅓ cup lemon juice

¼ cup monk fruit
sweetener

2 large eggs +
1 yolk

Zest of 2 limes

8 ml of
Mushroom Elixir

2 drops liquid
Stevia (optional, for
added sweetness)

Cooking with Magic

keep the crust from blistering or rising during pre-baking). Bake for 10–12 minutes, then set aside to cool.

Lower your oven to 325° F.

Filling

In a medium saucepan, combine your lemon juice, salt, and coconut cream over medium heat—stirring occasionally. Beat your two eggs and the one yolk together. Using a whisk, slowly begin to incorporate your eggs with the coconut cream and citrus juice. Stir this continuously. Next, add in the ¼ cup of sweetener and lime zest. Once thoroughly combined, cook your custard until the mixture starts becoming slightly thick and viscous (stirring continuously.) Place this to the side to cool for 15 minutes before mixing in the 8 ml of Mushroom Elixir.

Bringing it All Together

Once you have finished cooking your custard, slowly pour it into the pre-baked pie crust. Place this in the oven to bake for 35–40 minutes, or until a butter knife inserted into the middle of the pie comes out clean. After baking, allow the pie to cool on a pie rack for at least four hours then move it into the refrigerator overnight.

Serving

Branden really likes this served up with a corkscrew of fresh lime and a big dollop of our homemade coco-whip (the creaminess really helps counter balance the tang of the pie). Slice it up into eighths and dole it out to your eagerly awaiting friends. This pairs well with the cold brew version of Cubensis Coffee!

Celestial Psilocybin Avocado Brownies

Yield

16 servings

Dose

0.5 grams
per serving

This is a creation via my cousin, Steve (she's a cosmically amazing unicorn of a person). The brownies are decadently chocolatey, without being too heavy on the calories. Devoid of added sugar, and dairy- and gluten-free, these little treats are ready to impress. It's also a super simple and quick recipe, which makes it perfect for putting together before an evening kickback with your crew.

Ingredients

4 oz 88% Dark Endangered Species Chocolate (or whatever brand you prefer)

2 tablespoons extra-virgin olive oil

2 large ripe avocados, peeled and thoroughly mashed

2 eggs, beaten

¼ cup monk fruit sweetener

3 drops liquid Stevia

¾ cup coconut milk

1 ½ cup gluten-free all-purpose flour (I like Arrowhead for its consistency)

¼ + ¼ cup unsweetened dark cocoa powder, divided

1 ½ teaspoon vanilla bourbon extract

8 grams powdered fun-guys

Preparation

This recipe is incredibly quick and easy, but also scrumptious.

Preheat oven to 375° F. Roughly chop your chocolate, and using a small, microwave-safe bowl heat in 30 second intervals until the chocolate is fully melted—stir between intervals. In a large mixing bowl, combine all dry ingredients—including the powdered fungi. Using a fork or spatula, mix this until everything is completely combined and distributed. Next, add the vanilla, liquid Stevia, eggs, and oil. Stir until mixed through and then add in your melted chocolate. Stir again till combined.

Pour the mix into a greased 9x9 baking dish and let it bake for 25 minutes, or until a butter knife comes out of the center clean. Let cool for at least 20 minutes.

Serving

Using your remaining ¼ cup of cocoa powder, dust the brownies. Slice off a few pieces and pair it with our Star-Side Fungi-ccinos and a few best friends for an incredible journey into cosmic insight and creativity. It's also pretty good with some fresh coco-whip or just on its own. Remember to keep an eye on your dosing and have a great time!

Cubensis Coffee Cake

Yield

8 servings

Dose

<0.5 grams
per serving

This recipe was given to us by our friend and amazing artist, Snowflake. It is a wonderfully light treat that pairs with any of our coffee recipes. We like to use the left-over grinds from the Cubensis Coffee, which fully utilizes the mushroom and eliminates a little waste (every little bit left out of the rubbish helps). My only alterations are the replacement of the dairy, sugar, and substitution of gluten-free flour to make this a truly guilt-free (and celiac friendly) treat that's still delicious and approachable.

