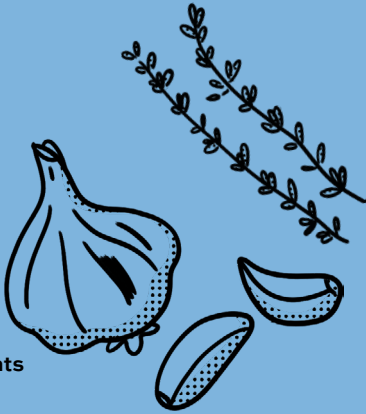


NORTH SPORE'S SIMPLE SAUTÉED MUSHROOM RECIPE

INGREDIENTS

2 Tbsp. unsalted butter or extra-virgin olive oil
harvested homegrown mushrooms, torn or cut into bite-size pieces
2 garlic cloves, minced
1 Tbsp. fresh thyme or 1 tsp. dried
1 Tbsp. fresh rosemary or 1 tsp. dried
freshly ground black pepper
kosher salt
1/4 cup dry white wine (optional)*
1/4 cup heavy cream (optional)*



*You can add both optional ingredients to create layers of flavor.

PREPARATION

1. Heat butter or oil in a large cast iron skillet or dutch oven over medium heat.
2. When butter is melted or oil is shimmering, add mushrooms. Do not crowd the pan, cook in batches if necessary.
3. Cook mushrooms, tossing occasionally until all of the moisture has released, approx. 10 minutes.
4. Add garlic, thyme, rosemary, salt, and pepper. Cook until the moisture in the pan has evaporated and the mushrooms are brown and beginning to crisp, 10-15 minutes.
5. (optional) Add wine and cook until reduced, approx. 5 minutes.
6. (optional) Add cream and cook until reduced, approx. 3 minutes.
7. Remove from heat. Season with salt to taste. Serve immediately or refrigerate for later use.

PRODUCT WARNINGS

SAFETY AND ALLERGY GUIDELINES

The following safety guidelines should be observed before using North Spore products.

This product contains edible mushroom culture and may cause allergic reactions in people sensitive to fungi.

Mushrooms produce spores as they develop. This is a natural means of reproduction for the fungus. They usually appear as a dusty surface on your grow kit beneath the mushroom caps. People with allergies or compromised immune systems may want to consider putting fruiting mushroom kits outdoors or in a well-ventilated area as airborne spores sometimes cause respiratory irritation. Spores may also cause irritation for some non-allergic or immunocompromised mushroom growers, though this is rare. Harvesting mushrooms while still in their younger growth stages will reduce the overall spore load.

WANT TO KEEP GROWING?

Growing outdoors is the perfect next step!

You can grow in a bucket on your balcony, or in a garden bed under the shade of your azaleas.

Visit us online to learn more about growing outside from buckets, beds, and logs. There you will find helpful guides that make it easy to select your next project and grow more gourmet mushrooms.

FOR 10% OFF YOUR FIRST PURCHASE OF OUTDOOR SPAWN

USE CODE **KEEPCROWING** AT CHECKOUT.



THANK YOU for purchasing a North Spore Spray & Grow Kit! We hope that this is just the beginning of a long and a fruitful relationship with edible mushroom cultivation. North Spore indoor kits are designed to be a fun and educational introduction to the wonders of fungi!



NORTH SPORE



#SPREADTHESPORE
@NORTH SPORE MUSHROOMS

North Spore cannot and does not promise that its products will yield any particular results for you. North Spore will not be liable to you or to any other person for any damages of any kind in connection with the use of our products, and we make no warranties of any kind, including warranties of merchantability or fitness for a particular purpose, relating to or arising from the use of our products, except as required by law.

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NORTH SPORE

SPRAY & GROW KIT INSTRUCTIONS

YOUR KIT IS ALIVE! BEST IF USED UPON RECEIPT

CAN'T USE YOUR KIT RIGHT AWAY?

LION'S MANE, BLUE OYSTER & GOLDEN OYSTER

Store in a cool dry place, out of direct sunlight, for up to 3 months

PINK OYSTER

DO NOT REFRIGERATE! Store at room temperature (above 60°F), out of direct sunlight, for up to 3 months



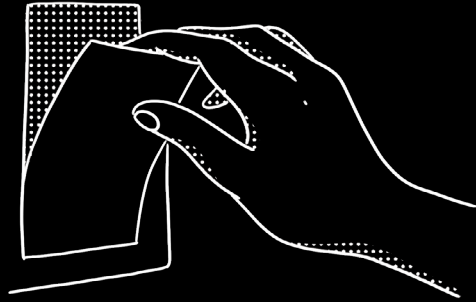
SCAN ME FOR
VIDEOS, TIPS,
AND TRICKS!

ACTIVATING YOUR KIT

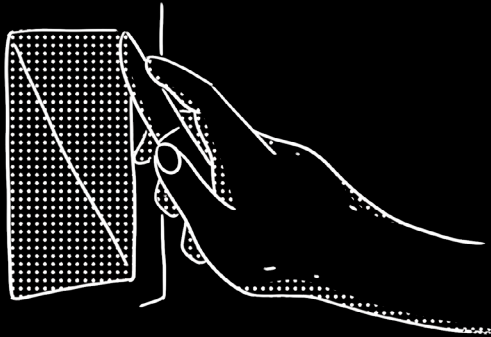
GET YOUR KIT READY!

