



A GUIDE TO  
GROWING YOUR  
OWN MUSHROOMS

STAY  
**wyld**  
ORGANICS



@staywyldorganics  
staywyldorganics.com



We've put years of cultivation experience into our kits and that experience is backed up by a promise of success.

Our number one goal is to get you growing mushrooms like a pro.

With our Grow Your Own Mushroom kits you'll get a real feel for cultivating mushrooms.

All of our products are tested and grown in our medical grade facility.

Our lab sterilizes, pasteurizes and tests all of our kits, which takes care of three of mushroom growing's most common pitfalls.

For optimal growth you need to control temperature, light, humidity and air flow.



# mycelium

Mycelium is part of the fungi kingdom and is the network of threads, called hyphae, from which mushrooms grow.

Your kit includes Stay Wyld Organics' proprietary substrate colonized with mushroom mycelium.

At first glance, it looks like it is covered with a soft, white, mold-like substance - that's the mushroom mycelium! It is completely normal. The mycelium of some species is more prominent than others.



**Reishi Mycelium**



**Lion's Mane Mycelium**

this mycelium is finer / wispy



**Oyster Mycelium**

# fruiting body.

The next stage of the mushroom grow cycle is the formation of fruiting body from the mycelium.

Your mushrooms will begin to grow and 'pin' from the fruiting bodies.

If they don't have proper access to air, humidity and temperature conditions they won't continue to grow and may start to rot and decompose.

Make sure you remove these fruiting bodies to maintain the health of your mycelium and kit.



This is healthy Lion's Mane fruiting body.

Ensure it has air flow so that the Lion's Mane mushroom can begin growing.



This fruiting body is decomposing and rotting and should be removed from your kit.

light.

air flow.

humidity.

temperature.



# light.

A light in your home or a room with natural light is all you need.

Regular strong reading light is sufficient. Constant light is not necessary. It is fine to leave your kit in the dark overnight.

# air flow.

Mushrooms exhale CO<sub>2</sub> and inhale oxygen. They will suffocate themselves if there isn't adequate airflow!

Mushrooms shouldn't be in high traffic areas where they can be exposed to external contaminants (i.e. sinks).

The more controlled your conditions are the better your flush will be.





# humidity.

Mushrooms are 90% water and require high humidity levels.



## A HUMIDITY TENT IS THE BEST WAY TO KEEP YOUR MUSHROOMS HAPPY

A humidity tent helps keep your mushrooms moist.

If your environment is too dry your mushrooms will be unhappy.

You can use any bag that lets light in.

Make sure to cut slits in the tent to ensure air flow.

Mist the inside of the humidity tent daily. You want to see water droplets on the inside of the humidity tent and on the mushroom bag itself.



# Oyster Mushrooms

The oyster mushrooms are the perfect mushroom for beginner growers.

They are the lowest maintenance and have the quickest growth.

Make sure you keep your oysters hydrated (spritzing a few times a day) and if your growing environment is dry a humidity tent will keep them happy.



# Reishi

Moisture is VERY important for growing mushrooms (especially Reishi). In the early stages of growth when the pins are starting to form, make sure to use the spray bottle to ensure nothing is getting dry.

When Reishi mushrooms first appear, they have odd looking “finger like projections” that look similar to candy corn. Eventually, the ‘fingers’ will start to flatten out and form what are called conks (which are the shiny red fruiting bodies with the porous surface on the bottom).

Reishi fruiting bodies grow a lot slower than other types of mushrooms. Oyster mushrooms might double in size every day, growing from zero to a full harvest within a week whereas the Reishi likes to take its time.

The progress is much slower, yet satisfying to watch. You can tell Reishi is in its’ growth phase because it will have a white leading edge on the end of the conk. This is one way to tell that the mushrooms are continuing to grow. Depending on your needs, you may harvest your kit early when the Reishi antlers are only a few inches tall, or allow the mushrooms several more months of growth to achieve more interesting growth patterns.



# Lion's Mane

Lion's Mane loves humidity. They can be prone to drying out if the ambient humidity is too low, so we recommend that you water it generously or grow your kit in a humidity tent if your home is very dry.

