

Beginner's Grow Guide

Chapter 1. Magic Mushroom Supplies for Modified Tubs

Bear

SHEGROWSFUNGI

Magic Mushroom Supplies for Modified Tubs

- **Gloves and Face Mask**

- Standard PPE in Mycology

- Allows for cleaner work
- Avoids bacteria from mouth to enter workspace

- **Modified Tub**

- A modified tub means that a regular clear storage bin or tub undergoes modification in a way that allows for “fresh air exchange” or FAE. Drill or cut out 4 holes, one on each side of a bin, 2-3 inches in diameter and covered with 3M Micropore Tape or a Microposse breathable filter.

Suggestions are:

- Suggested beginner tub size is 54 quarts or 66 quarts
- Clear bin with colored lid is perfect
- Storage bins with latches

- **Alcohol Spray Bottle**

- A cleaning supply, 99% alcohol, good ventilation, and spray excessively
 - Clean the outside of the grain and substrate bags
 - Spray and wipe inside bin, liner, and lid of bin
 - Wait for full evaporation and avoid breathing cleaning fumes

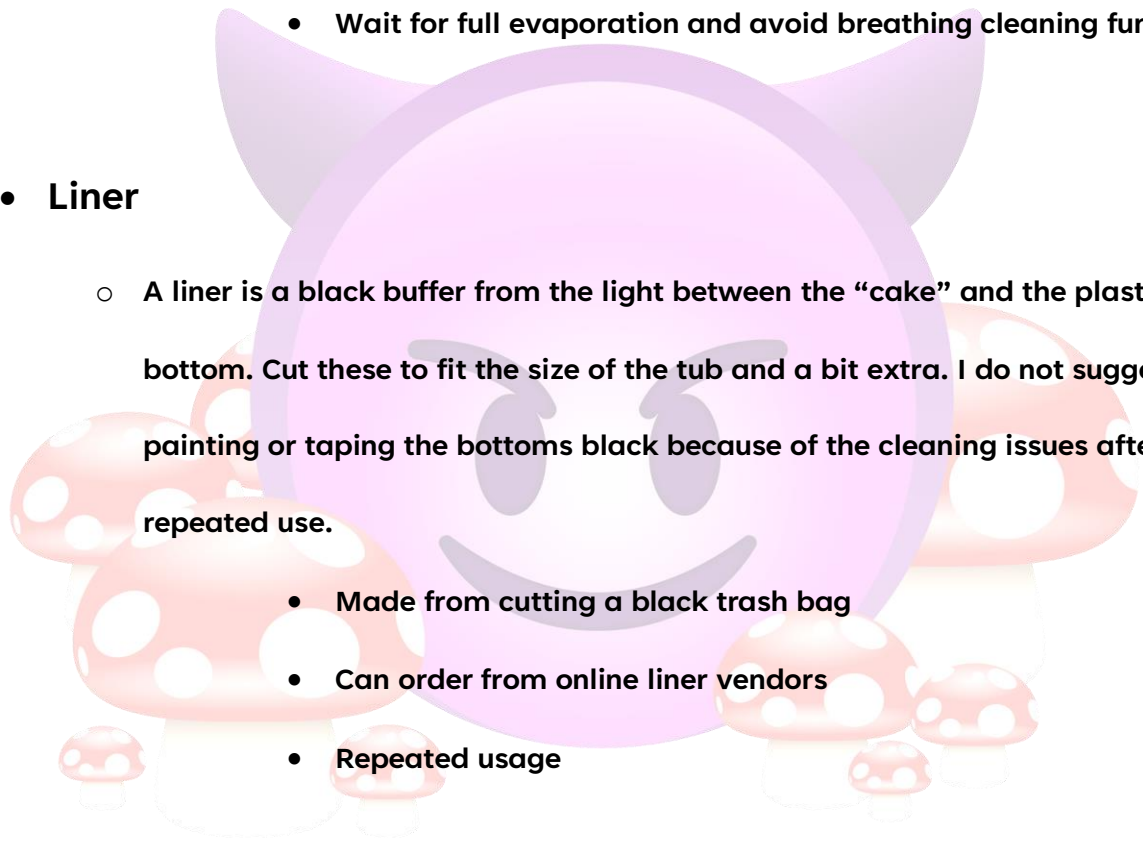
- **Liner**

- A liner is a black buffer from the light between the “cake” and the plastic bottom. Cut these to fit the size of the tub and a bit extra. I do not suggest painting or taping the bottoms black because of the cleaning issues after repeated use.

