Teacher Resources

GROWING YOUR MUSHROOM FARM

Step 1: Open the package and cut a cross in the plastic bag

- Students should open the kit, remove the sprayer and cut open the packaging. Have them scratch up the white block as indicated on the package, and remove a small bit of the substrate* and put it on a plate.
- Place removed substrate on a white plate (best to use microscope if possible).
- Pass the plate around. Have them touch the substrate, and ask them what they feel?
 - Earthy, Soil, leafy, straw
 - Explain that the substrate is vegetative, meaning it came from vegetation, from plants.
 - -What are some examples of plants?
 - ·Trees, vegetables, bushes, straw
- What do they smell?
 - The substrate smells earthy like soil, because it is!

Step 2: Soak the bag in water overnight (Day 1)

Soaking the Mushroom Farm simulates a heavy rain in nature, it gives the mycelium the water it needs to grow into a mushroom to spread spores!

Step 3: Dry off the bag and place it back in the box (Day 2)

Now we wait! Over the next few days the mycelium will wake up and begin to grow towards the light, the fresh air, and water. Have students continue to spray it twice a day and watch it turn into a mushroom (mushrooms are likely to start pinning around day 6-7).

Step 4: Monitor Daily (Days 3-9)

Every day be sure to take a picture and/or have students draw the box as they see it on the Mushroom Growth Log provided.

Step 5: Harvest and enjoy! (Day 10)

Pinch the mushroom at the base of the stalk and tear away, or you can use scissors to cut the mushrooms from the box. The mushrooms are edible but should be cooked.

Optional: Cook mushrooms and have students try them. NOTE: Be mindful of students

Need more help with growing your Mushroom Farm? Visit backtotheroots.com/FAQ. More questions? Visit our FAQ page at backtotheroots.com/FAQ.

Download all Unit 1 materials at: backtotheroots.com/curriculum