

NORTH SPORE

GROW YOUR OWN SHIITAKE 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 Shiitake Mushroom Grow Kit is an amended sawdust block that has been completely colonized by Shiitake mushroom mycelium. **WAIT TO START THESE INSTRUCTIONS UNTIL THE BLOCK HAS TURNED BROWN.** Take the block and put it in the refrigerator overnight. In the morning, take the block out of the refrigerator, remove the plastic bag entirely from the block, and soak the exposed raw block of colonized sawdust in cold water for 4 hours.
2. Place your block on a plate 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 block at least once per day until the mushroom block forms baby mushrooms (called 'pins'). In the winter months, and 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. Be sure to spray the inside of the humidity tent once per day to maintain humidity.

THIS IS IMPORTANT

Mushrooms exhale CO2 and inhale Oxygen. *They will suffocate themselves if there isn't adequate airflow!* Shiitakes 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 soft or soggy. 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 4-10 days after pin formation.
4. We guarantee the first harvest of Shiitake 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, 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!