Lion's Mane mushroom is an edible and medicinal mushroom belonging to the tooth fungus group. It is a beautiful and unusual looking mushroom composed of layers of cascading spines and gets its name from the Lion's Mane Jellyfish - not the big cat like you'd think. This is a slow growing species with a superb sweet, mild flavour and a meaty texture that gets compared to lobster. Excellent fried with garlic, pressed into mushroom steaks or made into no-crab cakes.





# temperature

Mushrooms love to grow in room temperatures 18-24 °C.

You may have to check around your house with a thermometer to find such a location.

# contamination.

When you cut your "X" in the plastic bag  
ALWAYS use a CLEAN knife or scissors.

Otherwise you risk contaminating the  
substrate, which can result in mold during  
the growing process.




# mold

If you see green mold before you open your bag, please take a photo, and send it to

[info@staywyldorganics.com](mailto:info@staywyldorganics.com)

Do not open the bag, and discard into the garbage or dump contents outside in the forest. If for some reason you see green, black, or yellow mold after opening the bag please send photos to us and discard immediately. If the bag is exposed to temps over 25 degrees Celsius, mold can grow. It's important to store your kit in the refrigerator if you are not going to use it right away.



this is mold

this is mold





this is NOT mold



STAYWYLD ORGANICS  
HISTOIRE DE  
STAYWYLD

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STAYWYLD  
L'histoire de Staywyld Organics commence en 2014, lorsque deux amis, David et Sarah, ont décidé de créer une entreprise qui leur permettrait de partager leur passion pour les champignons comestibles. Ils ont commencé par cultiver des champignons à leur domicile, puis ont décidé de vendre leur production à des clients locaux. Leur succès a été tel qu'ils ont rapidement élargi leur clientèle et ont finalement décidé de créer une entreprise officielle. Staywyld Organics est aujourd'hui une entreprise prospère qui offre une large gamme de champignons comestibles de haute qualité à ses clients. Ils sont fiers de leur production éthique et durable, et de leur engagement envers la communauté locale.

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PRODUCT OF CANADA  
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Specialty Mushrooms, Organic Mushroom Spawn & Harvestpro® Substrate

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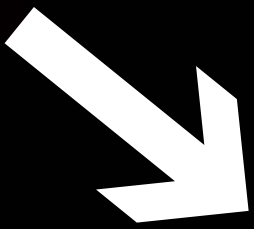




This is NOT mold

This is on the outside of the bag and is from the sterilization process.

this is NOT mold,  
this is secretion  
and it is a normal part  
of the mushroom  
growing cycle.



substrate



mycelium



normal secretion



air filter



Mushrooms are living organisms.

Each flush can look different every time.

Mushrooms are powerful and we cannot control where they will grow from.

If a mushroom wants to grow it will.

If you see new fruiting bodies forming or pinning make sure you cut an 'x' to allow it to grow.



\* these are perfectly good to eat



# harvesting.

Under favourable conditions, Oyster mushrooms will begin to appear in 7 - 14 days. The mushrooms usually double in size everyday. Lion's Mane mushrooms grow fast so you'll be harvesting in about 3 weeks. Reishi mushrooms will grow slowly with patient mycologists yielding amazing mushrooms formations. Pick them, when they reach a mature size or when they stop growing. Twist them slowly one complete turn to free them from the growing medium. Be careful not to damage the growing medium surface. It is better not to cut the mushrooms off, because this leaves a stump to rot, which can later inhibit the fruiting of the next crop.



# after the harvest

After you harvest the mushrooms, keep the surface of the kit moist. Maintain your kit as before and wait for another crop of mushrooms. The most productive mushroom crops are usually the first and second. Subsequent mushroom fruiting may occur, over the following weeks, but fewer mushrooms will grow as time passes and the mushroom nutrients are used up.

Some varieties of oyster mushrooms only fruit one crop, but most can fruit up to 4-5 times in ideal conditions  
LIGHT, MOISTURE, TEMPERATURE & AIR FLOW.

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**Caution** - Oyster mushrooms often start many small mushrooms to ensure some survive to adulthood. If too many mushrooms begin to grow the Oyster mushroom will abort all the extras. (Do not attempt to thin the small mushrooms.) Care should be taken when picking your mushrooms to ensure you are not picking aborted or old mushrooms. These aborted and old mushrooms are not edible. Only harvest and eat fresh looking mushrooms. All aborted and old mushrooms should be removed from the kit surface and discarded after every harvest.

