



# GROW YOUR OWN MUSHROOMS

This kit is ready to POP!

All it needs is fresh air, a little moisture, and a place to hang out!



## What's in the kit:

- Mushroom grow bag (*in the cup*)
- Dome lid (*mini greenhouse*)



## You'll need:

- Spray bottle with clean water (*tap water is totally fine*)

### Step 1: Make the cut

Take the dome lid off and set it aside (*you'll use it in a sec*).

Leave the bag in the cup to grow (*it likes it there*) but feel free to lift it out for a closer look anytime!

That dense white material inside is mycelium (*basically the mushroom's root system*), and it's ready to produce mushrooms (*aka fruiting bodies*).

With the bag in the cup, use clean scissors or a knife to cut a small "X" shape in the top part of the plastic, about 1-2 inches wide.

**Important:** Only cut through the plastic, not deep into the block. A shallow cut is perfect, you're just opening a little window. If you lightly score into the surface, that's okay, just don't dig in. This is where your mushrooms will grow--right from the top!

### Step 2: Set up your mini greenhouse

Lightly mist the inside of the dome lid.

Place the dome back on top of the cup.

You've created a humid little environment that mushrooms love.

### Step 3: Find a good spot

Your mushrooms like:

- Room temp (*60–75°F is perfect*)
- Bright, indirect light (*no direct sun*)
- A space with some airflow

#### Good spots:

- Kitchen counter
- Shelf in your living space
- Somewhere you'll see it daily

### Step 4: Mist daily

1–2 times per day:

- Remove the dome
- Lightly mist the inside of the dome
- If the cut area looks dry, you can give a light mist above it.
- Place the dome back on
- Think: humid, not soaking.

### Step 5: Watch them grow

- You'll usually see baby mushrooms (*pins*) in 10–14 days
- Once they start, they grow fast so check them daily!



# HAPPY MOUNTAIN MUSHROOMS

GROW YOUR OWN MUSHROOMS

## Step 6: When they outgrow the dome

- At some point, your mushrooms will hit the top of the lid and keep going!
- When that happens, you've got options:

### OPTIONS

#### 1 Remove the dome and mist more often

- Take the dome off completely
- Mist the mushrooms lightly 3–4 times per day to keep humidity up

#### 2 Replace dome with a loose plastic bag

- Place a clean plastic bag loosely over the top
- Don't seal it—mushrooms still need fresh air
- Mist inside the bag to keep humidity up

#### 3 Harvest early

- If they're ready (see step 7), you can just harvest and skip the dome-free phase.

## Step 7: Harvest Your Mushrooms!

Harvest when they look full and ready:



### Oyster:

Caps open and start to flatten



### Lion's Mane:

Fluffy and shaggy, before it starts to yellow or dry

### To harvest:

Grab the base and gently twist + pull the whole cluster off

## Step 8: Round two?

You might get another flush:

- Keep misting like before
- Give it a few days to rest
- New growth may pop up from the same spot!



You're officially growing mushrooms! If anything looks weird or you're unsure, reach out—we've got you! [info@happymountainmushrooms.com](mailto:info@happymountainmushrooms.com)



HAPPY MOUNTAIN MUSHROOMS