

# Mushroom Growing Directions

**Bag we made:** This is the bag that you mixed, scooped and sealed.

1. **Store in a dark warm place for 2-3 weeks.** You could put it in a closet or cabinet or inside of a cardboard box.
2. **Check for mycelium.** If this is a pink oyster mushroom, you will know your bag is ready when the straw has a pinkish hue; you may even see little pink sprouts on the top of the bag. If this is a blue or golden oyster mushroom, you will know your bag is ready when you see thick, white mycelium has grown throughout the bag.
3. **Cut your bag open and spray with water.** Once the mycelium has grown, place your bag on a shelf or table that is in indirect light in a warmer room of the house. Then, you can cut an X on one side of the bag. Spray the opening with water at least twice a day.
4. **Harvest your mushrooms.** Once your mushrooms are at least the size of a fist have developed gills with space in between, they are ready to harvest ASAP. You can cut or snip your mushrooms off of the bag and cook your mushrooms as soon as possible. Blue and golden oyster mushrooms can be stored in the fridge for 2-3 days and pink oyster mushrooms must be kept at room temperature and eaten within a day. Also, there is no need to wash your mushrooms; simply brush or cut off any straw or coffee grinds.
5. **Keep spraying your mushroom bag.** You can get another one or two rounds of mushrooms. You will notice that you will get less mushrooms each time as the mycelium consumes the substrate and ages.

**Colonized Bag:** This is the bag that has already grown mycelium.

1. **Cut your bag open and spray with water.** Once the mycelium has grown, place your bag on a shelf or table that is in indirect light in a warmer room of the house. Then, you can cut an X on one side of the bag. Spray the opening with water at least twice a day.
2. **Harvest your mushrooms.** Once your mushrooms are at least the size of a fist have developed gills with space in between, they are ready to harvest ASAP. You can cut or snip your mushrooms off of the bag and cook your mushrooms as soon as possible. Blue and golden oyster mushrooms can be stored in the fridge for 2-3 days and pink oyster mushrooms must be kept at room temperature and eaten within a day. Also, there is no need to wash your mushrooms; simply brush or cut off any straw or coffee grinds.
3. **Keep spraying your mushroom bag.** You can get another one or two rounds of mushrooms. You will notice that you will get less mushrooms each time as the mycelium consumes the substrate and ages.

You are welcome to message Heather at [LittleRoomMushrooms.com](http://LittleRoomMushrooms.com) with questions.

## Tips:

•**Temperature:** Pink and golden oysters thrive in warm temperatures around 75 - 85°F. In the winter, put them in a warmer room of your home. You may even opt to put a heating mat used for plants underneath them.

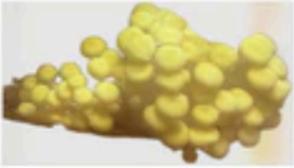
•**Humidity:** Mushrooms thrive in humidity levels of 80-90%. This means that spraying as often as you are able is ideal, so long as the mushroom is not so wet that water is dripping down it. If you have a humidifier, you could place it a couple feet or so from the mushroom and set it to a low setting for a trickle of vapor. Another option is to make a simple humidity tent by poking holes in a plastic bag and placing it over your grow bag.

## Contamination:

•**Avoid Fungus Gnats:** In my opinion, this is the worst type of contamination, but fortunately, diluted hydrogen peroxide can rid soil of the eggs and larvae. If you have house plants, add a few tablespoons of hydrogen peroxide to your watering can and water your plants before cutting open your grow bag. You may also spray the opening of your bag with neem oil, if you have any, for extra protection.

•**Blue mold:** This mold often shows up after your first harvest. Take a clean spoon to remove any blue/green mold and the surrounding material as soon as you notice it. Then, you can rub white vinegar or isopropyl alcohol on the surrounding material and plastic to kill any mold spores left behind. Mushrooms growing from a bag with contamination are still safe to eat.

## Harvest Guide:

	<b>Too Early</b>	<b>Perfect Time!</b>	<b>Late (Still Tasty!)</b>
<i>Blue</i>			
<i>Golden</i>			
<i>Pink</i>			