



Thank you very much for supporting **The Mushroom Emporium** by purchasing our **Fungi Farm Box**. Here's a little information to help you get the most out of your box.

### **Inside the Fungi Farm Box, and how it works.**

There is a fully inoculated and colonised substrate bag, with a special strain of gourmet Oyster mushroom mycelium ready to burst from the bag. (Mushroom strain labelled on box)

We only use a commercial grade substrate (mushroom growing medium), known as the masters mix. It is used by gourmet mushroom farmers worldwide, because of the high yields it produces and the quality of mushrooms.

The mushroom boxes should be used straight away but should be ok up to a week after purchase. Alternatively, the box can be kept refrigerated for a length of time as the mycelium will lay dormant when cold.

Your mushrooms will grow best at temperatures between 18°C-22°C, but don't panic if it's not quite there, they will still work their magic nonetheless, it just may take a little longer.

### **Preparing your Mushroom Grow Kit.**

- Carefully tear out the perforated window on the front of the cardboard box exposing the substrate bag inside.
- Use a sharp and clean knife, and make 2 incisions corner to corner of the window in the bag (making an X shape) exposing the substrate block.
- Using a clean fork, slightly rough up the exposed surface of the substrate block, there may already be some mushrooms pinning, but remove them as they will soon be replaced
- Water with a few squirts from a spray bottle. An old household cleaner bottle works great. Make sure it has been washed out thoroughly. Spray where you have cut the "X" by gently lifting the plastic flaps and moisten the area underneath. When spraying, give 3 to 4 squirts at a time, twice, daily. Keep the area where the mushrooms will grow moist. If it looks too dry, give a little more water.
- Place upright in a light, well ventilated area with the opening facing daylight but not in direct sunlight. Your box will be fine at night.

### **Harvesting your Oyster Mushrooms**

- Every Oyster strain is different and can take from 1 to 2 weeks to produce mushrooms ready for harvest.
- You can expect to start seeing the primordia (mushroom pins) in 3 to 7 days. These can now be watered a little more often. They love it!
- Once the pins are formed, the mushrooms will double in size every 24 hours and will be ready to harvest in 4 to 7 days.

- Harvest the mushrooms when they are no longer doubling in size, the edges of the caps will flatten out but are still curled downwards at the edges.
- To pick, reach underneath, grabbing the mushrooms at the base of the stem and twist firmly to release them from the substrate block. You can also cut it off at the base with a knife.

### **Cook and enjoy!!**

- If the caps start curling up, the mushroom quality starts declining, but do not panic, they will still be fine to harvest and eat.
- Once harvested, your mushrooms will keep in the fridge for around a week. You can also freeze, but will need to sautéed or blanch before hand.

### **Growing a second crop and beyond.**

- Scrape away any remaining mushrooms stems left behind after harvesting, using a clean fork.
- Mist the area with water twice a day or more. You want to keep the area moist but not soaking wet.
- The substrate block will need 14 days to rest and repair as the mycelium in the bag is stimulated to grow more mushrooms. After this rest period, you should see mushroom pins appearing again, but sometimes the mushrooms can take a little longer, up to 2 to 3 weeks to reappear. So keep misting the area even if you don't see much happening. The second crop also may have slightly fewer mushrooms, so don't be discouraged by slightly less growth - it is natural as the nutrients in the bag have been used by previous crops.

### **COMPOST YOUR SPENT KIT:**

When the grow kit no longer grows mushrooms, empty the contents of your bag into the garden compost, including the cardboard box. What a fantastic journey you have been on with your **Fungi Farm Box**.

There are plenty of helpful videos and tips on our social media pages. Please follow us at-



**The Mushroom Emporium**

Don't forget to tag us with pictures of your progress. We would love to see the all wonderful mushroom you grow and the beautiful dishes you cook. There are also lots of prizes and giveaways to be had, so follow us now .

If you have any further questions, please see our website [mushroomemporium.co.uk](http://mushroomemporium.co.uk) or contact us via email [hello@mushroomemporium.co.uk](mailto:hello@mushroomemporium.co.uk) and we will be happy to help in any way we can.

Mush Love,

**THE MUSHROOM EMPORIUM.**