

NORTH SPORE

GROW YOUR OWN LIONS MANE MUSHROOM KITS

THANK YOU FOR PURCHASING A MUSHROOM GROW KIT FROM US! WE HOPE THAT IT IS JUST THE BEGINNING OF YOUR JOURNEY GROWING MUSHROOMS.

Please read through the detailed FAQ on our website www.NorthSpore.com and make sure to follow us on Instagram! @northsporemushrooms

1. Your Lion's Mane Mushroom Grow Kit is an amended sawdust block that has been completely colonized by Lion's Mane mushroom mycelium. Place the block sticker side down and, using a sharp knife, slice the plastic to make 3 1x1 inch "X" shapes equidistant apart. squares on the side facing up. Be sure to slice the bag with as little damage done to the block as possible. Gently squeeze out any air left in the bag and fold the loose plastic flap (top of the kit without mushroom substrate) underneath the kit. The Lion's Mane mushroom mycelium will sense the oxygen in the air and produce mushroom 'pins', another word for 'baby mushrooms'. This should begin to happen within two weeks of slicing
2. Place your sliced bag in the most humid part of your home and outside of direct sunlight. We suggest putting your bag on a kitchen counter somewhat close to a sink. Spray the outside of your block near the slice at least once per day. If your home is really dry you may want to make a humidity tent to place over your bag. To make a humidity tent, simply take a trash bag, or other loosely fitting plastic bag, and put PLENTY of 1/2 inch holes in it.

THIS IS IMPORTANT

Mushrooms exhale CO₂ and inhale Oxygen. They will suffocate themselves if there isn't adequate airflow! Lion's Mane that looks stringy or strange is usually growing that way because it needs more air!

3. Harvest your mushrooms when they resemble the photograph on the front of your kit! Be sure you harvest when clear teeth have formed and before they begin to dry and turn golden-brown. Mushrooms grow quickly, so when you spot your first mushroom pins keep a close eye on them. The warmer the environment the faster they will grow. Mushrooms should be ready to harvest 4-7 days after pin formation.
4. We guarantee the first harvest of Lion's Mane mushrooms, but you may choose to attempt a second, third, or even fourth fruiting off your block! Harvests usually diminish in size with each consecutive fruiting. We recommend giving your block a one week break from spraying before re-starting the process of spraying your blocks with water daily!

IF YOU PLAN ON CONSUMING YOUR HOME-GROWN MUSHROOMS

Make sure to cook them thoroughly. If it is your first time eating this species, it is best to start with a small amount to see how your body responds!

