

# LIONS MANE INSTRUCTIONS

**1. REMOVE PRODUCE BAG & SPRAY BOTTLE FROM INSIDE OF THE BURLAP SACK. LEAVE THE PLASTIC GROW BLOCK INSIDE AND CINCH BACK UP. PLACE THE BURLAP BAG IN YOUR DESIRED GROWING LOCATION.**

MAKE SURE TO CHOOSE AN AREA FOR THE BLOCK WHERE THE MUSHROOMS WILL GET INDIRECT SUNLIGHT. YOU MAY PLACE THE BLOCK ON A TRAY, BUT IT IS NOT NECESSARY SINCE THE BLOCK WILL REMAIN INSIDE THE BAG DURING GROWTH.

**2. USING A RAZOR OR A SHARP KNIFE, CUT A 3" X 3" "X" CUT. YOUR CUT SHOULD PENETRATE BOTH THE OUTER BURLAP BAG AND THE INNER PLASTIC BAG. TRY TO AVOID CUTTING TOO DEEPLY INTO THE SUBSTRATE. THE DEEPER YOU CUT THROUGH THE TOP LAYER OF MYCELIUM (THE MUSHROOM "ROOTS"), THE LONGER IT MAY TAKE TO START FRUITING.**

**3. FILL YOUR SPRAY BOTTLE WITH WATER, PEEL BACK THE OUTER & INNER BAG FLAPS & MIST THE EXPOSED SUBSTRATE TWO TIMES DAILY UNTIL MUSHROOM PINS FORM. DURING EACH MISTING SESSION, WET THE SUBSTRATE USING 4-5 PUMPS. AS THE MUSHROOMS MATURE, THEY WILL REQUIRE ADDITIONAL MISTING, INCREASE TO 4 TIMES DAILY. IF THEY LOOK LIKE THEY ARE TOO DRY, MIST AGAIN! SEE OUR FAQ PAGE FOR MORE INFO ON MISTING.**

**4. MUSHROOMS SHOULD BEGIN TO "PIN" WITHIN 10-14 DAYS.** THIS MAY HAPPEN SOONER OR TAKE LONGER DEPENDING ON THE CONDITIONS OF YOUR HOME. AFTER THE MUSHROOMS BEGIN TO PIN, THEY WILL FULLY MATURE WITHIN 5-6 DAYS.

**5. HARVEST YOUR MUSHROOMS!** YOUR MUSHROOMS ARE READY TO HARVEST WHEN INDIVIDUAL "TEETH" BEGIN TO FORM. HARVEST BEFORE THE CLUSTER TURNS YELLOW. IF YOUR CLUSTER IS A PINKISH COLOR, IT IS STILL TOO YOUNG- LET IT MATURE UNTIL IT TURNS WHITE. **TO HARVEST:** GRAB THE CLUSTER AT THE BASE AND PULL UPWARDS IN A ROCKING MOTION TO LOOSEN FROM THE BLOCK. THERE WILL BE SUBSTRATE ATTACHED TO THE BASE, YOU CAN CUT THIS OFF BEFORE STORING. STORE MUSHROOMS IN THE INCLUDED PRODUCE BAG IN THE REFRIGERATOR FOR UP TO 10 DAYS.

**6. IF YOU WANT TO GROW A SECOND BATCH (OR THIRD OR FOURTH!):** TAPE UP THE ORIGINAL "X" CUT IN THE PLASTIC (NO NEED TO TAPE THE BURLAP CUT). MAKE A NEW CUT THROUGH THE TWO BAGS IN A DIFFERENT AREA & FOLLOW STEPS 3-5 TO FRUIT AGAIN. YOUR BLOCK WILL BEGIN TO FORM NEW PINS IN APPROXIMATELY 10-14 DAYS. TWO HARVESTS IS TYPICAL, HOWEVER IF THE CONDITIONS ARE JUST RIGHT, YOU MAY GET UP TO FOUR HARVESTS!

FLIP THIS PAGE OVER TO READ THROUGH SOME OF OUR MOST FREQUENTLY ASKED QUESTIONS ABOUT GROWING YOUR OWN MUSHROOMS AT HOME.

# FAQS

## **HOW LONG CAN I STORE MY KIT BEFORE I START IT?**

KITS ARE READY TO FRUIT! PLEASE START YOUR KIT BY THE DATE ON THE OUTSIDE TAG FOR THE BEST RESULTS.

## **HOW LONG UNTIL I GET MUSHROOMS?**

FRUITING TIMES CAN VARY BASED ON VARIOUS ENVIRONMENTAL FACTORS OF YOUR HOME. PLEASE GIVE THE BLOCK UP TO 15 DAYS FROM WHEN YOU FIRST STARTED IT TO FORM MUSHROOMS.

## **HOW MANY HARVESTS CAN I GET?**

AFTER YOU HARVEST YOUR FIRST CLUSTER OF MUSHROOMS, YOU CAN TAPE UP THE ORIGINAL CUT AND MAKE A NEW ONE. YOU WILL GET A SECOND FLUSH ABOUT 1-2 WEEKS LATER. TWO FLUSHES ARE TYPICAL, BUT YOU CAN CONTINUE TO CARE FOR THE BLOCK AND MAY GET UP TO 4 FLUSHES! CONTINUE TAPING AND MAKING NEW CUTS,

## **HOW DO I KNOW I'M READY TO HARVEST?**

THE MUSHROOMS ARE READY TO HARVEST WHEN ONE OF THE FOLLOWING HAS HAPPENED: THE CAPS BEGIN TO LAY FLAT, THE EDGES TURN SLIGHTLY BROWN, OR THEY HAVE STARTED DROPPING SPORES.

## **HOW DO I STORE MY MUSHROOMS & FOR HOW LONG?**

STORE YOUR MUSHROOMS IN THE INCLUDED ORGANIC COTTON REUSABLE PRODUCE BAG. DO NOT STORE MUSHROOMS IN PLASTIC! PLACE THEM IN THE REFRIGERATOR FOR UP TO 10 DAYS (NO NEED TO PUT INTO THE PRODUCE BOX) LION'S MANE HAS A TENDENCY TO BRUISE EASILY, SO YOU MAY NOTICE SOME BROWN OR GRAY SPOTS APPEAR DURING STORAGE. THIS IS PERFECTLY OKAY TO CONSUME, HOWEVER IF YOUR SPOTS BECOME SLIMY OR MOLDY, TEAR OFF THE AFFECTED SECTION AND DISCARD.

## **WHAT SHOULD I DO WITH MY BLOCK WHEN I AM DONE?**

YOU CAN REMOVE THE BLOCK FROM THE BAGS AND ADD TO YOUR COMPOST PILE! THE OUTER BURLAP BAG IS BIODEGRADABLE, BUT THE INNER PLASTIC BAG MUST BE PUT INTO THE TRASH (WE ARE WORKING ON SOURCING BIODEGRADABLE INNER BAGS!)

## **I HAVE BEEN MISTING DAILY & THERE IS NOTHING HAPPENING, WHAT SHOULD I DO?**

YOU MAY BE OVER MISTING YOUR SUBSTRATE. IF THE EXPOSED AREA BEGINS TO FORM BLUE OR GREEN MOLD, OR THERE IS NO WHITE MUSHROOM MYCELIUM FORMING AT YOUR "X" CUT, STOP MISTING FOR 3-4 DAYS TO ALLOW THE SUBSTRATE TO DRY OUT. ONCE DRY, BEGIN MISTING AGAIN AT A REDUCED RATE FOR EACH MISTING SESSION.

## **STILL HAVE QUESTIONS?**

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