

# Lion's Mane Mushroom Grow Kit

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Your Lion's Mane mushroom grow kit has our very own Lion's Mane mushroom mycelium (*Hericium Erinaceus*) alive and growing in pure Canadian hardwood and organic Canadian oat bran.

With some love and attention, you can expect to produce two to three flushes of delicious Lion's Mane mushrooms in just a few weeks.

## Directions

### How to grow your Lion's Mane

You will need to keep your mushrooms nearby to check them every day. Choose a bright sunlight room that is about 18-24C. Avoid direct sunlight but indirect sunlight is ok and is necessary for the mushrooms to form.

Place your mushroom grow bags on a plate or cookie sheet to catch any dripping water.

With a sharp knife cut an X in the grow bag about 3cm or 1 inch long. This will create four triangular flaps from which the mushroom will grow. The incision should be closer to the top of the bag so that the mushroom has room to grow and hang downwards.

### Mushrooms need high humidity to grow

To create a humid environment for your mushrooms, place your grow kit inside a humidity tent and mist the inside of the tent 2-4 times per day with non-chlorinated water. If you don't have a spray bottle place a container of water inside the tent.

*\*Humidity should be 85-95%*

*\*Distilled water can be used or let tap water sit in an open pot for 24 hours or boil for 10 minutes to allow the chlorine to dissipate.*

**TIP:** If the weather outside is rainy in the spring or fall you can choose to fruit your mushrooms outdoors with no tent or misting needed.

### Make your own humidity tent

Use a clean clear plastic bag and poke about a dozen dime sized holes in it to allow for airflow. Make sure that it is large enough so it can be arranged to allow space for your mushrooms to form.

## **Harvesting your mushrooms**

After a week or so you should see your mushrooms starting to form. The best time to harvest Lion's Mane is when the dangling "teeth" or "spines" are several millimeters long. If the fruiting mushroom has started to turn off-white or brown, then harvest them regardless of the length of the spines.

To harvest, simply twist off the entire cluster or use a sharp knife. Store your freshly harvested mushrooms in a brown paper bag in the refrigerator and eat within a week.

Always cook your mushroom before eating. For long term storage, dehydrate and store in an airtight container. You can also blanch or sauté them for use later on.

## **The Second flush**

After your first harvest continue to tent and mist a few times every day because a second Lion's mane will soon grow from the original hole. Alternatively, you can cut a new hole on the opposite side of the bag and tape the original hole closed.

If no new mushrooms appear within a few weeks or you notice your kit has gotten very light and appears dry, then it probably needs to be rehydrated. Submerge the entire grow bag in cold non-chlorinated water for a few hours. (weigh it down with a heavy plate) Drain off all the water. If necessary, poke holes in the bottom of the bag to drain off any excess water to avoid any bad bacteria growing.

Place your kit back into the humidity tent and continue to mist several times per day until new mushrooms grow.

Once no more mushrooms appear then it's time to dispose of your mushroom grow kit. It's best to open the bag and empty the contents into your compost; your garden will love it!

If you have any questions please contact us, we will be glad to help.

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