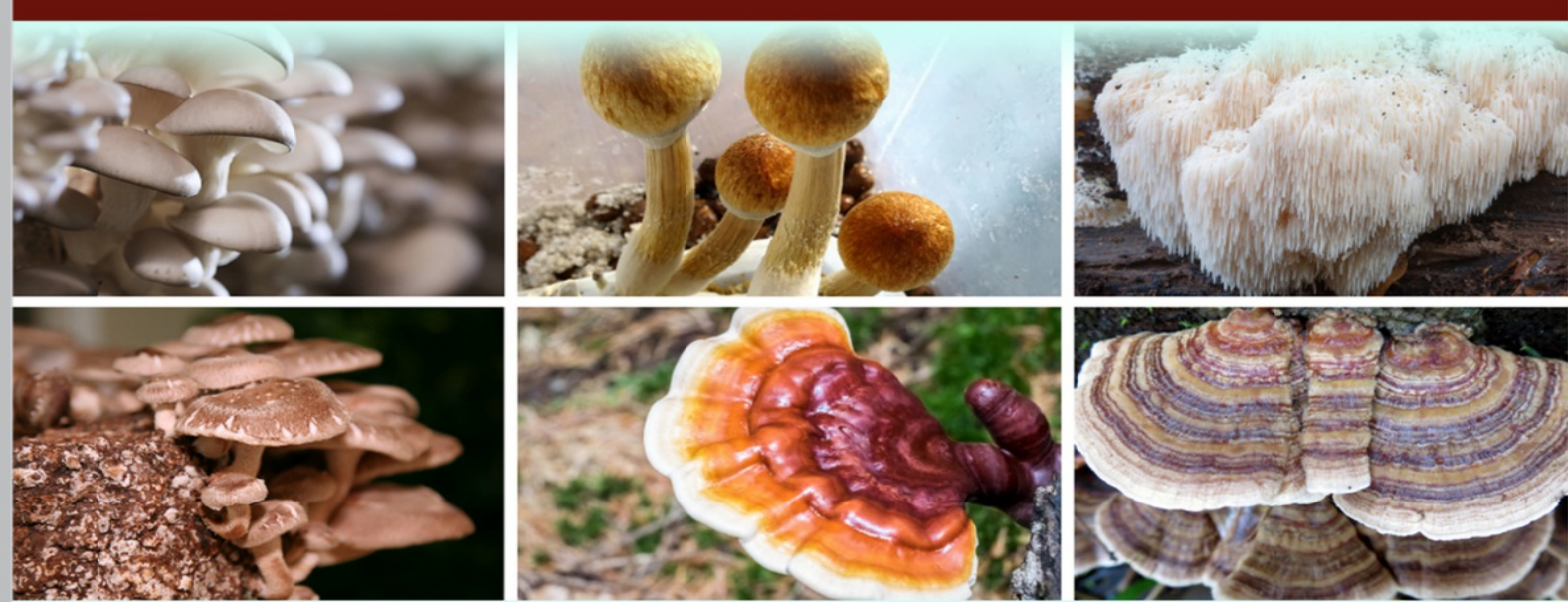


Cura**ti**ve M u s h r o o m s

The simplest & cheapest method to growing mushrooms and is as easy as '1 - 2 - 3'



Growing **MEDICINAL MUSHROOMS** at Home in 30 Days

Oliver Carlin
AKA 'The Mushroom Man'

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Preface

Hello,

If you are looking to grow medicinal mushrooms at home and:

- 1) You want to feel 100% safe doing it no matter where you live
- 2) You want the easiest possible method at the lowest possible price

And:

- 1) You **DON'T** want to have to buy 'a ton' of lab equipment
- 2) You **DON'T** want to become an 'expert' mushroom cultivator

All while growing huge & beautiful mushrooms yet eliminating the possibility for contamination then this is going to be the most important thing you read all day. Here's why...

My name is Oliver Carlin and I am the founder of Curative Mushrooms where we provide education to all 'mushroom lovers' that are looking for information on:

- 1) Growing mushrooms
- 2) The medicinal benefits of mushrooms
- 3) How to cook mushrooms
- 4) How to hunt mushrooms

I have written some very extensive article on the benefits of different medicinal mushrooms and it turns out that the majority of my site visitors want more information on growing medicinal mushrooms.

