

## What do you need to grow a Mushroom Kit?

- Thermohygrometer: it will help you to control the humidity and temperature, since it should be at 90% and between 22-28 °C.
- Electric propagator: you will be able to maintain a constant temperature because you can adjust it as you wish. If you do not use an electric propagator, you can use an electric blanket or an aquarium heater.
- This magic mushroom grow kit does not include a container or bag in which you can place the substrate. You will need a greenhouse, waterproof plastic bag or similar to start the magic mushroom grow kit.

## How to grow these Magic Mushroom grow kits?

### Precautions

- It is always necessary to be very clean when handling the mycelium kits.
- Wear gloves to avoid contaminating them or, at least, wash your hands when handling them.
- When you take the grow kit (i.e. the cake/mass) out of the plastic container, make sure that the water and condensation it may contain does not get into the growing area and cause a possible infection.
- The vermiculite of the cake should always be facing up.
- The area where you place the grow kit should be very bright, but not have direct sunlight.
- Always use non-sparkling still mineral water from the bottle, not tap water.

## Cultivation of the shroom kit

- Prepare your greenhouse, bag or area you want to use. Place two drinking glasses in the greenhouse with enough space between them so that the lid of the grow kit can rest on them. This will create an area where the cake and later the mushrooms will not come into contact with the water that we will later add to the greenhouse tray/ plastic bag.
- Open the plastic box and carefully take out the cake by placing the opened plastic box upside down, open side down on the lid, a clean surface or your palm. The cake will then release from the plastic box. Then, turn the cake back over so that the vermiculite side (the granules in the cake) is facing up and place it on the lid of the plastic box. Basically, it's like you're propping a cake out of the pan and putting it back the right way up to spread the frosting on top.
- Now pour water into the bowl/area under the lid, which should now be on top of the two drinking glasses. Always keep the water level between 2 and 3 fingers high to ensure sufficient humidity permanently.
- The temperature of the water has to be between 24 and 30 °C so that the air is between 22 and 28 °C. To fix the temperature we will help ourselves of an heating mat, aquarium heater or electric propagator. A constant room temperature of 22 degrees Celsius can also be sufficient, but does not always lead to optimal results.
- Spray with freshly opened still non sparkling mineral water and a very clean sprayer a couple of times on all sides of the grow kit: this will bring out the mycelium sooner. **DO NOT SPRAY AGAIN AFTERWARDS.**
- Take off the lid of the greenhouse or open the grow bag every day to renew the air and achieve greater production and thickness of the mycelium: Be careful when doing this, because the water will settle as condensate on the inside of the lid and you should avoid that this water falls directly on the grow kit.
- After 15 days the mushrooms will start to appear. If nothing appears it means that there is a problem.

- **The cake does not need to be soaked beforehand like many other magic mushroom grow kits, but is ready to use after it has been set up and sprayed as described above.**

## **Cut**

- Always before opening the cap, so as not to contaminate the grow kit with the spores. Harvesting should be done using gloves, holding the mushrooms with two fingers and twisting them to remove them little by little without damaging them.
- They can also be cut with very clean and disinfected scissors.

## **Drying**

- Spread them on a surface, in a dark and ventilated place for several days.
- How to check if they have dried: bend at the stem, if it breaks it is properly dried.

## **After the first harvest - further flushes**

For a second, third and fourth flush (pass) proceed as follows:

- Put the harvested cake back into the cleaned plastic box.
- Clean the greenhouse/bag, including the container filled with water that was under the cake.
- Mix a glass (about 200 ml) of still mineral water with no more than two drops (no more!) of 3% hydrogen peroxide and pour this mixture into the plastic box that the cake is in.
- Put the cake in the refrigerator and let it "steep" for about 30 minutes. Then, tip off the excess water. Take the cake out of the plastic box again as described above and rebuild it.
- The mycelium is now reactivated and ready for another pass.

## **Conservation**

- Short period of time: an airtight bag in a cool, dry place is sufficient.
- Long period of time: vacuum pack for a year maximum.

## **How long does it produce mushrooms?**

- In good conditions mushrooms will grow for 3 months but in progressively smaller quantities.

## **How do I know if my Mushroom Grow Kit is infected?**

- Green tones are produced in the substrate that are very different from the normal whitish mycelium.
- Mushrooms produced on a contaminated substrate are very dangerous and are distinguishable because the head has darker colors so you should discard it immediately.
- Cut off the infected surface and part of the healthy one with a sterilized knife to avoid spreading the infection.