

HOW TO GROW YOUR MUSHROOM

Lion's Mane

THE FRUIT

looks like a white ball covered in shaggy spines.



TEMPERATURE

Cropping requires an optimum temperature of 15-20°C



HUMIDITY

Mushrooms need very high humidity to form. Around 80-90%. That's why you need to spray your kit with water everyday. It also helps to leave it in a semi-closed plastic container.



SPECIAL

Lion's mane is very sensitive to humidity. It's small shaggy spines can easily dry up and start browning. For the best results keep the lion's mane in a large plastic container and make sure to spray enough water inside.

BEFORE USAGE

You can leave the kit in the fridge for up to a month before you use it.



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