



## Recipe of the Month: Medicinal Mushrooms -Turkey Tail



# March- 2019 Event Calendar



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VF: Volunteer Friday -10am-4pm  
CCM: CCAT Club Meeting Every Friday, 4pm-5pm  
A.S.: Associated Students Meeting- UC Banquet Room  
EG: Earth Guardians Club Meeting- 5pm-7pm  
MC: Microbe/Fermentation Club Meeting- 5pm-7pm  
HV: Healing Vibrations Club Meeting- 5pm-7pm  
KBR: Kate Buchanan Room

Processing/How to use:

Turkey tail has a very mild mushroom flavor and can be made into a simple decoction and drunk as a tea alone.

Decoction Directions:

Chop or break up the fresh or dried mushroom into small pieces. Place about 1 tablespoon in a saucepan with two cups of water & cover with a lid. Bring to boil & simmer gently for 20-30 minutes- up to an hour. Add water as it evaporates. Enjoy.



## CCAT Updates & Project Ideas

Free Community Tours

1st Friday of Every Month at Noon &  
2nd Friday of Every Month at 2pm.  
Tour Guide Training Available!

**SAVE THE DATE!! May Day!!**  
Saturday April 27th, 12pm- 7pm!

Workshop Proposals for May Day  
Open! Due March 25th, 5pm.

Host an Event, Activity, Workshop,  
or Club Meeting at CCAT!! Deadline  
for Proposals March 15th! Visit  
<https://goo.gl/aXoRnB> to Turn In!

Save \$\$\$! Rent Your Cap & Gown  
with CCAT by April 28th, 5pm!

Mycology Club Hosts Mushroom  
Madness Week at CCAT  
March 25th- 31th!

Co-Directors Wanted!  
Cover Letter & Resume

Due March 31st, 5pm

Attend an Info Session on March 4th,  
or 14th to Find Out More!



## Contact CCAT





**CCAT@humboldt.edu**

## CCAT Community Resources

- Downstairs Classroom- 8am to 5pm- Includes: CCAT Library & Study Space,
- Piano, Tea Kettle, Kitchen Utensils, & More!
- Pick Herbs & Veggies! Please Ask for Assistance & Take Only What You Need!
- Check Out a Book From Our Library Collection!

CCAT is Funded by Associated Students! Donations are always accepted and appreciated!  
Please contact us or A.S. if you would like to sponsor a program, internship, or event at CCAT!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	25	26	27	28	1	2
3	4 1pm-2pm CCAT Co-Director Informational Session	5 RUN for A.S.! Candidate Packets Available 3/5-3/28	6 1pm-2pm Earth Week Meeting HGH 217	7	8 VF Free Tour @2pm	9 
10 5pm-6pm CCAT Co-Director Informational Session	11 3pm-6pm A.S. Meeting  5pm-7pm EG Meeting	12	13 1pm-2pm Earth Week Meeting HGH 217	14 5pm-6pm CCAT Co-Director Informational Session	15 VF CCAT April Event Proposals Due 5pm	16
17	18	19	20	21	22	23
***** Spring Break *****						
24 	25 Mushroom Madness Week Starts  3pm-6pm- A.S. Meeting  5pm MayDay Proposals Due  6pm-8pm Mushroom Movie Night	26 Mushroom Madness Week  	27 1pm-2pm Earth Week Meeting HGH 217  Mushroom Madness Week	28 Mushroom Madness Week  5pm-8pm Trans Day of Visibility (Goodwin Forum)  A.S. Candidate Packets Due	29 VF Mushroom Madness Week	30 Mushroom Foray & Workshop Time-TBA

