

## HOW TO USE YOUR MUSHROOM GROW KIT

### WHERE TO PUT YOUR MUSHROOM GROW KIT

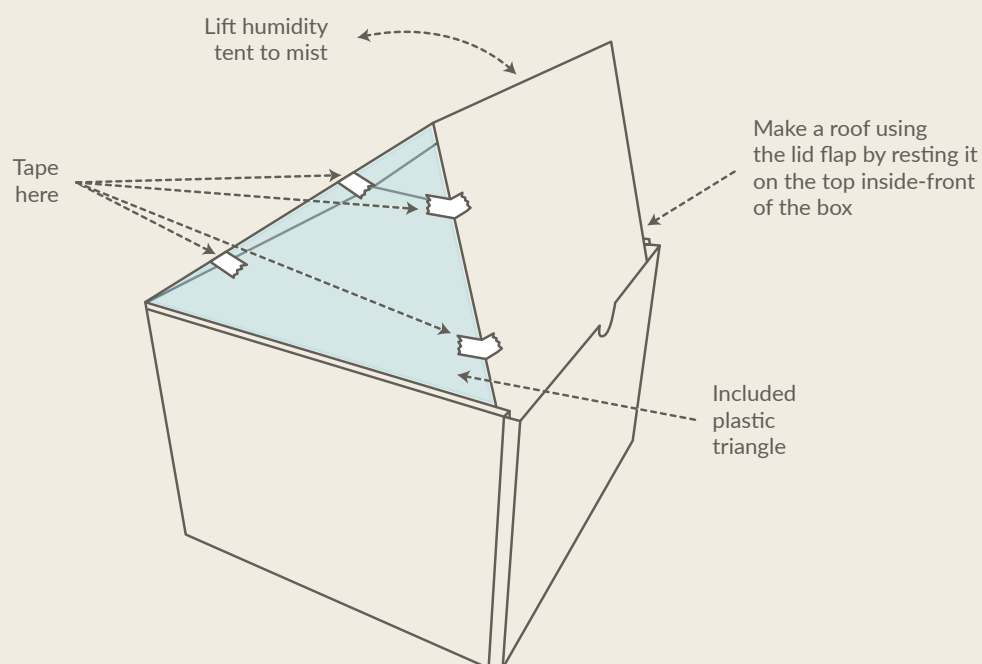
Mushrooms need four things to grow successfully: Light, humidity, warmth, and fresh air.

1. **LIGHT** – For best results, place your kit somewhere indoors, such as a kitchen counter that gets light during the day and darkness at night. Typical indoor lighting works well, keep out of direct sunlight.
2. **HUMIDITY** – Preferred humidity levels are created by regular misting and the humidity tent provided.
3. **WARMTH** – The ideal temperature for mushroom growth is between 13°C and 24°C (55°F to 75°F).
4. **FRESH AIR** – Make sure your mushroom kit has lots of fresh air and is not cooped up in a cupboard or closet.

### HOW TO SET UP YOUR KIT (UNDER 5 MINUTES)

We recommend using your kit within 2 weeks of purchase, though it's shelf life can be increased to approximately 8 - 12 weeks if kept in a cool, dry area. The kits remain viable for many months, but occasionally, the mushrooms may start growing before the kit is activated.

1. Open your mushroom kit. Remove the instructions, plastic triangles (from inside the instructions) and misting bottle from the box. The white material in the bag is mushroom mycelium growing on "hardwood substrate".
2. Use a clean knife to cut along the black "X" marked on the bag.
3. Make a roof using the lid flap by resting it on the top inside-front of the box (See diagram below). Tape the included plastic triangles to the top sides of the roof (Tape not included). This creates a "humidity tent" that you will be able to open and close for misting. The tent is not intended to be airtight.
4. Fill the misting bottle with tap water and spritz the grow-bag plastic and insides of the humidity tent until lightly dampened. Misting directly on the mycelium block under the "X" flaps is also fine.



### WHAT YOU'LL NEED

1. Tape
2. Clean sharp knife
3. Tap water

## HOW TO GROW YOUR MUSHROOMS (ALLOW UP TO 10 WEEKS FOR GROWTH)

1. Continue misting the mushroom kit twice a day. Use about a half-teaspoon of water per misting session, which is the equivalent of 15 - 20 spritzes from the provided misting bottle.
2. Keep an eye on the "X" cut in the bag. In approximately 2 - 4 weeks (depending on the variety), the mycelium will form baby mushrooms called "pins". On occasion, initial mushroom growth can take up to 10 weeks. Ignore any "pins" which may grow in other parts of the bag away from the "X". Don't be tempted to increase the size of the "X" as this may cause the mycelium block to dry out. The strongest "pins" will continue to grow out of the "X".
3. Once these "pins" have formed, remove the humidity tent and keep the box lid open to expose the mycelium block. This is an important step to make sure the mushrooms have enough oxygen. After "pinning", the mushrooms will grow at a faster pace and should be ready to harvest in 4 to 14 days.
4. Continue misting the baby mushrooms twice daily. For Lion's Mane Mushrooms, mist around your baby mushrooms, but not directly. Direct misting can cause yellowing/browning to Lion's Mane Mushrooms. Additional misting is also fine at your discretion if the mushrooms seem dry.

## HOW TO HARVEST YOUR MUSHROOMS AND PREPARE FOR THE NEXT FLUSH (UNDER 5 MINUTES)

Oyster and Chestnut Mushrooms are best harvested before the mushroom caps start to flatten. They are in their prime when the edge of the caps are still slightly curled. Harvesting too early is always better than too late.

Lion's Mane Mushrooms will start to form "hairs" as they reach their full size. Once the hairs are 2-4mm long, the Lion's Mane Mushroom is in its prime and ready for harvest. Harvesting before any hairs form is also a good option.

1. To harvest, simply grab the cluster of mushrooms firmly by its base and twist/rock it back and forth until it tears right off the block of mycelium. Clean the mushrooms by cutting off any hardwood substrate remnants.
2. Remove any leftover mushroom material from the mycelium block under the "X", such as any pins which have stopped growing. This will ensure a healthy follow-up flush.
3. Add 1/2 cup of water into the "X" cut to rehydrate the substrate.
4. Bring forward the box lid and place the humidity tent back into the original set up position.
5. Return to the "How to Grow Your Mushrooms" section and repeat. The mycelium block generally rests for around 2 weeks before it will begin producing any subsequent flushes. We guarantee at least one harvest from each grow kit. Our mushroom kits average two harvests, but customers have reported up to 10 harvests per kit.

## HOW TO DISPOSE OF YOUR MUSHROOM KIT

The substrate used to grow your mushrooms makes fantastic fertilizer. Remove the plastic from the mushroom kit, shallow bury the leftover substrate in your compost, raised garden bed or any other garden area of your choosing. There's a chance the mycelium will establish and continue producing mushrooms for many seasons to come! We encourage recycling of both the box and grow bag.

**HAPPY GROWING!**