



LION'S MANE MUSHROOM GROW-AT-HOME KIT

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 the 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

- **Steps are specific for each mushroom type so follow carefully**
- Store cool until use: ideally 2-8°C / refrigerated
- Start as soon as possible & within four weeks of receipt

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>Prepare the block</p>	<p>Cut open the <u>very</u> top of the mushroom bag. Remove all of the white mycelium from the top surface plus any that has grown up the sides of the bag. A little of the brown substrate will come away too but don't worry.</p> <p>Re-seal the top of the bag with tape. Cut the little crosses on the block as indicated.</p> <p>Fold the top of the bag down pushing out <u>all</u> of the air and secure down with tape.</p> <p>Finally, place the block on a big plate or tray with the holes upwards / towards the sky.</p> <p>The top mycelium is being removed to encourage growth out of the holes you have/will cut.</p> <p>The mycelium may decide to use only one or two of the holes but that's ok, they'll grow bigger.</p> <p>You <i>may</i> get a bonus mushroom growing out of the filter patch.</p> <p>The holes face upwards to allow space for the mushrooms to grow inside the humidity tent.</p>
2	<p>Set up humidity tent</p>	<p>Cut eight circular holes that are ~5cm diameter in the outer humidity tent (this is the additional bag that has been provided).</p> <p>Place the humidity tent loosely over the top of the block leaving space for air circulation.</p> <p>Fresh air circulation is very important as it helps the mushrooms form nicely so make sure the tent is loose!</p> <p>Don't tuck the bag underneath the block as this will stop air flow.</p>
3	<p>Position</p>	<p>Locate indoors at 16-24°C (room temperature) and out of direct sunlight as too much sun will dry the mushrooms out.</p> <p>Avoid windowsills as these can be drafty which will dry things out.</p> <p>Mushrooms need some daylight to grow so don't put them somewhere dark.</p>

Step	What to do	Notes	
4	<p>Spray twice daily</p>	<p>Take off and spray the inside of the humidity tent generously (around 20 times) twice a day.</p> <p>It's important to take the bag off completely every time you spray to stop Carbon Dioxide build up.</p>	<p>Avoid spraying the fruiting body directly as this may cause it to spoil.</p> <p>Carbon Dioxide (CO₂) stops mushroom development!</p>
5	<p>Growing</p>	<p>Little mushrooms will form around 10 days after starting, sometimes a bit longer. These will be pinkish yellow blobs and will grow out of the holes you cut.</p> <p>Continue to spray twice daily.</p>	<p>If mushrooms grow under the plastic <u>don't</u> cut additional holes, the mycelium will push nutrients to the holes already cut.</p>
6	<p>Harvest</p>	<p>Cut them off at the holes when the spines on the lower areas elongate to 2cm or as they start to turn yellow on top. This will take about 20 days from starting.</p> <p>If they start to produce spores (fine dust) pick them immediately</p>	<p>Once picked, they keep well in the fridge for five days. A paper bag is perfect or in an open container.</p> <p>It can also be dehydrated for later use.</p>
7	<p>What next?</p>	<p>Remove any remnants of the previous fruiting body and soak the block overnight in cool water, submerged if possible. Don't remove the plastic grow bag and fill the bag through the crosses cut during set-up.</p> <p>Remove, drain & continue to mist twice daily.</p> <p>Two crops can be expected but you <i>may</i> get a third if you are lucky. Timings will be a bit longer than above.</p>	<p>The first crop is the biggest with the second reducing in size as the mycelium uses up the block's nutrients.</p> <p>The second crop takes longer as the mycelium likes a rest :)</p> <p>Subsequent flushes will grow out of the same three holes you cut at the start.</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 up	Place it unopened block somewhere warm (23°C is ideal e.g. an airing cupboard) for 3 days to allow the mycelium 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.
Growths are forming under the plastic	No need to intervene. The mycelium block will push nutrients to the holes you have already cut.
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 either way.
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!
Growth not round like the pictures I see on-line	They only grow like that under ideal conditions (high humidity & low CO ₂). Growth shape does not affect quality or taste.
Spines are not forming	These form at the very end of the process and only on the lowest parts of the mushrooms. A little patience is needed.
The mushrooms have gone yellow / brown	Lack of humidity is likely the cause. Spray more (amount and/or frequency) and make sure the kit isn't in a draft or warm place. If it is move it somewhere else.
Lots of dust has been produced	The mushrooms have been left too long before harvesting. Pick immediately. 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 block may be exhausted by this point so do try but don't be disappointed. 3 rd 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.
Can I use the spent block to grow more?	If you are keen you could use it to 'seed' outdoor mushroom logs / beds / totems - various techniques can be found on-line.

- Questions: info@marvellous-mushrooms.co.uk
- Instagram: check out our cool account [marvellousmushrooms](https://www.instagram.com/marvellousmushrooms)
- Other products: www.marvellous-mushrooms.co.uk

We really hope you enjoyed your grow-at-home project! You can leave feedback via google. We really appreciate that xXx