After you receive your Spray and Grow Kit and carefully remove the front panel, check to see that the kit inside is intact. Sometimes they're jostled in transit and break apart - but not to worry! Gently press it together and let your kit sit for a few extra days to recoup before opening the bag. You'll soon see the mycelium, resilient as ever, bouncing back from its trip to your home.

1 Open the front of your kit along the perforated line. Inside you will see an amended sawdust block that has been colonized by mushroom mycelium.



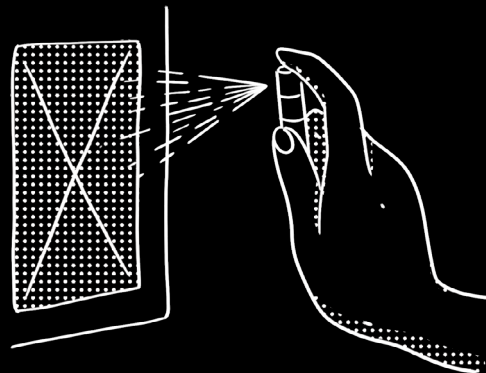
2 Slice an 'X' into the plastic within the opening with a sharp knife or scissors.



MEET THE MYCELIUM

Speaking of mycelium - that fuzzy, white stuff growing on your kit isn't mold! That's the vegetative form of a mushroom, known as mycelium. What that looks like for different species can vary: blue oyster can have yellow-orange droplets, pink oyster can have a rosy hue, golden oyster is thick and white, and lion's mane is light and wispy!

3 Fill the sprayer included in your kit with tap water and spritz the plastic where you sliced your 'X.' Spritz your kit at least twice daily - more if you're in a particularly dry climate.



HUMIDITY CHECK

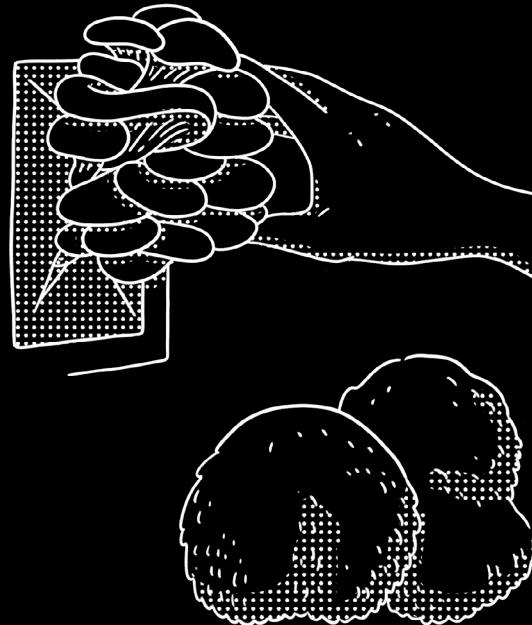
If you live in a dry or arid climate, it's a good idea to cover your kit with a humidity tent to help keep moisture levels high. Take a trash bag or other large loose bag and cut lots of 1/2" holes throughout - mushrooms need fresh air to form correctly! Drape the bag over your block and mist the inside of the bag every day. When you start to see baby mushrooms form (pinning), you can remove the bag and keep misting the block.

UPKEEP & HARVESTING

4 Place your kit in the most humid part of your home and outside of direct sunlight. We suggest putting it on a kitchen counter close to a sink where it will be near a source of moisture.

The mushroom mycelium will sense the oxygen in the air and produce mushroom 'pins', another word for baby mushrooms. **NOTE:** Golden oysters can resemble lion's mane when they are just starting to pin!

5 Harvest oyster mushrooms before the caps flatten out and become concave. Harvest lion's mane when the mushroom forms visible 'teeth' and before it starts to yellow. Mushrooms grow quickly, so when you spot your first pins keep an eye on them. The warmer the environment the faster they will grow. Mushrooms should be ready 2-5 days after pin formation.



TROUBLESHOOTING & CONSIDERATIONS

Once you've started your mushroom kit, the three things you need to focus on are hydration, airflow, and light. Mushrooms need a humid environment, some oxygen, and natural light to grow well and develop their rich hues. Stringy mushrooms want more air, dry mushrooms need more humidity, and pale mushrooms need light or are a bit past prime!

If you plan on eating your homegrown 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.

GETTING MULTIPLE FLUSHES

AFTER FIRST FLUSH

After you've harvested your first flush of mushrooms, continue spraying your kit as you were. If it's looking a bit dry, you can cover it with a humidity tent. It's important to keep it hydrated throughout the process. There's no need to take the block out of the bag or cut a second X in it. It may take a little longer for mushrooms to appear every subsequent fruiting. In around 2-3 weeks, you should start to see baby mushrooms (pins) forming again.

KIT REBOOT

If by then there's no progress, you can soak your block. It's possible during the first flush the kit got a little too dry. Take your block out of the box and set it cut side down in a bowl of water. Most species only need to soak for 20 minutes. If you have a Lion's Mane kit, soak your block for 5-10 minutes and keep an eye on it. Lion's Mane mycelium is very fine, so these blocks tend to break apart if soaked for too long.

POST-SOAK

After soaking, let the block drain by leaving it cut side down for another 10 minutes or tip it around to let extra water run off. You don't want to leave standing water in your bag. Pat your block dry before placing it back in the box with the cut side facing out or skip the box and leave the block cut side up and keep spraying it 2-3 x per day.

WANT TO GIVE YOUR KIT
A SECOND LIFE OUTSIDE?
SCAN ME TO LEARN MORE!