Safety Note: Less than 0.5 grams per serving (since we are using brewed coffee grinds, the dosage will be more difficult to determine so please USE CAUTION when enjoying with other food or drink from this book.)

Preparation

Preheat Oven to 350° F. In a large mixing bowl, begin by combining your dry ingredients—whisk them until fully incorporated (including

Cooking with Magic

Ingredients

1 $\frac{3}{4}$ cup Arrowhead
Gluten-Free All-
Purpose Flour

$\frac{3}{4}$ teaspoon
baking soda

$\frac{3}{4}$ teaspoon
baking powder

$\frac{3}{4}$ teaspoon
cinnamon

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon
nutmeg

$\frac{1}{2}$ cup strong
brewed coffee
(just use regular to
control the dosing)

2 tablespoons
Cubensis Coffee
grinds, dried
out and finely
powdered

$\frac{1}{3}$ cup coconut
cream solids

1 cup vegan butter
or coconut oil
(room temperature)

$\frac{3}{4}$ cup monk fruit
sweetener (or
similar granulated
sugar replacement)

2 eggs

1 teaspoon
bourbon vanilla

the dried and powdered coffee grinds). In a small saucepan over very low heat, begin to mix the coconut cream and coffee. Do not allow to come to a simmer, simply warm and melt the coconut cream solids, and incorporate that with the coffee. Once mixed, pour your cream over the dry ingredients and whisk until smooth and combined (make sure you go all the way to the bottom of the bowl to break up any leftover dry ingredients).

In a separate bowl, whisk together the room temperature ghee and sweetener until light and fluffy (the fluffier the better). Adding one at a time, begin to whisk in your eggs—mix until thoroughly combined and smooth. Next, add the vanilla and beat until soft peaks begin to form.

Take the eggs and butter mixture and begin folding it into the batter. Do this slowly until the batter is smooth and completely joined (the key here is to gently fold batter so it stays nice and fluffed).

Put the batter into a 9x9 baking dish and let it bake for about 45 minutes, or until a butter knife comes out clean when inserted into the middle. Allow to cool for at least 30 minutes before serving.

Serving

Serve the coffee cake along side a cup of Cubensis Coffee, or any of our other coffee drinks. It is also very nice with our Mushroom Toddy recipe. As always, I like mine topped off with a little fresh coco-whip, but Branden insists that it's best as is (with so many other things in life there is no wrong answer). Share this with a few fellow wanderers of life and enjoy!

“I’m not strange, weird, off,
nor crazy, my reality is just
different from yours.”

– The Cheshire Cat



chapter seven

Fungi Forward

Mushroom Dusted Roast Brussels in Mustard Sauce

Yield

6 servings

Dose

0.5 grams
per serving

Branden whipped this delightful, and nutrient dense, dish up on one of our weekly meat-free days. The Brussels and roasted baby bella mushrooms, complemented by an amazing Dijon mustard sauce, and, of course, they are dusted with a little psilocybin seasoning blend for some added magic. Served hot or cold, this dish makes a great main, or pair it with our Radical Risotto for a frighteningly good feast.

Fare



Ingredients

1 pound Brussels sprouts, cleaned and halved

½ pound baby bellas, whole

¼ cup extra-virgin olive oil

2 large shallots, diced and divided

2 teaspoons mustard seed

6 strips Sweet Earth vegan bacon

3 grams powdered fun-guys

¼ cup white wine

1 tablespoon Dijon mustard

Salt and pepper to taste

Preparation

Begin by preheating your oven to 400° F. Rinse and halve your Brussels sprouts, and gently brush off the baby bellas. In a roasting pan, toss the mushrooms, sprouts, and olive oil with a good amount of salt and pepper. Add in the mustard seed and half of the shallots. Roast the sprouts and bellas for 25-35 minutes, or until tender and a little crisp.

In a medium pan, fry up the vegan bacon until crisp—remove this from the heat and set it aside. Drizzle a little more olive oil, add the shallots, and cook until translucent. Add in the white wine and Dijon, and using a spatula (or some such implement of cookery) scrape the bottom of the pan to free up all the caramelized goodness. Salt and pepper to taste. Remove from heat and set aside to cool slightly.

