



# SK GROW KITS

## ALL-IN-ONE GROW BAG INSTRUCTIONS

Before you begin, check out our Mushroom Growing Guide to learn about the necessary steps and precautions to take to grow the most optimal flushes. Once you are familiar with how to inoculate bags, sterilizing procedures, and what to expect throughout the growing process, you are ready to begin!

### RECOMMENDED MATERIALS

Rubber gloves, 70% Isopropyl Alcohol, heavy duty rubber band approximately 4-5", a handful of polyfill, scissors, lighter, distilled water in spray bottle.

#### STEP 1

##### REQUIRED TO START

5cc of Spore Solution or  
5-10cc of Liquid Culture

Start by injecting your spores or Liquid culture in the grain part of the bag through the black injection port using proper sterile technique. (See Mushroom Growing Guide at the above link). You will see white mycelium slowly form after a week and colonize the lower half of the bag. Once the lower half of the bag is about 25% colonized, move to step 2.



#### STEP 2

Mixing the Bag (Once grain is fully colonized or white)

- If you have not done so, unroll the bag and allow air to inflate the top part. Simply hold the bag from the top and let hang for 5 minutes or until the bag is inflated. Air will move in through the white filter patch slowly.
- Carefully break up the lower grain bag with your fingers kneading the grain and squeezing until you have marble sized chunks.
- Next, mix the grain with the black substrate by shaking and knead-ing. Make sure everything is mixed thoroughly.



## INCUBATION (RE-COLONIZATION)

- Find a place where the temperature is 72-76 degrees. If you need to increase the temperature use a small space heater or something similar to maintain these temps.
- During this re-colonization stage its best to keep in the dark, but exposing to light does not hurt anything.
- A few days after mixing you will start to see white mycelium form after a few days in spots.
- Once the bag is fully white or re-colonized, place a rubber band around the cake about one inch from the top of the cake. For optimal air exchange, tear off or use sterile scalpel to remove the filter and replace with a golf ball size amount of polyfill.
- At this point start exposing the kit to 12-16 hours of light per day. You can use indirect sunlight or room light. Light with higher color temperature works the best. (5000K-6500K). Its best to have the light source coming from the top. The Mushrooms will grow towards the light.
- You should start to see pins forming around day 12-16 after fully colonizing.



## STEP 3

### HARVESTING

- When the mushrooms are mature and ready to be harvested, cut the top of the bag off about an inch above where the rubber band is. Start harvesting using a sharp knife or scalpel. You can pick them by hand but be careful not to pull too much substrate up with the mushrooms. Once you're done harvesting, take the top of the bag and pull back over the bottom half enough so that it stays in place. You can use a rubber band to secure if needed.



### TIPS/NOTES

- Grow the bag on a solid surface. If the bottom of the bag is exposed to light you will have mushrooms growing underneath the bag.
- Simply remove top half of the bag when harvesting and place back on each time.
- When mushrooms grow on the side they can easily push the bag away. This will allow them to grow to maturity easily.
- You should expect 2-3 flushes. If your cake looks dry after the first flush you can always add a thin layer of dry vermiculite to the top and mist it until damp. This will help the cake absorb water. Or mist the inside of the top part of the bag with distilled water as needed.

