

Grow Instructions

- ★ Carefully cut a 4-6 inch X across the face of the bag. After doing so it is important to make sure the top of the bag is folded down and around the block so that no air pockets remain, this allows more mushrooms to form around your freshly cut hole.
- ★ Use a small spray bottle to spritz the substrate as well as the plastic around your cuts.
- ★ Ideal conditions for your mushrooms to begin growth include ambient light, room temperature (60-75 Degrees), 75-90% relative humidity, and some fresh air exchange.
- ★ An Adequate environment would be simply placing the kit on your kitchen counter or alike and misting it 2-3 times a day.
- ★ The most important thing is humidity, so continue misting 2-3 times a day. Within 1-2 weeks you will see baby mushrooms or “pins” forming. If the substrate or newly formed mushrooms appear to be drying out, it is a good idea to increase misting.
- ★ After your baby mushrooms have formed, they will be ready to pick in about 4-9 days depending on the species (see ideal picking times) and temperature.
- ★ When picking the mushrooms simply pluck them off the block (often as one big cluster) and trim any excess sawdust off the base of the mushrooms. Store in the fridge for up to 2 weeks. Clean any excess tissue off the face of the block and around your hole.
- ★ Now repeat, starting with the continued misting of your block. Typically you can achieve 2-3 flushes per block, you will see a decrease in productivity after each additional harvest due to less and less nutrients for the mushroom mycelium to consume.
- ★ Once your block is spent, don't throw it away! Cut off the plastic and toss the substrate block into your compost pile or garden beds, plants will love it!

Ideal picking for Oyster mushrooms:

- They are a very fast growing mushroom and will be ready to harvest in about a week after pinning.
- The best time to pick is right before the caps begin to flatten out
- Grab the cluster by the base and gently twist/rock it back and forth to pop it right off the block.
- Oyster mushrooms have a mild umami mushroom flavor and are great to use sautéed, in omelets, soups, or sauces, the possibilities are endless.

Ideal picking for Lions Mane:

- Lions mane will take about one and half weeks after pinning in order to mature

- You may notice as the mushroom continues to grow it will start to form “hairs”, once these hairs reach 1/8-1/4 of an inch in length its time to pick
- Grab the cluster/mushroom by the base and gently twist/rock it back and forth to pop it right off the block.
- Lions Mane have a natural lobster flavor and texture. A simple way of cooking it by slicing into 1/4 in. pieces and put in a dry sauté pan to bubble out some moisture as they tend to be a very dense mushroom. Add some butter and garlic, continue to sauté until golden brown.