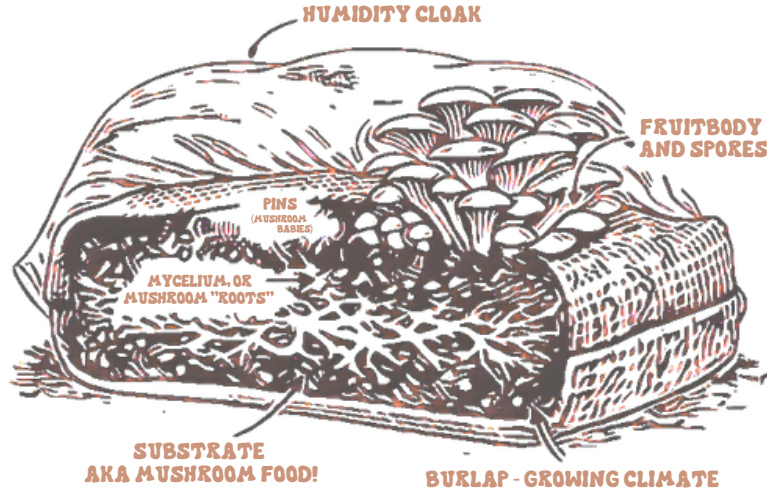


GROW YOUR OWN MUSHROOM KIT



from your friends at

HAPPY MOUNTAIN MUSHROOMS

www.happymountainmushrooms.com

Reach out with questions:

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1 PICK THE PERFECT SPOT

Place your kit in an area with indirect sunlight. Avoid direct sun!

Maintain a temperature of 60–75°F. Ensure good airflow, away from vents or fans.

Avoid dark rooms! These mushrooms need light to orient growth.

DID YOU KNOW?

Some mushroom species are such temperature divas that even a few degrees too hot or too cold can stop them from fruiting. They'll just hang out underground until conditions are perfect!

WHAT'S HAPPENING

Sunlight Signals: Mushrooms aren't plants, so they don't photosynthesize. But light tells them which way is "up" and when it's time to fruit. Button mushrooms are the only culinary mushrooms that grow in complete darkness.

Keep It Fresh: Fresh air tells your block, "Hey, you're above ground, now's the time to fruit!" Too little airflow can cause mycelium to produce lanky mushrooms.

Temperature Zone: The mycelium (the underground "roots") of this mushroom variety prefers temperatures similar to what humans find comfortable. All mushrooms have different temperature ranges they need to grow.

2 CUT A FRUITING WINDOW

Lay the block down on one side.

Use clean scissors or a knife to cut a 2" x 2" "X" through the burlap, and the secondary plastic.

Try not to cut too deeply! The deeper you cut through the top layer of mycelium, the longer it may take to fruit.

DID YOU KNOW?

In the wild, mushrooms grow through leaf litter, soil, or rotting logs. The burlap bag provides a cozy little controlled version of their natural environment!

WHAT'S HAPPENING

Magical Mycelium: Think of mycelium as the hidden "internet of the forest." It spreads through the substrate, sending nutrients, sensing the environment, and coordinating when mushrooms should start growing.

Signaling Growth: When you cut the burlap, you expose the mycelium to fresh air and light. This acts like a "green light" for the mushrooms. The mycelium senses the change and begins directing energy to form "pins" and later on fruiting bodies. This cut tells your mushrooms: "It's time to get out of here, baby!"

3 MAINTAIN MOISTURE

Mist the exposed burlap opening twice daily with 4–5 sprays of water.

Increase to 3–4 times daily once pins appear.

Use the humidity bag to maintain a moist microclimate: drape loosely over block, remove to mist & replace.

Avoid over saturating the block.

DID YOU KNOW?

Some mushrooms can double in size in a single day — and most of that growth comes from absorbing water!

WHAT'S HAPPENING

Hydration=Growth: Mushrooms are made up of about 90% water. As they grow, they rapidly absorb moisture from their surroundings to expand their stems and caps.

