

Lion's Mane & ELM MUSHROOM KIT

WHAT TO DO WITH YOUR MUSHROOM KIT

This method has been developed in order to provide better results in cultivating your mushrooms and easier harvesting of your mushrooms. **Please note the date on your Mushroom Kit.** Your kit should **NOT** be utilized until two weeks after that date located on the white patch of your Kit or until the kit turns completely white with mycelium. Your Kit may be stored for a couple of weeks thereafter...if need be.

Step 1. A. Remove your Mushroom Kit from the box. **Leave it in its plastic bag.** B. Place the Mushroom Kit upright on flat surface and, using a sharp knife, **carefully stab** (up to 1 inch deep) two **X's** - on opposite sides of the **BLOCK** (not the bag but the actual **WHITE BLOCK** within the bag). These **X's** should be located close to the top of the mushroom block than the bottom. Carefully enlarge the **X's** in the plastic bag so that each leg of the **X** is about 1 inch long (**X's** are about 2" wide and tall).

Step 2. Now get yourself a nice deep dish or, what I like to use, an **aluminum pan** that can be purchased very cheaply from most grocery stores. Aluminum pans can be used over and over again so there is no waste once purchased. Now place your Mushroom Kit on the plate or aluminum pan and add a couple of inches of water. The water serves the purpose of adding large amounts of humidity directly to your Mushroom Kit. **Do not let standing water touch your mushroom block!** You may have to add water once or more a day in order to maintain approximately 2 inches of water.

Step 3. Use the large plastic humidity tent, which is provided with your Mushroom Kit, and place it over the Mushroom Kit. Simply open up the bag and place it over the Kit so the bottom edges rest just outside of the pan. Mushrooms usually like to be fairly moist initially. **Lift the bag off of the Kit once or twice a day** and mist the inside of the bag, or dribble a couple of tablespoons of water over the top of the block, and re-close. If it is too moist your mushroom will become soggy, droop and die. Water droplets should evaporate during the course of a day. Once the mushrooms start to develop (forming small caps) using a few paperclips...partially roll up the bottom of the humidity tent until it is about 1/2" above the water. This will allow a greater amount of airflow which the mushroom will need to develop as large as possible. If you begin seeing mushrooms trying to develop within the closed area of the bag you should take a sharp knife and cut a small **X** right over top of it...no more than 1 inch in diameter. This will allow awaiting mushrooms to burst forward within just a couple of days.

Step 4. Harvest your Oyster Mushrooms as, or before, the edges start to turn upward. If your mushrooms start to drop spores (you will see white or brown powder on the humidity bag just below the mushroom caps) then harvest that mushroom immediately! Harvest your Lions Mane (*Hericium*) Mushrooms when the heads are still firm and white. Gently twist them off or use a sharp knife/scissors to cut the stem as near as possible to the mushroom block.

Step 5. After you have harvested your first flush (crop) of mushrooms: 1) Remove the Mushroom Kit from the pan. 2) Gently clean off (cut out) the old stems left on the block with a sharp knife. 3) Wrap your Mushroom Kit in newspapers, paper bag or a few paper towels allowing it to dry for the next 6 to 9 days. Set up a bucket or a deep container in order to submerge the block for approximately 3 hours. Lift and allow the water to drain out of the bag by tilting the Kit on its side and allowing the water to drain. Now follow steps 2 through 4 from the beginning and enjoy your next flush of mushrooms!

Note: A second or third flush of mushrooms is possible, but they are usually smaller than the first flush. The mushroom block inside the bag may shrink as mushrooms are produced. Be sure the bag tightly encloses the block with each restart. Your Mushroom Kits may produce up to a pound of mushrooms with two or more flushes.

Quick Start Guide

1. Remove your Mushroom Kit from the box. Stab 2 X shaped openings through the bag and into the block on opposite sides... nearer to the top then the bottom (on the white block within the bag). Place the entire Kit into an aluminum pan and add approx. 2 inches of cool, clean water.
2. Place the humidity bag over top of the Kit.
3. Mist or add 1 or 2 tablespoons of water to the top of the block once or twice a day (bottled water please).
4. Mushrooms should start to appear in 2-14 days. Mushrooms will be ready to harvest approx 2 - 7 days thereafter.