Once done, remove the Brussels and mushroom from the oven. Crush up the vegan bacon and mix it with the powdered mushrooms into your mustard sauce—stirring to thoroughly combine. Toss this with the Brussels and baby bellas in the roasting pan.

Serving

This is a tough one. How best to eat these delicious, little veggies and their baby bella buddies? Honestly, just put them in a bowl and enjoy—no need to get complicated. As always, share with friends and enjoy yourselves!

Radical Risotto with Freshies and Shiitakes

Yield

8 servings

Dose

0.5 grams
per serving

My personal take on an old mushroom risotto recipe I found in a cookbook years ago; I've taken out the dairy and replaced it with a combination of vegan cheese and nutritional yeast (which is surprisingly good). It is best when prepared with Freshies (but if those are hard to come by you can use reconstituted dry Magic Mushrooms), paired with the shiitakes this makes for a delicious and enlightening meal. Be sure to keep an eye on your serving size, this risotto is so good it may be hard to resist overeating (and thus dosing). As always, use common sense and safe practices. Enjoy my friends!

Note: The key to cooking with fresh Magic Mushrooms is low, slow heat. Psilocybin breaks down in high temperatures, so we want to avoid rapidly cooking the fruits.

Preparation

Start off by cleaning both sets of mushrooms, if at all possible just brush them off and avoid

Ingredients

8 oz stemmed
shiitake
mushrooms

40 grams fresh
psilocybin (if using
reconstituted
mushrooms start
with 4 grams
dried and roughly
chopped)

2 tablespoons
extra-virgin olive oil

½ tablespoon ghee

1 small, sweet
onion, diced (I like
Vidalia if you can
get them)

2 cloves garlic,
chiffonade

2 tablespoons ghee

2 tablespoons
extra-virgin olive oil

1 cup long grain
wild rice

⅓ dry white wine
(plus some more
for sipping, cooking
can be thirsty work)

2 ½ cups chicken or
vegetable stock

¾ cups Thrive
Parmesan
Alternative

1 tablespoon
nutritional yeast

Salt and pepper
to taste

Cooking with Magic

washing. Roughly slice the shiitake and the Freshies (if you have smaller Freshies just slice them lengthwise down the middle).

In a medium saucepan, heat 2 tablespoons of oil and ghee on medium heat. Add in the shiitakes ONLY, and sauté until lightly browned and tender, salt and pepper them slightly, and allow to cook for another minute or so. Next, reduce the heat to low and add in the Freshies (or reconstituted dried mushrooms). Allow the fungi to cook until they are all tender. Remove from heat and set aside.

Using a medium-large saucepan, melt the remaining ghee and olive oil together. Throw in diced onion and cook until slightly caramelized, add garlic, and heat until fragrant. Add in the wild rice and cook until just barely toasted.

Quickly add your white wine, stirring all the while to deglaze the pan. Next, pour in ¼ cup of your stock of choice (stir this constantly adding more stock, ¼ cup at a time, until fully absorbed by the rice).

Cook your rice until tender. Remove from heat and add in your vegan cheese and yeast. Mix, then salt and pepper to taste. Lastly, add in the mushrooms and stir it all together. Let cool for around seven minutes or so.

Serving

Plate this wonderfully warming dish with a sprinkle of vegan parmesan and fresh chopped rosemary, with a little parsley, to add a nice herbal touch. Serve alongside a fresh spring salad and a nice earthy Nebbiolo or Pinot Noir, and, of course, don't forget to bring some pals for this soul-feeding feast!

Magically Mushroomed Pot Pie

Yield

8 servings

Dose

1.5 grams
per serving

Meat-free and majestic is the best way to describe this vegetarian delight. We partnered with a close friend, and self-professed pot pie fanatic, to bring you a dish that's sure to warm your belly and your soul. Our team combined delicious oyster mushrooms, with neurogenesis fueling Lion's Mane, and, of course, *Psilocybe cubensis* to create this food phenomenon. Using our Gluten-Free Pie crust from page 73, ensures that this alluringly delicious pie is approachable for all.

