

The Mojo Pro-Gro Block



Lion's Mane *Hericium erinaceus*

Welcome to your very own, ready to fruit, mushroom growing kit. This kit is a fun and easy way to grow restaurant-quality, gourmet mushrooms. It will support multiple fruitings of fresh mushrooms to share, sell or just cook up right at home. Enjoy!

Grow kit includes: Inoculated Lion's Mane Mushroom Block in Ventilated Bag, Humidity Tent, Spray Mister, Growing Instructions

Step 1



Choose a location for fruiting: Somewhere out of direct sunlight, yet gets a few hours of ambient light per day. This can be natural sunlight or any type of indoor lighting. If you can read a book in the light, it's bright enough. The temperature range should be between 55-70F.

Step 2



Place the bag holding the block, on a flat surface. Take a pair of scissors or a knife and cut two X's, 1 inch by 1 inch in the plastic bag over the block. These X's are where the mushrooms will grow out of. Make sure to space them at least 4" apart so the clusters don't grow together. If there are any small white lumps or mushrooms forming carefully cut the X's over them to encourage growth. Be careful to not dig too much into the block as you cut the plastic.

Step 3



Place the mushroom kit in the area you designated as your fruiting area in Step 1. You need to mist the kit with a spray bottle 1-3 times per day, while taking care to mist the mushrooms very lightly. Mist the block around the X's you cut and also mist inside the humidity tent. Lion's mane mushrooms are sponge like and can become very saturated with excess water if misted to much. Misting is very important as the growing mushrooms tend to dry out rather quickly. Cover your kit loosely with the provided humidity tent, this allows the X's you cut a few inches of space. Tuck the edges of the humidity tent under the kit and be sure to remove the humidity tent to mist and fan the kit at a minimum of 1-3 times per day, replacing the humidity tent each time.

For More Growing Tips Visit: trueleafmarket.com/mushroom-faq

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Step 4



Your Lion's Mane mushrooms will grow coral-like branches that elongate with age. The mushrooms are ready to harvest when the end branches are at least $\frac{1}{4}$ inch in length. Usually this process takes 5-7 days from the initial sign of growth. To harvest, grasp entire fruit and pull it off the block.

Step 5



After harvest, your kit will go dormant for 1-2 weeks. Don't fear, your kit is capable of producing multiple fruitings. Repeat steps 4 and 5 after harvesting to maximize your mushroom yield. Make sure to pull off any excess mushroom parts that might be left on the bag from the previous harvest. These blocks are capable of producing mushrooms over a 1-3 months.

Before you eat your harvest remember that Lion's Mane mushrooms, like all gourmet mushrooms, are best cooked well done. Treat them as you were cooking meat to well done and you will receive much more nutrition and flavor out of them.