

# FIVE Mushroom DECISIONS for New Cultivators



\* BEGINNER  
\*\* INTERMEDIATE  
\*\*\* ADVANCED

## 1) Strain

*Begin by deciding what mushroom types you would like to grow!*

OYSTER-PINK\*, BLUE\*,  
GOLD,\* PHOENIX,\*  
BLACK PEARL\*\*, KING\*\*  
LION'S MANE\*  
SHIITAKE\*  
WINECAP\*

CHANTERELLE\*\*  
CHESTNUT\*\*  
PIOPPINO\*\*  
PORTOBELLO\*\*  
CHICKEN OF THE  
WOODS\*\*\*  
ENOKI\*\*\*

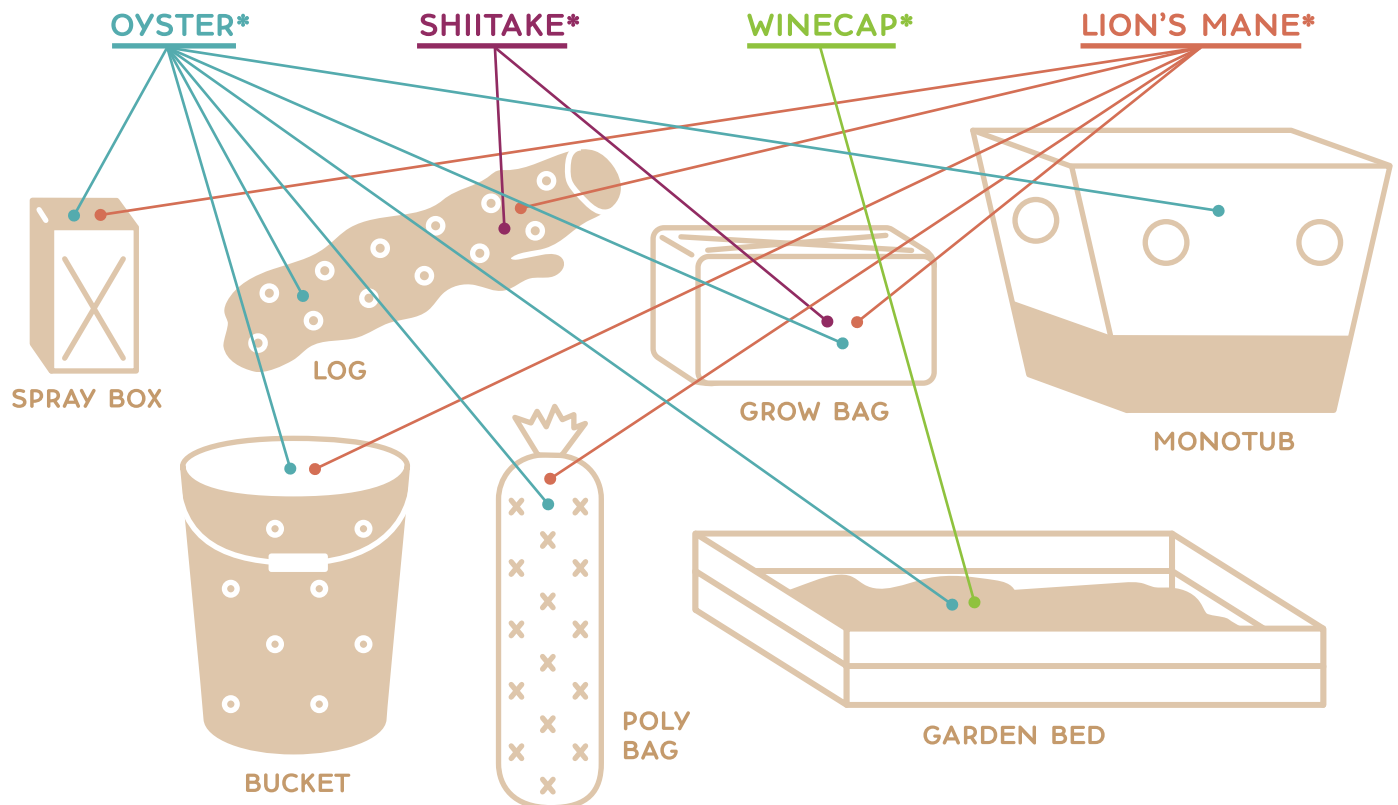
## 2) Structure

*This is the housing in which you will contain your growing mushroom mycelium.*

LOG\*—ASPEN, BEECH, BIRCH, ELM, EUCALYPTUS, MULBERRY,  
OAK, PALMS, PEAR, SUGAR MAPLE, SWEET GUM, WILLOW

BOX KIT\*  
SHOTGUN GROWING  
CHAMBER\*  
BUCKET\*\*  
GARDEN BED\*\*

GREENHOUSE\*\*  
GROW BAG\*\*  
MONOTUB\*\*  
POLY BAG\*\*  
GROW TENT\*\*\*



*Mushrooms often prefer to grow vertically up rather than on the side of a structure, such as lion's mane on a standing tree. They can also have different levels of need for fresh air versus carbon dioxide. High carbon dioxide levels produce excess stem material.*

GOOD  
GROW

### 3) Spawn

Consider this a merge in which you will receive your strain, and baby food on which your mushroom mycelium begins its' life.

GRAIN—MILLET, OAT, RYE, SORGHUM, WHEAT, (INOCULATED\*\* OR UN-INOCULATED\*\*\*)

SAWDUST—INOCULATED\*\* OR UN-INOCULATED\*\*\*

PLUGS—INOCULATED\*\* OR UN-INOCULATED\*\*\*

FRESH MUSHROOMS\*\*

CULTURE SYRINGES\*\*\*

AGAR CULTURES\*\*\*

SLANTS\*\*\*

### 4) Substrate

After eating it's way through the baby food, you add your spawn to a substrate to live out it's life.

CARDBOARD\*

PEAT\*

STRAW\*

WOOD\*—CHIPS, LOGS, MULCH, PELLETS, OR SAWDUST

COFFEE GROUNDS\*\*

GRASS\*\*

NATURAL FABRIC\*\*

SUGAR CANE WASTE\*\*

COMPOST\*\*\*

