



# LION'S MANE MUSHROOM GROW-AT-HOME KIT

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You are now the owner of a ready to fruit Lion's Mane mushroom kit. Extremely rare in the UK so home grow is a great way to enjoy these wonderful mushrooms.

With daily care this kit will start to produce mushrooms in about 10 days. These will be ready to harvest in about 20 days.

All you need to do is create autumn-like conditions by following the steps in this guide.

## IMPORTANT

- Store cool until use: ideally 2-8°C / refrigerated
- Start as soon as possible & within four weeks of receipt
- Steps are specific for Lion's Mane so follow carefully
- **For a set-up video, scan the 2D barcode on the kit label**

## KIT CONTENTS

- Ready to fruit block, large humidity tent & printed instructions

## NEEDED BUT NOT PROVIDED

- Large plate or tray, fine spray bottle & water

## WARNING

- Take care with plastic bags around children & pets
- The growing medium contains Soya bean hulls

Step	What to do	Notes	
1	<p><b>Prepare the block</b></p>	<p>Is the mycelium on top thick like in the set-up video? If so, cut the <u>very</u> top of the block bag and remove it then re-seal the block bag with tape.</p> <p>If you don't have thick white mycelium on the surface that's ok, just skip this removal step.</p>	<p>Removing any thick mycelium from the top will encourage growth out of the holes you will cut.</p> <p>A little of the brown substrate will come away but don't worry.</p>
2	<p><b>Cut the holes</b></p>	<p>Cut the little crosses marked on the on the block. If you can't see them check out the set-up video for positioning.</p> <p>Fold the block bag down pushing out all of the air and secure with tape.</p> <p>Place the block on a big plate or shallow tray with the holes upwards / towards the sky.</p>	<p>Cutting only one hole will result in a bigger single fruiting body. Cut three for more but smaller fruiting bodies.</p> <p>The holes face upwards to allow space for the mushrooms to grow inside the humidity tent.</p>
3	<p><b>Set up humidity tent</b></p>	<p>Cut eight circular holes that are ~5cm diameter in the humidity tent (this is the additional bag that has been provided).</p> <p>Place the humidity tent <b>loosely</b> over the top of the block leaving space for air circulation.</p> <p><b>Fresh air circulation is very important as it helps the mushrooms form nicely so make sure the tent is loose!</b></p>	<p>Do not grow in a tub as this reduces air flow and will causes open, coral like growths.</p> <p>Do not tuck the humidity tent underneath the block as this will stop air flow.</p>
4	<p><b>Position</b></p>	<p>Keep your kit at 16-24°C (room temp) and out of direct sunlight.</p> <p>Sun will dry the mushrooms out.</p> <p>Avoid windowsills as these can be drafty which will dry things out too.</p>	<p>Mushrooms need some daylight so don't put them anywhere dark.</p>

Step	What to do	Notes	
5	<b>Spray twice daily</b>	<p>Remove the humidity tent and generously spray the inside (~20 times) twice a day.</p> <p><b>Stopping Carbon Dioxide build up is important so take the bag off <u>every</u> time you spray!</b></p>	<p>Avoid spraying the fruiting body directly as this may cause it to spoil.</p> <p>CO<sub>2</sub> stops mushrooms from growing properly.</p>
6	<b>Growing</b>	<p>Continue to spray twice daily.</p> <p>Pinkish / yellow mushrooms will form around 10 days after starting (sometimes a bit longer).</p> <p>They will grow out of the holes cut.</p> <p><b>If they start to produce spores (fine dust) pick them immediately</b></p>	<p>If mushrooms grow under the plastic there is no need to cut additional holes. The mycelium will push nutrients to the holes already cut.</p>
7	<b>Harvest</b>	<p>When are they ready?</p> <ol style="list-style-type: none"> <li>1. When spines on the lowest areas grow to 1cm in length.</li> <li>2. Or, if they start to turn yellow.</li> </ol> <p>Both are signs of maturity and show that they should be picked.</p> <p>To harvest twist them off at the hole.</p>	<p>Once picked, they keep well in the fridge for up to seven days.</p> <p>A paper bag is perfect and an open container is good.</p> <p>You can also dehydrate and powder for later use.</p>
8	<b>What next?</b>	<p>Remove all pieces of the previous fruiting body and soak the block overnight in cold water.</p> <p>Don't remove the plastic grow bag but fill it through the crosses cut during set-up.</p> <p>Soak, drain well &amp; continue to mist...</p> <p>Two crops can be expected but you might get a third if you are lucky.</p>	<p>Crops reduce in size as the mycelium uses up the block's nutrients.</p> <p>Subsequent flushes will grow out of the same holes you cut at the start and will take longer as the mycelium likes a rest :)</p>

# TROUBLE SHOOTING

The following table provides solutions to problems you may encounter.

Please feel free to get in touch if you need further assistance.

We are always happy to help!

Issue	How to resolve
Block arrived broken or cracked	Press it back together & place the unopened block somewhere warm (23°C is ideal e.g. an airing cupboard) for 3 days to allow it to rest & repair. Then follow set-up instructions as normal.
Yellow liquid inside bag	These are metabolites produced by the mycelium and show that the kit is ready to produce mushrooms. All good.
Mushrooms are forming under the plastic	No need to intervene. The mycelium block will push nutrients to the holes you have already cut.
My growths are pink	This is perfectly normal and they will whiten as they mature.
My growth is not like the pictures I see on-line	They grow in many different ways so enjoy what you are doing and what you've grown. Growth shape does not affect quality.
Growths are not round and 'pom pom' like	They only grow like that under ideal conditions (high humidity & low CO <sub>2</sub> ). Growth shape does not affect quality or taste.
Mushrooms have not grown from all the holes	The mycelium may decide to use only one or two of the holes but that's ok. The overall yield will be similar.
A mushroom has grown out of the filter patch	The mycelium is very fine and can get through the tiny holes in the filter patch. Let it grow. You have a bonus mushroom!
Spines are not forming	These form at the very end of the process and only on the lowest parts of the mushrooms. Be patient :)
Lots of dust has been produced	The mushrooms have been left too long before harvesting. <b>Pick immediately</b> . The dust (spores) can be hoovered up easily.
Second flush takes >10 days to start	This is most often due to lack of moisture. Soak the block again overnight as per instruction 7 and be patient.
3rd flush not happening	The block may be too dry. Soak the block per instruction 7. Your kit may be exhausted by this point so do try but don't be disappointed. 3 <sup>rd</sup> flushes are not guaranteed.
How do I dispose of my spent block?	The spent block will make excellent compost or mulch for a favourite tree, bamboo or garden plant.

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**We really hope you enjoy your grow-at-home project!**