On some of my articles I talk about how to grow mushrooms and for some of the most popular mushrooms on the market there are '*completely done for you*' mushroom grow kits that you can buy.

These mushrooms grow kits are perfect for hobbyist mushroom growers who are not interested in spending thousands of dollars on expensive lab equipment and turning half of their house into incubation and grow rooms.

While there are some super simple grow kits on the market for medicinal mushrooms, there still happens to be some that you cannot get a 'Pre-Done For You' grow kit in.

So, what does that mean?

This can be frustrating because some medicinal mushrooms have shown to have some very powerful and amazing 'life altering' and depression eliminating benefits.

This day in age people are becoming more and more aware of these benefits and they want to experience them.

But when they go online to try and get some, they will find that there are no simple and straight forward ways to go about it.

There are books available, however most of them go into great detail and contain way more information then they want to get into.

Not to mention that 50% of the books available contain techniques that are way outdated because they were written over 20 years ago.

Then if you try to search online it seems like everyone has their own way of doing it.

Not to mention that many growing methods explained by some growers will contradict other methods by other growers (that makes it even more confusing).

And it seems like every video will leave out important pieces of information, so you end up having to go through 20 different videos and articles to still end up feeling more confused than when you got started.

It shouldn't have to be this way.

There should be a simpler way to get the health benefits of medicinal mushrooms without having to spend the next 100 hours reading and watching videos and spending thousands of dollars on all the expensive growing equipment that these videos and articles tell you that you need (but really don't').

That's why I decided to make this guide.

I wanted to provide a super simple method that is the next best thing to purchasing a completely done for you grow kit and cut out all the other 'BS' that you don't need.

This guide will provide you with the easiest method possible to grow medicinal mushrooms at home from spores or liquid culture.

No fluff and no filler information to make it seem like a *'bigger guide'* .

We give you the easiest possible method that there is so you can get your mushrooms growing while only having to buy the 'bare essentials' needed.

This guide is mainly broken down into 3 methods:

- 1) The Simplest Growing Method
- 2) The Side Fruiting Method
- 3) The Full Fruiting Method

You do not need to read every section in this guide.

The best way to use this guide is to go to the Table of Contents and simply pick the method type you want and then the mushroom that falls under that method.

You should only need to actually read a couple of pages in total.

We have also broken down the Table of Contents to each subsection under the growing method for each mushroom.

We did this because we know it can take weeks before moving on to another step in the growing process and we didn't want you to have to try to remember which page you were on.

All you have to do is go back to the Table of Contents and click the exact step you are on it that all you have to see.

This book is designed to be your 'One Stop Shop' for growing all your medicinal mushrooms and the clickable Table of Contents makes navigating this guide a breeze.

The reason we need to break down each section by the different mushroom type is because every mushroom is a little bit different in the steps needed to grow them.

They are all easy steps to follow but some may require different temperatures to fruit in or a slightly different way to make them grow.

We do offer another guide that builds on the method here but will allow you to produce 2x the results on your very first flush.

The only difference is in the fruiting method and it will require you to purchase 2 additional items that you could get from Walmart.

The reason we decided to make the 2nd guide was because we know some people will want the easiest possible way while other people will want to maximize their effort to get more ‘bang for their buck’.

At the end we will discuss how to get some more advanced techniques if you decide that is something that you want to do.

There is also a link at the bottom of every page to get back to the Table of Contents in case you want to look for something else.

You will also find ‘breadcrumbs’ at the top right corner of every page so you can easily identify what section and mushroom you are reading about.

Regards,

Oliver Carlin

Oliver Carlin

AKA ‘The Mushroom Man’

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I. Simplest Mushroom Growing Method

In this section we will cover how to grow some of the most popular types of medicinal mushrooms using the ‘Simplest Mushroom Growing Method’.

The mushrooms that we will cover in this method are:

- 1) Manure Loving mushrooms
- 2) Reishi mushroom

- 3) Lions Mane mushroom
- 4) Turkey Tail mushroom
- 5) Oyster mushroom
- 6) Shiitake Mushroom

After doing a lot of research on the MANY different methods that people use to grow the most popular types of mushrooms at home, I am proud to say this is the simplest method BY FAR.

There really are hundreds of different ways that people grow mushrooms, and it seems like most people are trying to make it seem harder than it is.

