



# FOUR WALL FARM GOURMET MUSHROOMS

## Grow Bag Instructions

Place in a location that receives indirect light. Cut a 5" long slash on the side of the block facing the light source (See image 1).

Spray with water several times per day. Keeping the block in a more humid area of the house might be helpful. Do NOT cover the block in a plastic bag to increase humidity, oxygen is necessary for the fruiting process.

Within 5-7 days, small pins will appear at the edges of the cut. (Image 1) These will double in size every 24 hours. (See Image 2)

Mushrooms will be fully mature approximately 5 days after pinning (See Image 3). Harvest at the base of the mushrooms, by pulling the clump gently away from the substrate block. Note that if mushrooms are not harvested before the edges curl upwards, they will release spores, which can cause respiratory symptoms for some people. Please do not try to fruit a grow block if you are allergic to mushrooms. Dispose of the block by composting.

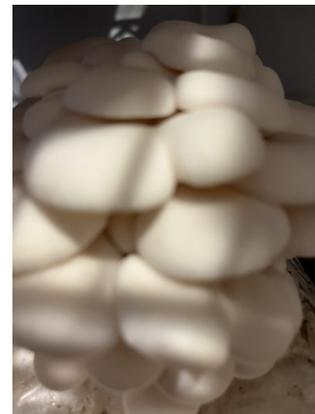
1. Pinning



2. Maturing mushrooms



3. Ready to harvest



Your grow bag started out weighing about 10 lbs, It contains substrate. The substrate is sterilized in the bag, then inoculated with mycelium that has been grown on organic grains. The bag then incubates, during which time the mycelium colonizes the bag. When the bag is fully colonized, the bag is put in to fruit. With proper humidity, light, temperature and air exchange, it produces mushrooms. Every time the bag is fruited, the weight decreases as the mushrooms use the substrate for energy to grow. In our commercial setting, bags fruit at least two times before they are composted. This time, we appreciate your assistance with the composting! While we cannot promise that any bag will fruit, when given the proper conditions, it is very likely. Please share the results of your farming with us by posting on Instagram #4wallfarmcommunity Good Luck!

- Jeff & KC