HORSE MANURE\*\*\*

VERMICULITE\*\*\*

	SPAWN							WOOD SUBSTRATES												
	MILLET	OAT	RICE	RYE	SORGHUM	STRAW	WHEAT	MANURE BLEND	ASPEN	BEECH	BIRCH	ELM	EUCALYPTUS	MULBERRY	OAK	PALMS	PEAR	SUGAR MAPLE	SWEET GUM	WILLOW
OYSTER*	♥			♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥
LION'S MANE*	♥		♥						♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥	♥
SHIITAKE*			♥							♥	♥		♥	♥	♥			♥	♥	
WINE CAP*															♥			♥		♥
CHANTERELLE**									♥	♥					♥					
CHESTNUT**									♥		♥	♥		♥					♥	♥
PIOPPINO**	♥	♥					♥								♥			♥		♥
PORTOBELLO**								♥												
CHICKEN OF THE WOODS***															♥					
ENOKI***						♥														

Mushrooms each have their own preferred spawns, and substrates—either a wood base, or a horse manure base. Usually the best substrate combines additional supplements, such as peat moss, coco coir, vermiculite, paper, or straw.

### 5) Supplies

If you are creating your own housing structure, here are the supplies you will need to do so.

Find further information on our Education web page, and other mushroom cultivation websites and books.

LOGS\*—DRILL & DRILL BIT FOR PLUG (8.5MM) OR SAWDUST SPAWN (12.5MM), WAX, DAUBER OR BRUSH

SHOTGUN GROWING CHAMBER\*—DRILL, PERLITE, TUB

BUCKETS\*\*—DRILL & BIT, BUCKET, COVER

MONOTUBS\*\*—HOLE SAW, CLEAR TAPE, PAPER FILTERS, BLACK SPRAY PAINT FOR BOTTOM, (UPGRADES—HYGROMETER, HUMIDIFIER, COMPUTER FAN)

STILL AIR BOX\*\*\* (WORK AREA, NOT A GROWING STRUCTURE)—

HOLE SAW, PVC FOR ARM HOLE EDGES, GLOVES,

GENERAL SUPPLIES:

\*—ALCOHOL SPRAY, PURIFIED WATER, SPRAY BOTTLE

\*\*—HYDRATED LIME, PASTEURIZING TUB

\*\*\*—AUTOCLAVE, POLY BAGS, PRESSURE COOKER, SCALPEL,



[HTTPS://GOODGROW.COM](https://goodgrow.com)

(352) 301-5383 • 6515 NW 16TH ST / GAINESVILLE, FL 32653