Tiny Climate: The humidity bag acts like a mini forest after rainfall. It keeps the air around your block gently humid, which helps your mushrooms grow full and smooth instead of dry or cracked.

Fresh Air Exchange: Mushrooms need moisture, but they also need fresh air. As they grow, they release carbon dioxide. Briefly lifting the humidity bag during misting allows fresh oxygen in and prevents long, stretched stems.

4 WATCH THEM GROW

Pins (small mushroom babies) usually appear within 7-14 days.

Continue regular misting to maintain humidity and prevent the mushrooms from drying out.

Observe growth; mushrooms may double in size daily once “pinning” begins!

DID YOU KNOW?

Mushrooms often show up after a rainfall. In order to reproduce. This is because spores must land in a damp environment to germinate.

WHAT'S HAPPENING

Growing Up Those tiny bumps you see are called pins. They are baby mushrooms, and most of their structure is already formed. When humidity, temperature, and oxygen are just right, they expand rapidly by filling their cells with water. That's why mushrooms can seem to grow overnight.

Spores: As mushrooms mature, special cells beneath the cap produce spores, which is how mushrooms reproduce in nature. You may see white spores drop onto your burlap or counter as the mushrooms get mature!

5 HARVEST

Harvest when caps flatten out or edges start to darken and caps are firm.

Gently pull clusters from the base using a rocking motion.

Trim any substrate attached to the base.

Store mushrooms in a paper bag in the refrigerator for up to 10 days.

You just grew your own fresh mushrooms at home! give yourself a high five!

WHAT'S HAPPENING

Timing: Mushrooms release spores from the cap edges. Harvesting at the right time gives you peak flavor and texture.

Energy Storage: The mycelium stores energy in the substrate, which it uses to support subsequent flushes of mushrooms.

Nutrient Rich: Mushrooms are packed with nutrients: protein, fiber, vitamins, and antioxidants and are highest when harvested at peak maturity.

After harvesting, the mycelium still contains enough nutrients to produce a few more mushrooms. To encourage a second flush, keep the block humid, maintain good airflow, and continue misting daily. Within 7-14 days, new pins may appear, signaling the start of the next crop!

FAQ'S

How long until I get mushrooms?

Fruiting times vary depending on the environment in your home. Give your block up to 15 days from when you first set it up to form mushrooms. Patience pays off!

How do I store my mushrooms & for how long?

Store mushrooms in the included organic cotton produce bag. Avoid plastic, it traps moisture and can cause spoilage. Keep them in the refrigerator for up to 10 days. No need to put them in the produce box.

What should I do with my block when I'm done?

Remove the block from the bags and add it to your compost pile! The outer burlap bag is biodegradable, but the inner plastic bag must be thrown away. (We're working on sourcing biodegradable inner bags!)

There is a white dust around my bag - what is happening?

Your mushrooms have released spores, which is completely normal. If you haven't harvested yet, now is the time! Spores are harmless and wipe up easily with water. Some spores may remain on the gills — this is safe to eat, or you can gently wipe them away with a paper towel before cooking.

FAQ'S

I've been misting daily and nothing is happening — what should I do?

You may be over-misting the substrate. If the exposed area begins to show blue or green mold, or if no white mushroom mycelium is forming at your X cut, stop misting for 3–4 days to allow the block to dry slightly. Once it feels dry, resume misting at a reduced rate per session.

Can I move my block to a different location?

Yes! Mushrooms can handle being moved, but try to keep temperature, humidity, and light conditions consistent. Sudden changes can slow fruiting or stress the mycelium.

Is it safe to touch the block or mushrooms?

Yes! Your mushrooms and mycelium are safe to handle. Wash hands before harvesting or touching to reduce contamination.

Can I fruit this kit outside?

Yes, if you can maintain shade, consistent humidity, and protection from rain or pests. Direct sun, wind, or heavy rain can stress the block.