SAFETY NOTE: The dosing in this one is a little heavier than some of our other recipes so please approach it with care (and of course feel free to lower it as needed, or raise it for that matter). Gather the tribe and settle in for a wonderful meal and an enlightening evening.

Ingredients

2 tablespoons
extra-virgin olive oil

18 oz fresh oyster
mushrooms,
chopped

6 oz fresh Lion's
Mane mushrooms,
chopped

12 grams powdered
Magic Mushrooms

6 carrots, diced

2 cups of russet
potatoes, diced

4 celery stalks,
diced

1 medium onion,
roughly chopped

$\frac{3}{4}$ teaspoon thyme

$\frac{1}{3}$ cup Arrowhead
Gluten-Free
All-Purpose Flour

1 $\frac{1}{2}$ cups
vegetable stock

1 cup frozen peas

Gluten-free pie
crust (halved and
rolled into 10x10
sheets)

2 small glasses of
red wine

Salt and pepper

Preparation

Preheat the oven to 400° F. In a large cast iron skillet, using medium-high heat, pre-heat the olive oil. When that's ready, add in carrots, oyster and Lion's Mane mushrooms, celery, onions, and potatoes. Stirring occasionally, allow the vegetables to cook until tender, add in the thyme, and then season with salt and pepper. Next, add in the flour, stirring it constantly until cooked, or about half a minute. Pour in your broth and frozen peas, bring to a fast simmer until thickened (at this point take a little taste and add more salt and pepper as needed). Remove from heat and allow to cool for 15 minutes, then stir in your powdered fun-guys (we don't want it to get too hot or they'll lose their potency and be rendered magicless).

Take a 9x9 pie dish and add in one of the rolled crusts. Pour in your pie filling and cover with the second crust. Roll the edges together to seal the pie, and cut three slits across the top to allow it to vent (this will keep your filling from spilling over and making a giant mess).

Place the pie in the oven and bake at 425° for 15 minutes, reduce heat to 375° for 35 minutes, or until crust is uniformly golden brown. Let it rest and cool for approximately 20 minutes before serving.

Serving

Slice this gorgeous, savory confection into eighths and lay it out with a fresh summer salad. It pairs very well with a luscious Merlot. Make sure to invite your closest confidants and tuck in for a hearty and heartening meal!



Funky Fungi with Sausage, Plums and Greens

Yield

6 servings

Dose

1 gram per serving
(approximately)

This is one of our favorite quick and easy dinners to have with friends right before we embark on a solid soul-searching trip. The fresh greens and mustard sauce go very nicely with the warm, spicy sausages and sweet plums. Paired with a nice, crisp glass of cold Riesling, or (if you're wanting to take your trip up a notch) some of our Cool Mint Lime Tea. As with all of our dishes, it's best when enjoyed with some fellow soul searchers and, as always, BE SAFE and enjoy!

Editor's Note: Whenever you are combining food with psychedelics it is important to keep track of your dose. This, with all our recipes, is meant to be enjoyed in moderation. Please use common sense and good trip habits when consuming more than the recommended dosage for each recipe. Have fun, be aware, go with purpose and most of all SAFE TRAVELS!

Ingredients

6 chicken and rosemary sausages (or whatever kind you like)

1 Vidalia onion, halved and thinly sliced

16 oz fresh greens (I like to use a blend of arugula, baby spinach and baby kale)

6 fresh plums (stones removed and quartered)

6 grams dried *Psilocybe cubensis* (reconstituted in vegetable stock)

¼ cup fresh basil

¼ cup fresh mint

⅓ cup lemon juice

1 tablespoon Dijon mustard

2 tablespoons balsamic vinegar

¼ cup extra-virgin olive oil

¼ cup good white wine

Preparation

First things first, cook your sausages and onions however you like. We grilled ours over medium-high heat until they were a nice red/gold brown with defined grill marks. For the onions, sauté them over medium-high heat, with a little oil, until they are translucent and slightly caramelized. Add in the quartered plums and continue to cook until they are warmed through. Once done, pour in the white wine to deglaze the pan—let this simmer until slightly thickened. Remove from heat and set the onions and plums to the side.

