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## MUSHROOM GROWING KIT INSTRUCTIONS

### Lion's Mane – *Hericium erinaceus*

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The mushroom growing kit can be refrigerated for a period of up to three months. To grow ambient light will suffice. Avoid drying out the kit with dry conditions, i.e. near heater or in direct sunlight.

Ingredients: wood, grain, mycelium

#### INSTRUCTIONS

Ambient primordia formation temperature: 9 – 15 °C

Ambient fruiting temperature: 17 – 25 °C    Relative

Humidity: 85 – 95 %

Light: 400 – 1200 lux

CO<sub>2</sub> concentration: <1000 ppm

- (1) For fruiting, place mushroom kit at ambient fruiting temperature range. Once fully colonized, make four staggered incisions in the form of crosses 1" x 1", one on each side of the bag.
- (2) Place the kit in a large recipient or aquarium. Keep kit moist. Regularly spray with water or use a humidifier to maintain humidity. Alternatively, place kit on an elevated surface, e.g. stand and place water underneath or use water-saturated perlite or vermiculite.
- (3) Primordia should appear at the incision sites. If primordia appear elsewhere, the very top of the bag may be removed and/or incisions made without harming them to allow growth.
- (4) Harvesting should be completed when mushrooms are young and caps' margins have not lifted. One can get 3+ flushes of mushrooms. Between flushes mushroom kit should be allowed to rest in darkness and preferably below fruiting temperature for 4 to 7 days. After the resting period the kit should be resaturated by either heavy spraying or dunking in water. Drain excess water.