You will notice that in this section there will be multiple smaller 1-pound or 2-pound bags instead of using 1 large bag 5-pound bag.

The reason for this is we want to spread our risk of contamination out over multiple bags since we are still learning how to grow mushrooms (This book is designed for beginners).

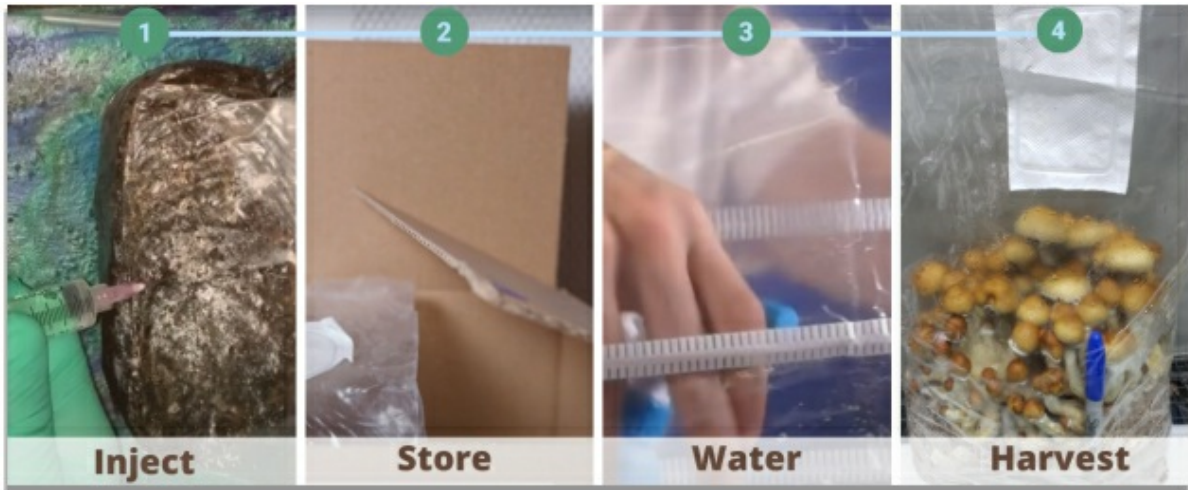
In the 'Side Fruiting' section of this book we will use larger bags and be fruiting from the side mostly but still will fruiting from the top and side on some mushrooms.

Another advantage of using this method with the smaller bags is it will require less equipment and allows us to do everything we need within our grow bag.

Lastly, by using smaller grow bags it will allow the mushroom mycelium to colonize the bag much faster so you can get your first flush of mushrooms much quicker.

Now let's jump into it...

1. Manure Loving Mushrooms



Total Cost: \$60

Total Time: 30 – 45 Days

Amount of Effort: Very little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 150 to 300 grams wet or 15 – 30 grams dried

Estimated Yield of the 3 to 5 Flushes (1 bag): 250 - 500 grams wet or 25 to 50 grams dried

Total Estimated Yield (1 bag): 350 - 800 grams wet or 35 - 80 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 7 – 19 Days

Total Time: 21 – 47 days.

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your spores into the grow bags.

- 2) Put your bags into a dark place for a couple weeks.
- 3) Cut the top off your bag and let the mushrooms grow.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 1-Pound Manure Loving All in One Mushroom Grow Bags (x3)
- 2) Mushroom Spore Syringe

You will find the links to the grow bag we recommend in your members area.

You will notice that some suppliers we recommend might not have 1-pound grow bags listed on their site but will have 2.5 or 1.5-pound bags instead. That is okay as well if you decide to go with them.

We have also added a button to contact them to request the bag size that we recommend even if it is not listed on their site.

Wait...Why did you get 3 bags?

The reason you are getting 3 bags is to give you the best chance for success. If one of your bags gets contaminated or does not product you still have 2 more chances.

This method does have a 94% success rate however sometimes things happen.

I recommend doing all 3 at the same time if this is your first time and getting 1 bag each from a different supplier that we list. That way if one of the suppliers sends you a contaminated bag you still have 2 from other suppliers as well.

Due to the shipping cost you might be better off ordering 3 from each supplier and then storing the ones you are not using in the freezer until you are ready for them. Not mandatory but just an option.

Another reason we are using the 1-pound bags is they are small and will fully colonize faster than a single large 5-Pound bag would.

