

NORTH SPORE

GROW YOUR OWN NAMEKO 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 Nameko Mushroom Grow Kit is an amended sawdust block that has been completely colonized by nameko mushroom mycelium. Place the block sticker side down and take a sharp knife and slice a 5–6 inch slit down the middle of the side of the bag facing up. Then, slice the plastic 3 inches perpendicular to and on each end of the first cut to make a large ‘H’ shape cut in the plastic. 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 nameko 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 your bag. Nameko likes cooler temperatures within the 55-65F range
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! Pioppino that look stringy or strange are usually growing that way because they need more air!

3. Harvest your mushrooms when they resemble the photograph on the front of your kit! Be sure you harvest before the caps flatten out and become concave. 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 5–10 days after pin formation. Nameko creates a gelatinous surface on its caps, this is normal and one of the features that makes nameko unique!
4. Nameko is a reliable first harvest producer but second harvests are difficult though not impossible. Harvests usually diminish in size with each consecutive fruiting. We recommend giving your block a one week break from spraying, then soak your block in cold water for 20 minutes, and then re-start 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!

