

The Mushroom Barn

“Farm on Table” Grow Kit

SO easy to grow!
Keep refrigerated until use

Product Specs:

This Kit Contains: *Virtual Instructions & one Mushroom Mycelia Fruiting Block*

Supplies Needed: *Spray Bottle & Distilled or Spring Water*

Best Temps for Growing: *65 - 70° F, but they can tolerate a range of 50-75°F*

Time Until first Harvest: *Aprx. 5-10 days*

Yield Potential: *1-3 lbs (small kit), 2-6lbs (large kit) over the few week course of a couple flushes (mushroom fruitings)*

Things to Consider: Mushrooms release spores as they reach maturity, so be mindful not to inhale these spores or get them on nice furniture. Our oyster mushroom and lions mane mushroom varieties all produce white spores, and you can put paper down underneath the kit to catch most of them unless in a drafty area. Ideally the mushrooms are harvested before producing their main spore load.

Cooking: Enjoy your mushrooms in a simply olive oil salt and pepper sautee for 10 minutes on the stove. There are countless incredible recipes for fresh mushrooms online if you want to take it a step further!

**Don't forget to Water!!
They Grow up so fast...
Feel free to email us with any
questions about your grow
s.mycelia@gmail.com**

Current Grow Kit Available:

Lions Mane Mushroom (*top fruit or side fruit*)

Black Pearl Oyster Mushroom (*top fruit for best yield*)

Blue Oyster Mushroom (*top fruit or side fruit*)

Reishi Mushroom - *from April to June (top fruit or side fruit)*

Pearl Oyster Mushroom (*top fruit or side fruit*)

Seasonal/Special Request Grow Kits:

Pink Oyster Mushroom - *from April to June (top fruit or side fruit)*

King Trumpet Mushroom - *from April to June (top fruit or side fruit)*

Mushroom Blocks for Outdoor Garden Use:

(See Gardening With Mushrooms Instruction Page on Mushroom Block How To)

Garden Giant Mushrooms

Pearl Oyster Mushrooms

This seasonal product is available from September 1- June 1, avoiding the heat of July and August. This is necessary to ensure cooler temperatures during shipping, and our mushrooms grow best in these cooler months.

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“Farm on Table” Grow Kit Species

Blue Oyster and Pearl Oyster

These varieties are the hardest and most exciting of our mushroom bouquets to watch grow. Once “pinning”, they grow so fast that you can almost take a seat to watch them multiply in size. Be ready to mist these mushroom bouquets very frequently, the more mist, the more mushrooms!

Lions Mane

Lion’s Mane! We love this mushroom! Lions are “slow to start”, but will grow fairly quickly once they get going. Be patient in the beginning and don’t over-water. Sensitive to too much air turbulence so keep away from string fans ac’s or heaters.

Reishi

The infamous Reishi mushroom! We are thrilled to offer this cultivar as an option for those of you at home. Be warned, this species is a very slow grower, so expect to wait patiently for a few weeks for your antlers to start forming.

King Trumpets

Kings get their name for their incredibly thick and luxurious texture, and big dense fruit-bodies that hold an impressive shelf life as well as robust medicinal profile. These specimens are known for their anti-inflammatory compounds as well. Also slower to fruit in the beginning, but well worth the wait.



“Farm on Table”

Grow Kit Instructions



1. If you haven't already purchased one of our **spray bottles to water** your grow kit, grab one and **have it ready before you cut anything open.** *Mushroom mycelium will quickly dry out in any climate if not watered regularly.*

2. Place your mushroom grow kit in a *still and steady place inside where you will see it regularly,* and **remember to water it daily.** *Mushrooms like indirect sunlight,* so somewhere like the kitchen counter or shelf is a great place for your grow kit. **Darkness at night is ideal** for them to maintain their natural growth cycle.

3. *Open the top of the box carefully,* leaving the plastic bag containing the mushroom mycelium inside the box. If you have a burlap kit, you can loosen up the drawstring to peek inside at the mycelium

4. With a sterile knife, poke a few inch-deep cuts into the center of the plastic bag. If you have a burlap kit, you can poke through the bag anywhere you please, the top, side, or even both!

5. **With clean hands,** roll down the sides of the plastic bag a few inches so you can see inside, *plastic curtains around the mycelium to protect it from drying out.*

6. *Spray the cut spot with multiple spritzes of fresh water,* **multiple times each day,** and after about 5 days, keep an eye out for baby mushrooms forming. If you are on chlorinated city water, you will have to purchase distilled water for your mushroom kit. **Be careful not to over water your kit before the baby mushrooms are formed.** Standing water in the bottom of your kit will encourage contaminants to grow.



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Grow Kit Instructions

7. Once you see baby mushrooms starting to form, mist them regularly throughout the day, giving them a week to fully mature. If you have a Reishi or King Trumpet kit, expect to wait a few weeks for your hardy mushrooms to fully form.

8. Keep your mushrooms happy by keeping them moist! If you can't be around to spritz them multiple times a day, consider placing a clear plastic bag over the forming mushrooms to keep the humidity high enough for them to continue multiplying in size

9. Harvesting: After a few days of growth (4-7), **harvest your mushrooms once they are fully mature**, but not over-ripe. The mushrooms usually double in size everyday once they take off. To harvest, grab gently at the base of the mushroom cluster and **twist slowly to free** them from the block. **It is better not to cut the mushrooms off**, because this leaves a stump to rot, which can later inhibit the fruiting of the next crop.

10. After your first mushroom harvest, tape over the hole, close up the box, and let the mycelium recuperate in darkness for a week before going for a second round of shrooms. If you do not want to continue fruiting the grow kit inside, simply bury it in your garden with a top edge even with the soil surface, and water it for continued fruitings outside. You can also break up the oyster kits and spread them around the soil or compost for continued growth.

11. After around 10 days, open the box to check for more baby mushrooms forming on the surface, and repeat steps 2-10. The most productive mushroom crops are usually the first and second. You can also flip the bag upside down and cut a new side this time. If you have a burlap kit, you can cut new holes anywhere you'd like on the bag!