You can also do the same strategy with the syringes by ordering 1 from each of the different supplier we recommend and then using a different one

on each bag. Not mandatory but just an idea.

The reason there is such a big variation between 21 and 47 days to get your first harvest is because every mushroom strain is different.

Whenever you grow mushrooms from spores (like we are teaching to do here) you are creating a whole new strain of mushroom and no one can predict how it will behave.

Some may be a really fast colonizer but a slow fruiter.

Some may be a really fast colonizer and a really fast fruiter.

Or they might be the complete opposite.

The only way to predict this is to clone another mushroom which is not something we are going to teach here but you can learn in our advanced course (or you could use liquid cultures instead of spores but sometimes you can't find liquid cultures for certain mushrooms).

Now, let us go over the detailed steps to follow...

1.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your spore syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your spore liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag). Not needing if there is a self-healing injection port.

Basically, all you did here was take your spore syringe and inject it into the mushroom grow bag.

1.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 75-85 degrees.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

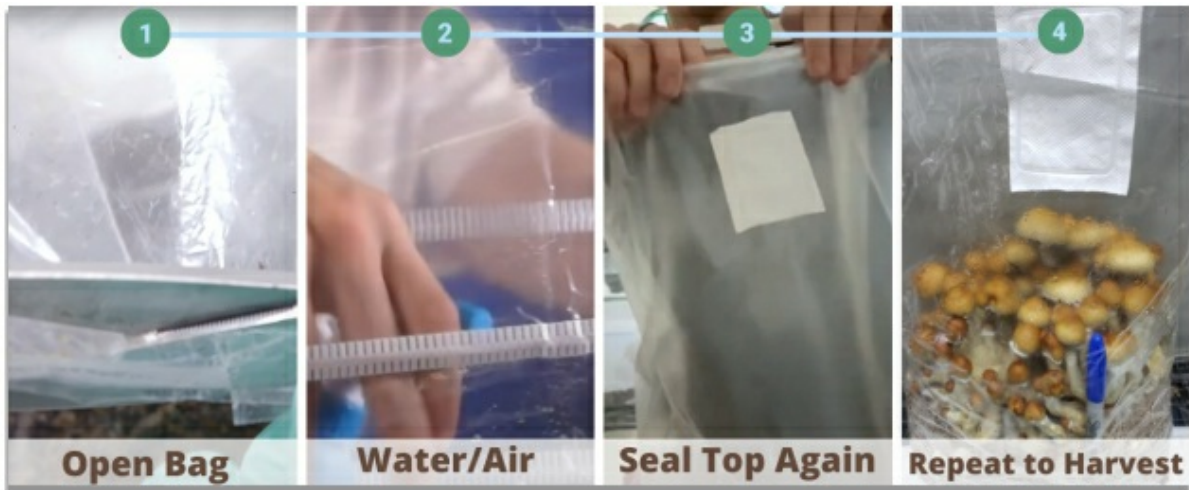
Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.
- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is

50% colonized you can mix the bag up to help speed up the colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

1.3 Fruiting



Fruiting Steps:

We will be fruiting the mushrooms right in the bag...

- 1) Cut the very top of the bag off with a pair of scissors to give it some fresh air.
- 2) Mist the inside of the bag (on the walls of the bag and not directly on the fruiting block) a couple times with a spray bottle filled with clean or distilled water.
- 3) Fold the very top of the bag shut a couple of times and use a piece of tape or paper clip to keep it shut.
- 4) Keep the bag between 75 – 80 F (warmer than normal room temperature for most people).
- 5) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 6) Open the bag 4 – 5 times a day and fan fresh air inside.
- 7) 2 of the times you open the bag for air you will also lightly mist with a sprayer of distilled (or filtered) water.
- 8) Continue this process for the next 7 – 19 days until the mushrooms are ready to harvest.

Basically, you are cutting the top off the bag to allow fresh air inside a few times a day while keeping the humidity high (90%) for the next couple weeks.

Tips:

- 1) Normally you will harvest the mushrooms right when the vail on the underside of the mushroom caps starts to break away exposing the gills (for mushrooms that have vails).
- 2) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 3) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 4) When misting, you don't want to spray the block directly and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 5) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 6) When misting try to do 5 to 6 light sprays of water and fan the bag really well for 1 minute to give it fresh air.
- 7) To allow more fresh air in you can cut a 3-inch slice on both side of the bag right above the air filter patch.