# instructions

We have created How To Videos on our YouTube with our founder Chris Brown to walk you through the set-up of your kit.



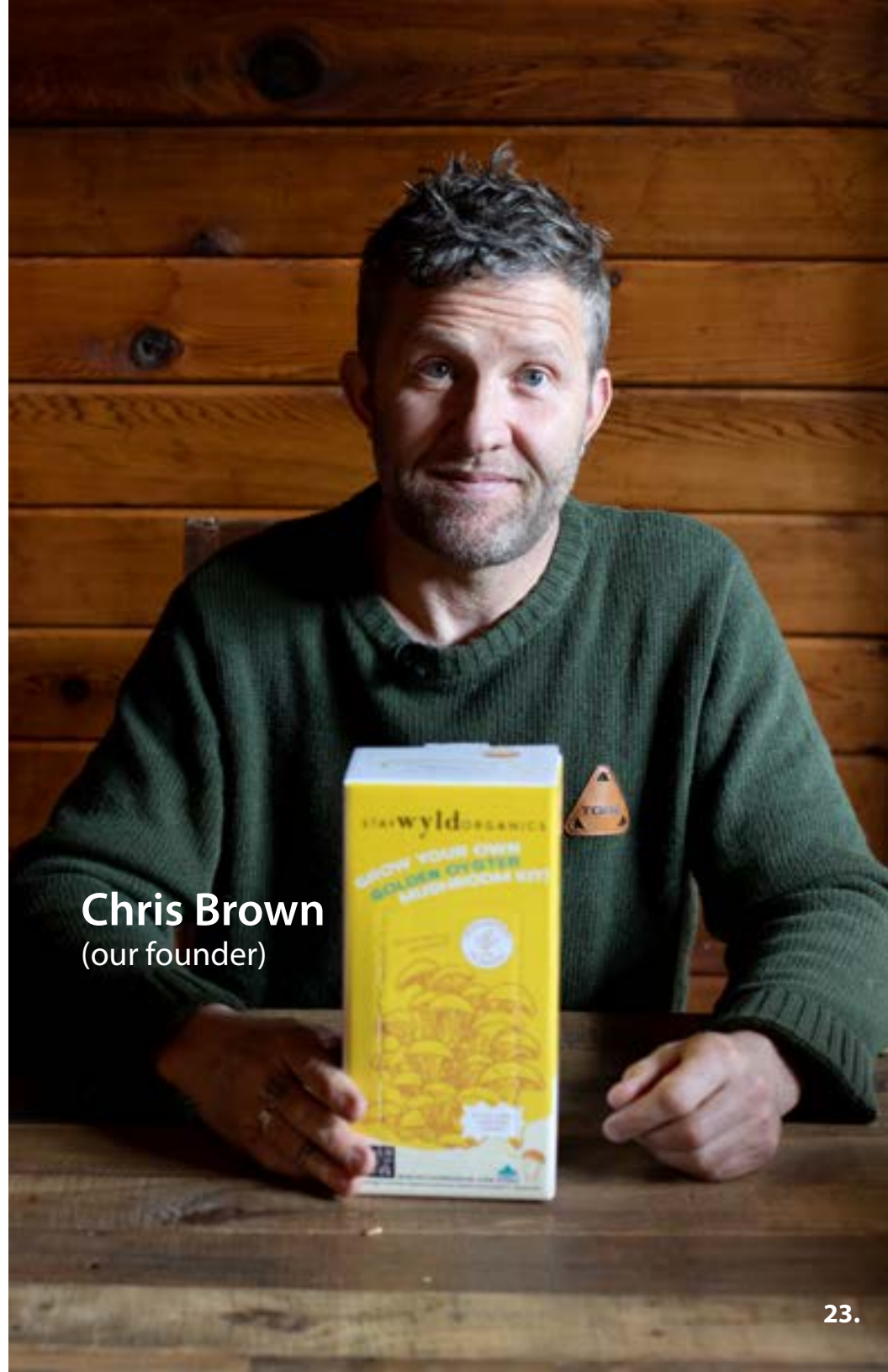
OYSTER GROW INSTRUCTIONS



REISHI GROW INSTRUCTIONS



LION'S MANE GROW INSTRUCTIONS



Chris Brown  
(our founder)

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