



LIONS MANE GROW KIT INSTRUCTIONS

This grow kit consists of organically sourced hardwood sawdust and soy hulls that have been colonized by Lion's Mane (*Hericium erinaceus*) mycelium. It is now ready to fruit.

Tools needed:

- Scissors or knife (x-acto works well)
- Spray bottle
- Plastic bag

Directions:

- Set the grow kit on the counter with the "X" facing up. Using your clean (wash with soap or spray with isopropyl alcohol) scissors or sharp knife, cut an X shape from corner to corner. The bag is the "skin" of the mushroom, protecting it from attacking microbes and dry air. You must leave the plastic on. The mushrooms will form out of the X you have cut.
- Fill a clean spray bottle with water and lightly mist the top of the fruiting block. Make sure to mist your kit at least twice daily. Keep an eye on your baby mushrooms and spray them more often if they look dry. If your conditions are too dry, you can make a DIY humidity tent by poking about a dozen ½ inch diameter holes in a plastic grocery bag and placing it loosely around the kit. Spray inside the bag 1-2x daily. If you do use a humidity tent, make sure to remove the bag a few times a day to increase airflow – the mushrooms are breathing and need fresh oxygen to grow!
- Place your grow kit in humid location in the house where temperatures will remain between 60-70 degrees F (next to the kitchen sink works well). Avoid direct

sunlight, but don't keep them in the dark - light helps them know which way to grow. You should start seeing pins (baby mushrooms) forming on the top of the block within several days of slicing open the bag. The lion's mane pins are likely already forming when you receive the bag and will look like a white fuzzy mat.

- The mushrooms will be ready to harvest about 5-10 days after you start seeing pins. The mushrooms should look like grapefruit sized pompoms. Harvest the lion's mane just as the teeth of the mushrooms get to be about ¼" long. You can let them get longer but anything over an inch will start to become bitter. Harvest by gently holding the mushroom and twisting away from the block. Don't squeeze too tightly or you could cause bruising. You can also use a knife.
- It's ok if some substrate comes away from the block. It will continue to fruit from other locations. The first flush often yields 1-3 lbs. and you can keep your blocks around for 2nd or 3rd flushes (the yield will be smaller each flush). To produce a second flush, flip the plastic bag around and cut a new X on the fresh side.
- After a few flushes you may notice other molds, fungi, or bacteria start to attack your grow kit. Now is the time to move it outside. Remove the plastic and place the block in a shady location and cover it with some sort of organic material (mulch, straw, grass clippings, cardboard, etc). It might continue to fruit for many more months, especially after rains. It is also an excellent addition to compost piles or can be used as a source of organic mulch.

Cautions:

- Always cook your mushrooms! All mushrooms contain chitin (a component of shellfish and invertebrate exoskeletons), which is broken down by heat. Your body cannot access all the great nutrition in mushrooms unless they have been cooked.
- Feel free to contact us with questions or concerns at **blacktrumpetnc@gmail.com**