- Made from cutting a black trash bag
- Can order from online liner vendors
- Repeated usage

- **Filters**

- Suggested filters
 - Microposse filters come in assorted sizes
 - 3M Micropore tape is found in Walgreens or CVS



- **Genetics**

- Start with good and solid genetics from any vendor you choose. It is important to choose good beginner strains that will perform well.

Examples are White Teachers, Golden Teachers, Hillbilly, Brazilian, Thai, or MVP and there are many others out there. Try to avoid Penis Envy and any Albinos in the beginning until you become more experienced and comfortable. Several types of genetics can be any of the following forms:

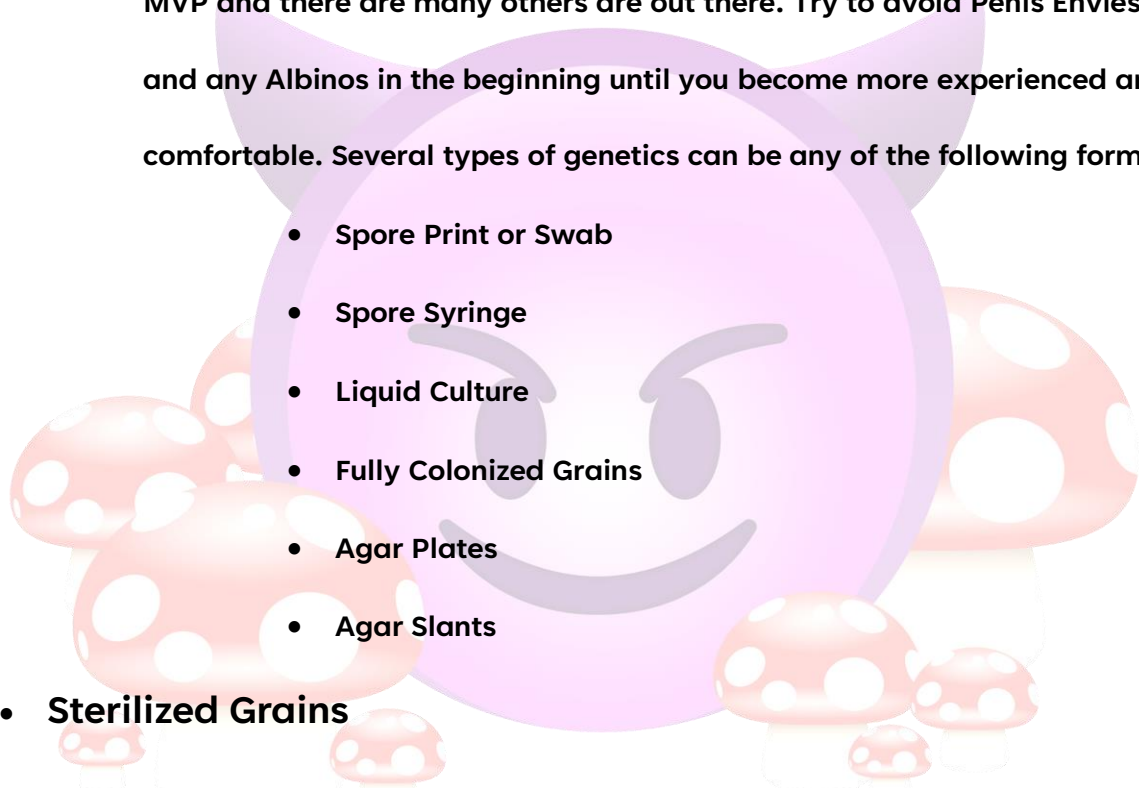
- Spore Print or Swab
- Spore Syringe
- Liquid Culture
- Fully Colonized Grains
- Agar Plates
- Agar Slants

- **Sterilized Grains**

- You can make these grains at home with tools such as a pressure cooker.

Vendors that sell bags with self-healing injection ports are great for beginners. Try a variety of grains too. Mycelium will thrive on most grains, and may be in the form of:

- Sterilized grain bags with or without self-healing injection ports



- Sterilized grain jars
- Make your own sterilized grains or go to poogodco.com

- **Substrate**

- Substrate is a name used for a mix of growing ingredients that helps mushrooms grow. Manure based substrate and CVG are both great substrates to use. This ingredient gets mixed with fully colonized grains.

Two popular types of substrates are:

- Manure based substrate
- CVG or coco coir, vermiculite, and gypsum

- **Water Spray Bottle**

- Used to mist and add moisture to the tub and cake if drying out occurs.
 - Spray moisture on the walls and to cake after mixing
 - Mist according to your personal needs and what the mushrooms need

Below is a photo of all the items together ready to mix and make a cake. If you liked this and want more, please let me know!