Humidity Tent (Optional)



** You would keep the original bag on the block with only the top of it cut off (unlike this picture where the original bag is removed completely) **

Humidity Tent (Optional):

Another option is to cut the top of the bag off (1 inch above the top of the mushroom block) to allow more oxygen in which you could add a humidity tent to keep the humidity high otherwise, they will dry out and stop growing.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your mushroom block onto a big plate (option to add a little water to the plate to help with humidity).
- 2) If you add water to the plate you will need to elevate the block by setting it on something, so it does not sit inside the water.
- 3) Poke four 12-inch-long skewers into the 4 corners of the mushroom block.
- 4) Drape your humidity tent over the skewers and fruiting block and

tuck it under the bottom of the plate.

- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Remove the humidity tent 1 – 2 times a day (for 1 minute) to allow fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly (too much) and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 5) When misting, try to do 5 to 6 light sprays of water.
- 6) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

1.4 Harvesting



Harvesting:

Congratulations on your harvest!

- 1) You will want to harvest the mushrooms right when the veil on the underside starts to break.
- 2) Twist and Pull them or cut them at the base with a sharp pair of scissors or sharp knife.

1.5 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you can still expect to have a couple more over the next month.

- 1) Continue to fan fresh air and mist water into the bags as discussed in the fruiting steps.

Tips:

- 1) To encourage better flushing: submerge the entire bag/block in a tub of distilled water (or filtered water) for 16 – 12 hours, drain thoroughly, and then start the fruiting steps again.
- 2) You should get 3 to 5 more flushes before it stops producing.

Wrapping Up

So, there you have it! The simplest possible method to grow mushrooms at home.

We basically did the 5 things:

- 1) Bought a spore syringe and some 'ready to use' grow bags.

- 2) Injected the spores into the bag.
- 3) Place the bag in a dark area for a couple weeks.
- 4) Cut the very top off the bag to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next couple weeks.

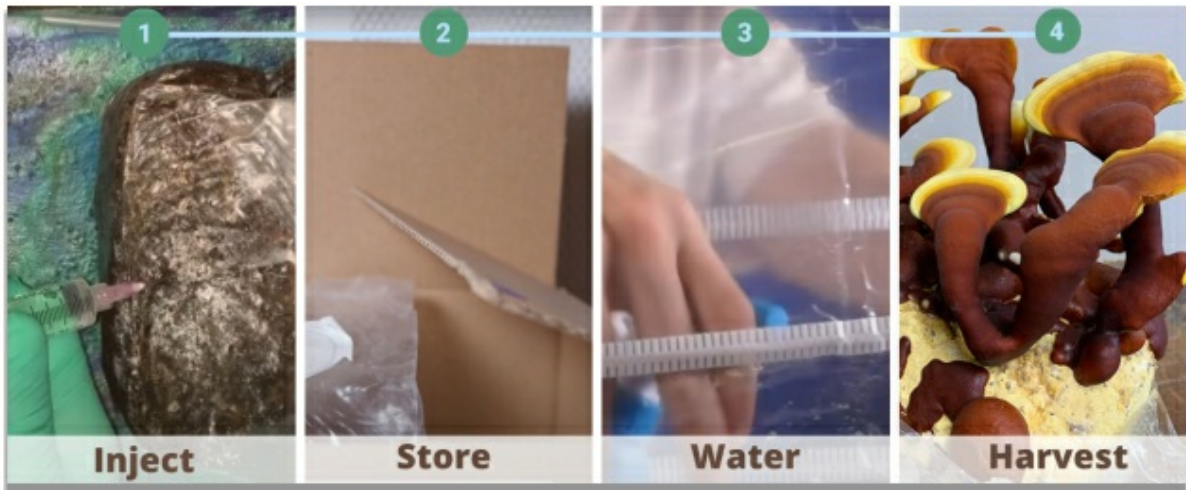
How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit, then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple weeks.

The main difference is you have to inject your bag with the spores and wait a few weeks for it to fully colonize.

2.

