

GROW KIT GUIDE

Lion's Mane

WELCOME TO THE WORLD OF FUNGI!

THIS STEP BY STEP GUIDE WILL ASSIST IN THE CULTIVATION AND HARVEST YOUR VERY OWN LIONS MANE MUSHROOMS.

STEP ONE:

WHILE YOUR GROW KIT IS COLONIZING IT MUST BE KEPT IN A DARK AREA WITH AIR FLOW. PLACING IT IN A CLOSET, PANTRY OR UNDER THE KITCHEN SINK CABINET SHOULD WORK NICELY. THIS PROCESS TAKES ABOUT 7-20 DAYS AND VARIES DEPENDING ON COLONIZATION AT TIME OF PURCHASE.

STEP TWO:

ONCE THE BLOCK IS FULLY COLONIZED (SEE FIG. 1 ON HOW THAT SHOULD LOOK) CUT A FEW SLITS IN THE BAG. THE SLITS SHOULD BE ABOUT 1 INCH IN LENGTH. IT'S BEST TO CUT IT IN AREAS WHERE A LOT OF WHITE MYCELIUM GROWING.

STEP THREE:

NOW YOUR GROW KIT CAN BE PLACED IN FRUITING CONDITIONS! IDEALLY IT SHOULD STAY OUT OF DIRECT SUNLIGHT. SOMEWHERE WITH A BIT OF NATURAL LIGHT IS OK BUT NOT TOO MUCH. HIGHER HUMIDITY IS BEST IF AVAILABLE.

STEP FOUR:

MIST YOUR GROW KIT TWICE A DAY AND WITHIN 2-3 WEEKS OF FRUITING YOU WILL HAVE YOUR VERY OWN LIONS MANE!

TO HARVEST SIMPLY TWIST THE MUSHROOM OFF OF THE GROW KIT. (SEE FIG. 2 FOR A READY TO HARVEST KIT)