

1 Prep



Remove back panel and cut an 'X' into bag.

TIP: Don't cut off the flaps. They help keep in humidity!



Lift plastic flaps and lightly scratch away some of the white layer of soil with fork to stimulate mushroom growth.

2 Soak



Remove bag from box and soak bag in water for 6-10 hrs to increase moisture in soil.

Place the side with the 'X' face down. The bag will float (don't worry if some soil falls out).



3 Grow



Dry exterior of bag, insert back into box and place the side with 'X' facing up near a window with indirect sunlight.

Lift flaps and water soil 2-3 tsp/day for 1-2 weeks until baby mushrooms appear. This is called "pinning"!

Once mushrooms start growing, stop watering and place box upright. Add more water if they begin to dry out.

4 Harvest



Your mushrooms will double in size everyday! Once mushroom caps begin to flatten or have reached ~1"-2" cap size, harvest all at once, cook, and enjoy!

Need inspiration for something tasty? Yummy recipes at backtotheroots.com/recipes

Have a question? We're here for you!

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