

Turkey Tail Tea

Trametes versicolor

Traditional medicine for **immune health**,
supported by modern research

Instructions:

- Bring 4 cups of water to boil, add mushrooms.
- Turn down to a low simmer for 1 hour, cover to avoid water evaporating.
- The water will turn a brown colour. Add crushed ginger in the last 5 minutes.
- Filter out the mushrooms. They cannot be eaten. Enjoy the warm tea.