Reishi Mushroom



Total Cost: \$60

Total Time: 2 – 4 Months

Amount of Effort: Very little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 100 - 300 grams wet or 10 - 30 grams dried

Estimated Yield of the 2 to 3 Flushes (1 bag): 100 – 300 grams wet or 10 – 30 grams dried

Total Estimated Yield (1 bag): 200 - 600 grams wet or 20 - 60 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 1 – 3 Months

Total Time: 2 – 4 Months

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your liquid cultures into the grow bags.

- 2) Put your bags into a dark place for a couple weeks.
- 3) Cut the top off your bag and let the mushrooms grow.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 2-Pound Wood Loving All in One Mushroom Grow Bags (x2)
- 2) Mushroom Spore Syringe

You will find the links to the grow bag we recommend in your members area.

You will notice that some suppliers we recommend might not have 2-pound grow bags listed on their site but will have 5-pound bags instead. That is okay as well if you decide to go with them.

We have also added a button to contact them to request the bag size that we recommend even if it is not listed on their site.

Wait...Why did we get the 2-pound bags?

The reason is the Reishi tends to need a lot more substrate to grow than other species of mushroom because it is only 75% water compared to other mushrooms that are 90% water.

Therefore, you may even want to use an even bigger mushroom growing bag:

- 1) 5-Pound Wood Loving All in One Mushroom Grow Bag

The Reishi is a very slow fruiter so this mushroom will take the longest out of all the other mushrooms in this guide.

You will also notice that the Reishi is listed in the top and side fruiting methods. This is because you can do this one either way.

If you want to grow long antlers, then you will use this method and it will be a little bit faster than if you want the 'round looking' conks in the side fruiting method.

You will notice that the syringe you ordered was a liquid culture syringe. This means there are small chunks of mycelium in the syringe instead of

spores.

That is actually better than using spores because the cultures are further along in the growing process than spores.

2.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your liquid culture syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your culture liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag). Not needing if there is a self-healing injection port.

Basically, all you did here was take your spore syringe and inject it into the mushroom grow bag.

2.2 Incubation



Incubation Steps:

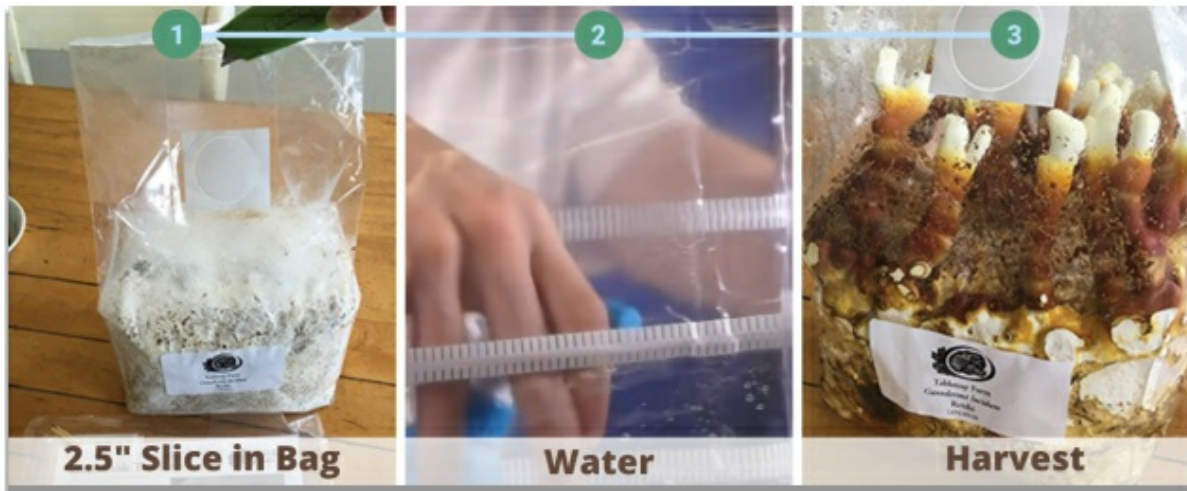
- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 70 - 80 F.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.
- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is 50% colonized you can mix the bag up to help speed up the colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

2.3 Antler Fruiting



Antler Fruiting Steps:

We will be fruiting the mushrooms right in the bag...

