

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: *Apprx. 6-12 weeks depending on time of year*

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.

All about Garden Giants

"The OG Regenerators"

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."

-Chief Seattle, 1954

For You and the Planet!

- * Vibrant food for you and your community
 - These mushrooms are edible, delicious, and a choice source of vegan protein
- ☺ Easiest mushroom to grow
 - ☺ Bees love it!
 - Ecosystem Resiliency



| | |
|-----------|--------------------------|
| Kingdom: | <i>Fungi</i> |
| Division: | <i>Basidiomycota</i> |
| Family: | <i>Strophariaceae</i> |
| Genus: | <i>Stropharia</i> |
| Species: | <i>S. rugosoannulata</i> |

For your Soil:

- ☺ The ultimate Companion 2 Plants!
 - Compare to compost tea

☺ Plant + Protein Powerhouses - releases plant growth hormones & natural Co2 for the plants around it

☺ Produces acanthocytes, tiny spines that pierce and kill predatory nematodes.
☺ Uses up to 70% less irrigation; mycelium water retention and root-distribution capability (increased field capacity)

☺ Unlocks phosphorus & nitrogen + trace minerals from soil aggregates

☺ Helps suppress root pathogens & facilitate plant-to-plant communication

☺ Keep it amended + hydrated, and the Garden Giant mycelium will perennialize and grow season after season!



Outdoor Garden Giant Inoculation Instructions

How to Inoculate your garden with mycelium:

- 1.** Choose a shady spot in your garden that receives plenty of water (ideally overhead sprinkler, rain, or natural humidity. You can supplement the humidity with garden shade cloth if gardening in a dryer climate).
- 2.a.** If unplanted, loosen the soil and put down a combination of woodchips, straw, and cardboard, creating a berm for the mycelium to colonize.
- 2.b.** For one 10lb block, we suggest a 10x10' area to see mushrooms this season (or 1 mushroom block to two yards of soil) .
- 4.** Break up the mushroom block by massaging it until the bag is broken up and easy to pour over your space
- 5.a.** Carefully and evenly pour the mycelium over the garden space
- 5.b.** Cover with soil, straw, and woodchips and keep it consistently hydrated
- 6.** Plant your shady crops or cover crops on top of this layer of “mushroom mulch”
- 7.** After 3 weeks, start checking every few days for pinheads (baby mushrooms)
- 8.** Make sure the mushrooms have access to plenty of humidity while forming (24-72hours)
Keep your mushrooms hydrated while they being pinning / forming primordia (sprouting).





Outdoor Garden Giant Inoculation Instructions

Enjoy watching those Burgundy wine-colored caps multiply in size and quantity!

1. Harvest the *Stropharia rugoso-annulata* mushrooms once the caps are open wide!

-Cover exposed mycelium with soil woodchips cardboard or any local cereal straw.

-Expected yields are 10-20 lbs per sq yard, per flush of mushrooms, depending on the available moisture and nutrients present in the garden bed.

-Mushrooms may take up to a month or more to form depending on the time of year, and available moisture and nutrients.



Other Info:

Yes, you can companion plant and cover crop your garden giant mushroom patch! Anywhere you have inoculated your soil is a wonderful place to plant with the three sisters (garden giants most favorite companion)

Yes, you can continue spreading the spores by taking a handful of colonized mushroom soil and expanding it to new areas of your garden! Just be sure never to expand more than

10% of its mass in one fruiting cycle, and cover any exposed mycelium back up with hydrated soil.

All about Garden Giants

"The OG Regenerators"

Garden Giants are a thrill to cultivate. *Stropharia rugoso-annulata*, commonly known as the wine cap mushroom, "garden giant", or king stropharia, gets its name from the massive edible mushrooms it produces. They are a facultative mycorrhizal and can grow 22 cm tall, with a burgundy convex-flattening cap up to 32 cm across.

They are a vigorous mushroom that teach us about finding balance- with water, air, and environmental organisms, by harnessing the intelligence of fungi. The flesh is white and hardy with a tall stem, noticeable annulus, and pale gills that eventually darken to brown-purple. Flavor is best when they're younger; mild flavor that fades with age.



Mush Barn & more

After all of the environmental & biological scares we've seen at the planetary level these past seasons, we've learned that incorporating a localized food system into our communities is crucial. Growing mushrooms is the missing link to do this with zero-waste. We have Garden Giant mycelium available in single 10lb bags or in bulk: order online, & email mushbarn@gmail.com for bulk pre-order inquiries!

The extensive mycorrhizal networks in our soils are what allow plants to gain access to the nutrients awaiting. Want to learn more about growing mushrooms? Email hello.mycelia@gmail.com to get on the list for upcoming workshops at the barn. You will learn to inoculate your garden with *Stropharia rugosoannulata* mycelium to increase plant, soil, and ecological health, + bring homegrown mushrooms to your kitchen.