While the sausages cook, whisk together your Dijon mustard, 3 tablespoons of oil, vinegar, and some salt and pepper. Set this to the side (don't forget to check on those sausages). Remove the reconstituted fun-guys from the stock and dice them. Add these, and your lemon juice, to the mustard sauce and whisk it until well-mixed (you can also pour in the stock, but it will thin out your sauce).

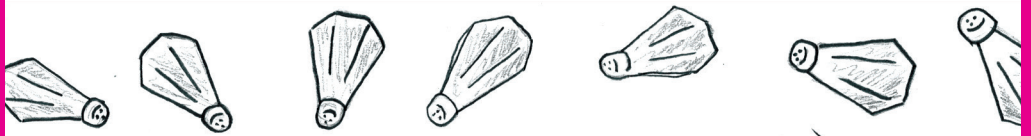
Once the sausages are fully cooked, let them cool, slice them up, and then toss them together with your onions and plums until they are well-coated in the white wine sauce. Next, toss your greens with the mushroom and mustard sauce (don't be shy with the sauce, get your greens wetter than a summer shower).

Serving

Divide out six portions of greens and pour over sausage, onions, and plums. Top this all off with the fresh basil and mint. You can salt and pepper to taste if you like, but Branden and I think this is great as is. Serve it up to your best and brightest friends, then sit back and let the magic kick in!

How doth the little crocodile
Improve his shining tail,
And pour the waters of the Nile
On every golden scale!

How cheerfully he seems to grin,
How neatly spreads his claws,
And welcomes little fishes in,
With gently smiling jaws!



Cocktails & Concoctions & Potions





chapter eight

Cocktails, Concoctions, and Potions

Azure Citrus Mixer

Yield

Roughly 10 glasses

Dose

1.3 grams
per serving

Inspired by Paul Stamets' Blue Juice, this mixer is loaded with bright citrus flavors, luscious red strawberries, and blackberries bursting with flavor. Combined with just enough sweetener—and some seltzer water

Cooking with Magic

Ingredients

5 ½ cups cold fresh water

4 ½ cups Stamets' Blue Juice (see page 52)

2 ¾ cups lemon juice

2 cups monk fruit sweetener

1 cup Empress 1908 Gin (optional)

2 cups fresh strawberries, sliced

1 cup fresh blackberries

1 bottle of sugar-free seltzer water

Ice

to give it a little effervescent—you have yourself an easy to put together mixer perfect for sharing with a group during a long day in the sun (or the shade, inside, outside, up a tree, wherever you like). As with most of our recipes, we have steered away from using added sugar as a sweetener, but you can always do a quick swap if you prefer cane sugar or any other 1/1 sugar substitute.

Preparation

Simple and quick, this will be done in a jiffy! In a large pitcher combine 5 ½ cups of water, 2 cups Blue Juice, lemon juice, and your gin. Next, add in the monk fruit sweetener and stir until fully dissolved. Now, add in the sliced strawberries and blackberries. Top this with ice and stir until chilled.

Serving

Grab some glasses (and fancy drink umbrellas) and fill them about halfway with ice. Pour in some of the Mixer, until about ¾ full, then top it all off with seltzer water for a little bubbly action. Share them out with your mates and enjoy a refreshingly bright, tasty, little drink that will get you going on a hot day and open your mind to the possibilities of life!

Fairies Blush

Yield

One serving

Dose

1 gram per serving

This lovely refresher is Branden's version of a Maiden's Blush sour, originally invented by the masters at Dead Rabbit Grocery and Grog. Branden removed the added sugar from the Raspberry Cordial recipe, and slightly upped the citric acid contents to allow for an easier citric extraction and conversion of psilocin.

We've also reduced the alcohol content as much as we could (for safety) while trying to preserve the essential flavors. All in all, you get a deliciously fresh cocktail that doesn't hit hard, but will wake your creative side and ease you into a long evening of introspection and appreciation. Scale this up as needed to share with your chosen few!