- 1) Put a 2.5-inch slit horizontally across the top just above the air filter patch.
- 2) Mist the inside of the bag through the slit (on the walls of the bag and not directly on the fruiting block) a couple times with a spray bottle filled with clean or distilled water.
- 3) Keep the bag between 75 – 85 F (a little warmer than room temperature for most people).
- 4) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 5) Continue to mist inside the bag daily if the bag looks dry inside or the mushrooms appear dry.
- 6) Continue this process for the next 1 -4 weeks and the small Reishi pins will begin to grow longer into the antler stage.
- 7) You could continue to let them grow in the antler stage and they will grow up to 10 inches long and contain all the same medicinal benefits the same as rounds conks.

2.4 Conk Fruiting



Round Conk Fruiting Steps:

If you want to have the ends of the antlers to start to round off into conks, then they will require more oxygen and light (which also increases their chances of drying out).

- 1) Once the antlers reach 3 – 6 inches tall then cut off the entire top of the bag just under the seal.
- 2) Mist the inside of the bag (on the walls of the bag and not directly on the fruiting block) a couple times with a spray bottle filled with filtered or distilled water.
- 3) Fold the very top of the bag shut a couple of times and use a piece of tape or paper clip to keep it shut.
- 4) Keep the bag between 75 – 85 F (a little warmer than room temperature for most people).
- 5) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 6) Open the bag 4 – 5 times a day and fan fresh air inside.
- 7) 2 of the times you open the bag for air you will also lightly mist with a sprayer of distilled (or filtered) water (don't over water).
- 8) Continue this process for the next 7 – 19 days until the mushrooms are ready to harvest.

Basically, you are cutting the top off the bag to allow fresh air inside a few times a day while keeping the humidity high (90%) for the next couple weeks.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter patch wet to prevent a fungus from growing on the filter as well.
- 5) When misting try to do 5 to 6 light sprays of water and fan the bag really well for 1 minute to give it fresh air.
- 6) To allow more fresh air in you can cut a 3-inch slice on both side of the bag right above the air filter patch.
- 7) (Optional) You could cut a 2 inch horizontal slice on the side of the bag (about 1 inch from the bottom of the bag) to get a growth of mushrooms from the side as well. If you do, be sure mist that area when you mist the inside of the bag as well.

Humidity Tent (Optional)



** You would keep the original bag on the block with only the top of it cut off (unlike this picture where the original bag is removed completely) **

Humidity Tent (Optional):

Another option is to cut the top of the bag off (1 inch above the top of the mushroom block) to allow more oxygen in which you could add a humidity tent to keep the humidity high otherwise, they will dry out and stop growing.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your mushroom block onto a big plate (option to add a little water to the plate to help with humidity).
- 2) If you add water to the plate you will need to elevate the block by setting it on something so it does not sit inside the water.
- 3) Poke four 12-inch-long skewers into the 4 corners of the mushroom block.
- 4) Drape your humidity tent over the skewers and fruiting block and

tuck it under the bottom of the plate.

- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Remove the humidity tent 1 – 2 times a day (for 1 minute) to allow fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly (too much) and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 5) When misting, try to do 5 to 6 light sprays of water.
- 6) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

