Lion's mane kit instructions

Folk Fungi

Your fruiting block contains mycelium (the root-like structure of mushrooms) growing in a bag of hardwood. Lion's mane mushrooms will fruit from the block with a little water and love!

1. Prepare the fruiting block and humidity tent

Remove the product label (you can place it on the back of the fruiting block). With a clean knife or scissors, cut a three-inch "X" into the centre of the block where the product label was (cut into the plastic bag, not the block itself). Mushrooms will grow out of this opening. Next, place the fruiting block on a plate or tray to catch dripping water. Lastly, prepare your humidity tent: roll the bottom of the tent three times as if rolling up a pant leg, flatten the gussets, and place the tent over your block. You can also view our humidity tent demonstration video: folkfungi.com/products/humidity-tent

2. Find a location

Mycelium needs a few hours of indirect sunlight each day to fruit mushrooms. Find somewhere in your home with enough light to read a book (a kitchen counter that receives indirect sunlight is a great option). Avoid direct sunlight. Lion's mane grows best in temperatures from 18C to 24C.

3. Maintain humidity and air exchange

To form, mushrooms need an environment with high humidity. Generously mist the inside walls of the humidity tent two to four times a day. If you're using a hygrometer, aim to keep the humidity in the 70 to 90% range. Air exchange is also important. Without adequate air exchange, lion's mane will look more like branching coral than a pom pom. On the other hand, too much air exchange will dry it out and stunt its growth. Here's what to do: once the flush of mushrooms is well-formed (the size of ping pong ball), prop up the bottom of the tent. Alternatively, you can remove the tent completely for an hour or two each day.

4. Harvesting

Within a week or so, lion's mane will sprout from the "X." About another ten days to two weeks after that, when the dangling spines are a few millimetres long, it's time to harvest (if the mushroom begins to brown before the spines are a few millimetres long, it's also time to harvest). Twist off the cluster with your hands or cut it off at the base with a knife. After the first harvest, continue misting daily. A second flush will likely appear from the original "X" within a few weeks. Keep on misting and you might even get a third flush!

Frequently Asked Questions

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Can I store my block and start it later?

For the best results, we recommend starting your fruiting block within a week of receiving it. Though, it is possible to store your block with refrigeration for up to six weeks. If you refrigerate, it can take a bit longer for the block to produce mushrooms, so stay patient!

My fruiting block is cracked or broken. What do I do?

Fruiting blocks can crack or break during transport. Here's what to do: while the block is still in the bag, gently press the block back together. Make sure to give the block some time to re-establish itself before cutting it open to fruit (around 5 to 7 days). If you've already cut the block open to fruit, you can still press it together.

Do I remove the fruiting block from its plastic bag?

Leave the block in the plastic bag! The bag helps keep the block hydrated and humid, which is crucial for fruiting mushrooms.

What should I do with my fruiting block once it's done?

Fruiting blocks make great compost. Simply break it up and add to soil.

How come mushrooms aren't growing from my fruiting block?

Mushrooms like to move at their own pace! Our best advice: stay patient and continuing caring for your fruiting block. In the unlikely event that your fruiting block doesn't produce mushrooms after two weeks of consistent misting, let us know and we'll provide a replacement.

Talk to us

If you have any questions, send us a message at hello@folkfungi.com. We are more than happy to help. You can also view our full FAQ page: folkfungi.com/pages/faq.And we love to see growing pics from our customers. Email us or tag us on Instagram: @folkfungi

Happy growing!