Preparation

In a blender, puree the raspberries until smooth. Pour the puree into a small mixing bowl and set aside. In a small saucepan, combine sweetener and water over medium heat, do not allow this to come to a boil. When the sugar-free syrup has been reduced, and begins to thicken (you're looking for a slightly viscous fluid), remove from heat and allow to cool completely. Add the

Equipment

Blender

Cocktail shaker

Coffee filters

Raspberry Cordial Ingredients

3 oz fresh raspberries

2 cups monk fruit sweetener

2 cups water

1 drop rose extract (we bought ours on Amazon)

½ oz Everclear

Cocktail Ingredients

1 gram dried fun-guys, finely chopped

1 ¼ oz sugar-free raspberry cordial

½ oz fresh lime juice

1 ½ oz Empress 1908 Gin

Cooking with Magic

raspberries and stir to combine. Cover and let your mixture cool in the refrigerator overnight. Since you've worked so hard feel free to make some tea and take a break!

Hello again! Let's wrap this up! Take a mason jar, or 16 oz bottle, and two coffee filters (the same conical ones we used for the Elixir work well here). Double up and insert the coffee filters into your jar, or bottle, leaving about half an inch sticking out. Fold the edges over and use a rubber band to secure the filters.

Get the raspberry mixture out of the refrigerator and begin to pour it into the filters, allowing time for it to drain before refilling. Gently pat the mixture from time to time. Let this sit until all the liquid has drained into your jar. Add the rose extract and Everclear to the bottle. Shake to mix, this will store in the refrigerator for up to four weeks.

In a stainless-steel cocktail shaker, combine the fresh lime juice, gin, and finely chopped mushrooms. Let this soak for 15 minutes. Next, add the raspberry cordial, fill with ice, and shake until very well-chilled.

Serving

Strain the cocktail into a wide mouth, or 'coupe' style, champagne glass over a single cube of Frozen Blue Juice (see page 52). This beautiful mixer is a wonder to behold. The citric acid from the lemon juice causes the Empress 1908 Gin to transform from its already gorgeous deep blue to an eye-popping shade of lavender. When blended with the raspberry cordial the result is a lovely violet-esque color, hence the name 'Fairies Blush'. The end product is a not-too-boozy but flavor intense beverage that will add a little color to your cheeks, and a lot of clarity to your mind.

Cubensis, Root and Rye Cooler

Yield

One serving

Dose

1 gram per serving

I was inspired to create this unique cocktail after sharing a tall glass of Sarsaparilla Root Tea with my grandmother, who still goes out to harvest the roots herself on our family land in the Virginia Appalachian Mountains. The tea's flavor profile is wonderfully complex and decidedly root beer-like for those that have never tried it. When mixed with good rye whiskey, a bit of Mushroom Elixir, and a dash of birch beer, flavors are earthy, fresh, and delightful. I find that it is the perfect medium for carrying you off on a journey of self-discovery, and it is my go-to drink when I want to simply mix, sip, and enjoy.

Cooking with Magic

Ingredients

2 oz Organic Sarsaparilla Root Tea Concentrate (chilled)

2 oz of rye whiskey

6 oz organic sugar-free birch beer (or root beer)

2 ml Mushroom Elixir (scale up or down as needed)

Sliced lemon for garnish

Note: This recipe calls for a concentrated tea. To create the Sarsaparilla Root Tea concentrate, take 15 bags of any good Sarsaparilla Root Tea (we used Buddha Tea Organic Sarsaparilla Root Tea) brewed with 8 cups of water. This will create a potent tea concentrate. I wouldn't recommend drinking it—dilute it with three-parts fresh water to one-part concentrate. It's great to have on hand and saves time and space in the fridge.

Preparation

In a copper "Moscow Mule" style mug (it keeps the cocktail chilled longer and you get bonus fancy points), add in the tea concentrate, Mushroom Elixir, and rye whiskey. Give this a quick stir, and then add ice (you can use frozen 1 oz Blue Juice cubes, but it will change the dose). Top this off with the birch beer.

Serving

Squeeze in a bit of lemon juice from a nice fresh wedge, and then kick back and enjoy. This little mixer is great for a relaxing afternoon or a post meal aperitif. As always, it's enjoyed best with friends so make a few and happy journeys!



