

# HOW TO GROW-AT-HOME LION'S MANE & OYSTER MUSHROOM KITS

1

Choose a place in your home with indirect light exposure and good airflow. This is very important as mushrooms breathe oxygen!

Hint: We recommend placing it in your kitchen or a room that is not above 80 degrees.

2

Open your burlap bag and remove the spray bottle and plastic folded tent, leaving your substrate bag folded in place, and tie your bag back up.

3

Using a clean sharp knife, slice a 4 inch "X" in the center of your burlap bag, making sure to pierce into your plastic substrate bag inside. This is where your mushrooms grow out of.

4

Fill your spray bottle with cool fresh water, and spray around the "X" 7-10 x's until you see moisture on the burlap. After about a week you'll notice small mushroom "pins" forming in the "X." This is when you'll make a 4 inch slit in the top of the plastic tent and place over the kit.

5

You will now switch from spraying the burlap to spraying 4-5 pumps inside the tent and placing back over the whole kit. Repeat 3 times a day. Do not let the tent rest on the fruiting mushrooms.

6

Now it's time to HARVEST! After around 10 days have passed and a consistent schedule with spraying has been maintained, you will harvest. At the base of the bloom using a firm grip, gently twist and pull out.

7

Store your new mushroom fruits in a paper bag in your fridge for up to a week.

Included in your kit:

- Inoculated mushroom fruiting block
- Spray bottle
- "Tent" plastic bag