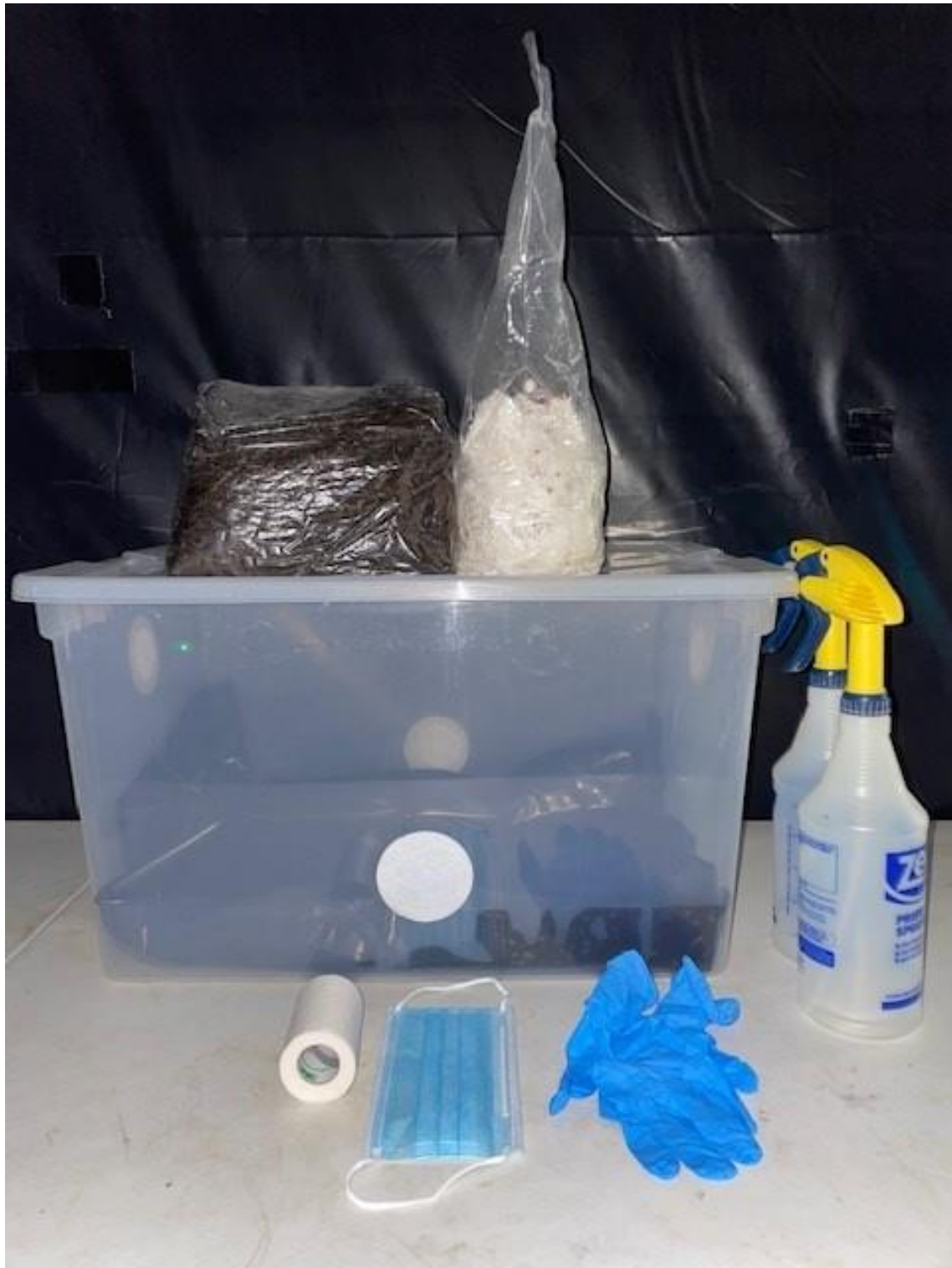


Photo description: 66-quart storage bin that has four 2" holes, covered by a white patch or Microposse filter, one on each side of the bin. One 10lb bag of manure substrate and one 5lb bag of fully colonized milo grains sit on the lid of a modified bin. A black liner is inside that covers the bottom of the bin. Two spray bottles, one of water and the other alcohol, are upright next to the bin. One pair of gloves, a face mask and a roll of 3M Micropore tape are in front on the table.