Elven Mana Potion

Yield

One serving

Dose

1.3 grams
per serving

This is a fun one! Branden came up with the idea for this after we made a pot of butterfly peaberry tea (which is naturally a deep emerald blue). I added in some Slivovitz Old Plum Brandy, Blue Juice, and purple Italian basil-infused ice cubes, plus a touch of lavender honey, to create a warm and complex potion that will take you to another world. My only warning is that the dosing with this particular drink is higher than some of our others (coming in at 1.3 grams per serving), so please use caution and be mindful of the power behind this amazing concoction. It is designed to yield two servings, so I suggest whipping it together with a trip partner.

Ingredients

½ cup chilled butterfly peaberry tea (Heart-Tee sells a wonderful loose tea via Amazon)

½ bunch fresh Italian purple basil

1 teaspoon lavender honey

1 cup Blue Juice

2 oz Slivovitz Old Plum Brandy

3 drops Angostura Bitters

Lemon twist for serving

Preparation

Begin by preparing the peaberry tea as directed. Once it's been brewed, sweeten the tea with lavender honey and allow it to cool in the refrigerator. While that chills, finely chop the basil, sprinkle this into your ice cube tray, and then add cold water. Let the ice freeze.

Break time, sit back and relax for a while (or as I prefer, take a nap).

Well hello there. Welcome back! Grab the chilled peaberry tea and the ice cubes. In a cocktail mixer, combine the tea, Blue Juice, brandy, and bitters. Add in three or four cubes of regular or Blue Juice ice cubes (be mindful of dosing if using Blue Juice cubes) and shake until cold. Strain into two chilled Cognac glasses over the basil infused ice.

Serving

Grab your glasses and a friend! Now take a lemon twist of a thin slice of peel and crush it to release the oil and acids. Throw this into your glass and watch the magic happen. This gorgeous potion demands slow sipping to maximize the enjoyment, so find your favorite gathering place, and allow your mind to wander through a garden of creativity and reflection.

Dragon's Blood Martini

Yield

One serving

Dose

2 grams per serving

Stiffen your upper lip for this one, the Dragon's Blood martini is a strong, in-your-face drink charged with powerful floral and fruit flavors that will take your taste buds for a spin. Tinto Red Premium Gin mixes with a dash of cranberry juice, and Foss Bjork Birch Liqueur, plus a little bit of dry vermouth, all held together by our Mushroom Elixir. The end result is a warm, spicy drink that will make you see dragons.

In memory of Sefi Volarus.

Equipment

Cocktail shaker

Ingredients

½ oz dry vermouth

3 oz Tinto Red
Premium Gin

2 oz Foss Bjork
Birch Liqueur

2 oz cranberry juice

4 ml
Mushroom Elixir

Optional Ingredients

Berries for
garnishing

Preparation

Start by washing a cocktail shaker with the dry vermouth (pour out the excess, maybe into your mouth?). Fill the shaker about halfway with ice and then add remaining ingredients, including the Mushroom Elixir, and shake the hell out of it (we want this ice cold). Once well-shaken, strain it into a martini glass.

Serving

This beautiful cocktail really stands out in a nice martini glass garnished with a few fresh, red berries (such as strawberries or cranberries) on a cocktail sword or toothpick. Make a few and share them out, or kick back in your favorite lounge and prepare for your quest!

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About the Author

A native of Bluefield, West Virginia, author David Connell lives in Tennessee with his partner and inspiration, Branden Buck.

A veteran of the United States Air Force, David served over ten years on active duty before transitioning back to civilian life.

He served multiple tours in Afghanistan, Africa, and the Middle East as a communications specialist working with drones, portable manpack radios, and military vehicles.

While on active duty, he also volunteered at a military base hospital, something that seemed like a good thing to do at the time. The devastating injuries he witnessed, however, on young, incoming soldiers left an indelible, traumatic mark on David.

After his service, David found himself lost in a sea of VA-prescribed anti-depressants. Plagued with suicidal thoughts, he found redemption through exploratory use of psilocybin mushrooms to combat the anxiety, depression and PTSD that resulted from his military service.

