



## **OYSTER MUSHROOM GROW KIT INSTRUCTIONS**

This grow kit consists of organically sourced hardwood sawdust and soy hulls that have been colonized by oyster mushroom (*Pleurotus ostreatus*) mycelium. It is now ready to fruit.

### **Tools needed:**

- Scissors or knife (an 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 humidity tent by poking about a dozen ½ inch holes in a plastic grocery bag and placing it loosely around the kit. Spray inside the bag 1-2x daily. If you do make 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 a warm, humid location in the house, temperatures between 60-70 degrees F are ideal (next to the kitchen sink works well). Avoid direct sunlight, however, don't keep them in the dark - light helps them know which way to grow and deepens their blue-grey coloration. You should start seeing pins (baby mushrooms) forming on the top of the block within several days of slicing open the bag.
- The oyster mushrooms will be ready to harvest about 2-5 days after you start seeing pins. Harvest the oysters just before the cap fully unfurls and flattens. There should be a slight lip to the cap. Harvest by gently holding the mushroom and twisting away from the block. Don't squeeze too tightly. You can also use a knife.
- The first flush often yields 1-3 lbs. and you can keep your blocks around for 2<sup>nd</sup> or 3<sup>rd</sup> 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 will continue to fruit for many more months, especially after rains. It also makes an excellent addition to compost piles!

### **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.
- Oyster mushrooms naturally produce spores as they grow. The spores appear as a white, dusty coating. If you have allergies or respiratory ailments, you might want to put your oyster mushroom kit in a protected outdoor environment or in a well-ventilated area in the house. At least not right next to your bed is a good idea.
- Feel free to contact us with questions or concerns at **[blacktrumpetnc@gmail.com](mailto:blacktrumpetnc@gmail.com)**