

NORTH SPORE

GROW YOUR OWN REISHI 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 Reishi Grow Kit is an amended sawdust block that has been completely colonized by Reishi mushroom mycelium. Reishi is one of the easier species to grow indoors as you simply allow the block to produce the mushrooms inside the bag. **DO NOT OPEN THE BAG!**
2. Keep your Reishi Kit out of direct sunlight but in an area with plenty ambient light. Reishi will not grow without ambient light. The kit should also be in a place that stays between 55-70 degrees Fahrenheit. Mushroom pinsets (baby mushrooms) will begin to form within the first month or two of purchasing the kit. The inside of the bag is like a terrarium and will provide the proper air exchange and humidity for the Reishi to grow.

THIS IS IMPORTANT

Do not open the bag until you are ready to harvest! Reishi needs a limited amount of air exchange and humidity and opening the bag will cause the Reishi block to dry out!

3. Reishi grows extremely slow. You may harvest it early when the Reishi antlers are only a few inches tall, or let it keep growing for a few months to achieve more interesting growth patterns. As the antlers hit the top of the bag, they will start to twirl back around themselves to create dramatic mushroom sculptures. We've allowed our own blocks to grow for more than six months and have ended up with wild results!
4. When you're ready to harvest your Reishi, remove the bag and cut the individual antlers off the sawdust block. Reishi is a bitter and woody medicinal mushroom. You can dehydrate the antlers and use them in tea, or create tinctures by macerating the Reishi and steeping it in 100 proof alcohol for a month or more. Directions for making double extract tinctures can be easily found online! Alternatively, you may choose to keep your Reishi antlers on the sawdust block and allow the whole kit to dry out. You can then use your Reishi kit as a table centerpiece or natural sculpture! Remove the plastic bag and keep the kit somewhere warm and dry for 2-3 weeks.

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!