He neither condones nor advocates illegal use of psychedelic natural medicines. He does, however, emphatically support the research and legalization of these naturally occurring ingredients, and advocates their integration into a healthy, holistic, loving, affirming, and supportive lifestyle with friends and family,

Most of all, David wants his readers to recognize humanity's ancient, symbiotic relationship with our fungal allies.

Alice:

**“How long is
forever?”**

White Rabbit:

**“Sometimes, just
one second.”**

'Twas brillig, and the slithy toves
Did gyre and gimble in the wabe:
All mimsy were the borogoves,
And the mome raths outgrabe.

"Beware the Jabberwock, my son!
The jaws that bite, the claws that catch!
Beware the Jubjub bird, and shun
The frumious Bandersnatch!"

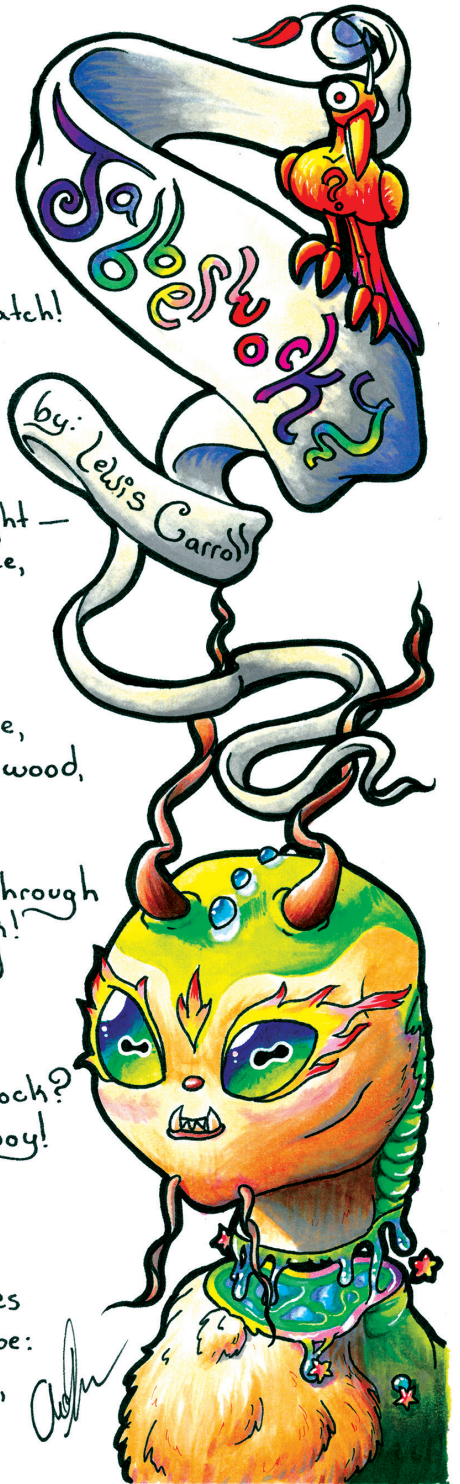
He took his vorpal sword in hand:
Long time the manxome foe he sought —
So rested he by the Tumtum tree,
And stood awhile in thought.

And, as in uffish thought he stood,
The Jabberwock, with eyes of flame,
Came whiffling through the tulgey wood,
And burbled as it came!

One, two! One, two! And through and through
The vorpal blade went snicker-snack!
He left it dead, and with its head
He went galumphing back.

"And hast thou slain the Jabberwock?
Come to my arms, my beamish boy!
O frabjous day! Callooh! Callay!"
He chortled in his joy.

'Twas brillig, and the slithy toves
Did gyre and gimble in the wabe:
All mimsy were the borogoves,
And the mome raths outgrabe.



Notes



Notes



“It seems very pretty,” she said when she had finished it, “but it’s rather hard to understand!” (You see she didn’t like to confess, even to herself, that she couldn’t make it out at all.)

“Somehow it seems to fill my head with ideas—only I don’t know exactly what they are!”

– Alice

