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## MUSHROOM GROWING KIT INSTRUCTIONS

### Hen of the Woods (Maitake) – *Grifola frondosa*

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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: 10 – 16 °C

Ambient fruiting temperature: 12 – 18 °C    Relative  
humidity: 80 – 90 %

Light: 500 – 1200 lux

- (1) For fruiting, place mushroom kit at ambient fruiting temperature range. Once fully colonized, make four staggered incisions in form of crosses 1" x 1", one on each side of the bag.
- (2) Place kit in large recipient or aquarium. Keep kit moist. Regularly spray with water or use 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 kit should be resaturated by either heavy spraying or dunking in water. Drain excess water.

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MUSHROOM KENYA

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