2.5 Harvesting

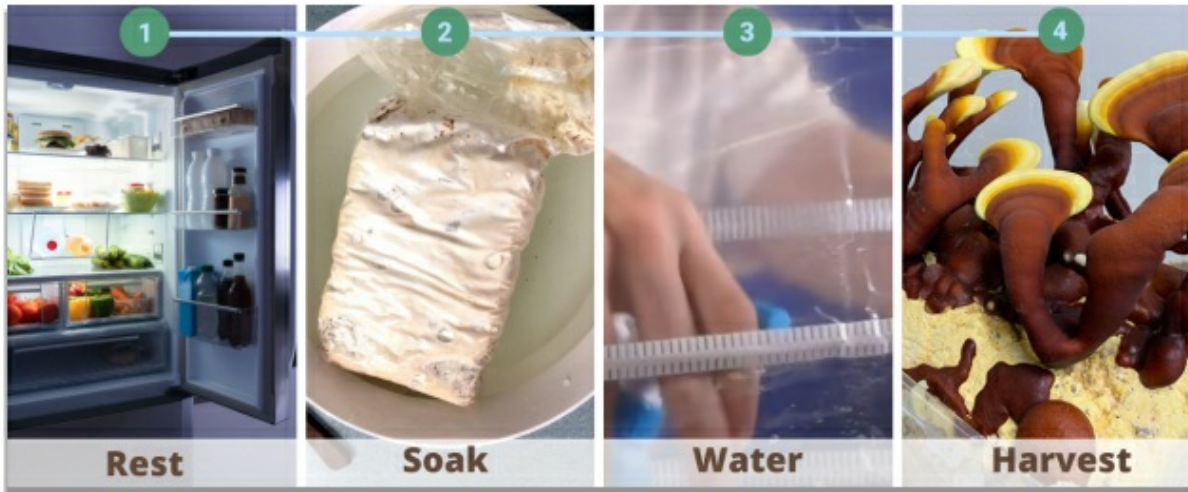


Harvesting:

Congratulations on your harvest!

- 1) If you are growing them into conks you will want to harvest them before they start to release their rusty colored dust looking spores.
- 2) If you don't want to do conks you can harvest them any time after they are 3-inches tall.
- 3) Cut them at the base with a sharp pair of scissors or sharp knife.

2.6 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you may be able to get more flushes out of your block (most people only try to get one flush though because other flushes don't produce well and because reishi is such a slow fruiter that it doesn't seem worth it).

- 1) Be sure that you cut the reishi about 1-inch from the substrate (leaving a tiny bit of reishi on the block will allow it to re-grow more from there).
- 2) Continue to fan fresh air and mist water into the bags as discussed in the fruiting steps.

Tips:

- 1) To encourage better flushing, you should store it in a dark place below fruiting temperature (e.g. refrigerator) for 4 to 7 days.
- 2) Then submerge the entire bag in a tub of distilled water for 6 – 12 hours, drain thoroughly, and then start the fruiting steps again.
- 3) You could get 2 to 3 more flushes before it stops producing.

Wrapping Up

So, there you have it! Now you have your Reishi mushrooms!

We basically did the 6 things:

- 1) Bought a liquid culture syringe and some 'ready to use' grow bags.
- 2) Injected the cultures into the bag.
- 3) Place the bag in a dark area for a couple weeks.
- 4) Sliced a 2.5" slit into the very top off the bag to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next couple months.

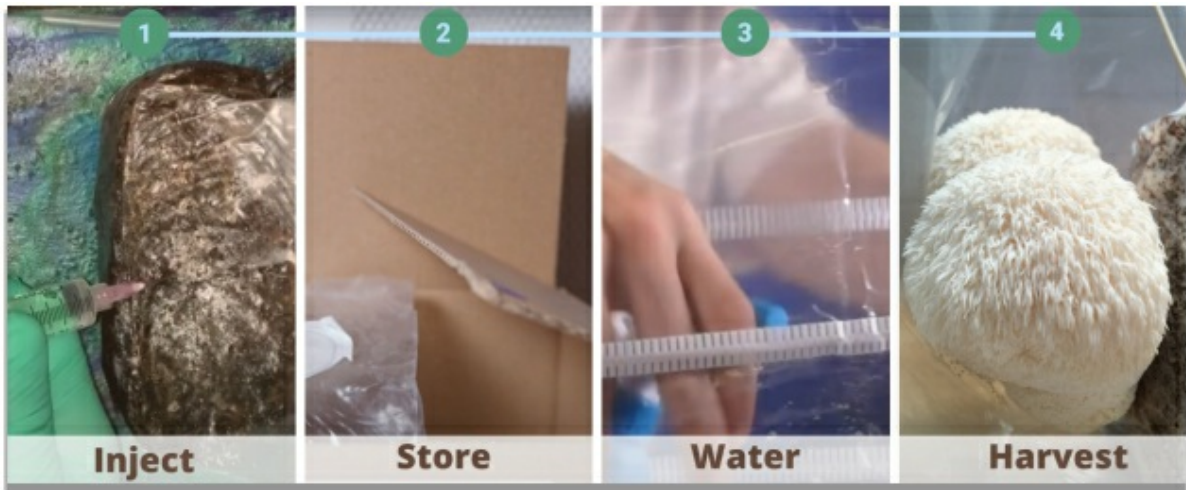
How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit, then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple months.

The main difference is you have to inject your bag with the cultures and wait a few weeks for it to fully colonize.

3.

Lions Mane Mushroom



Total Cost: \$60

Total Time: 3 – 7 Weeks

Amount of Effort: Very little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 100 - 300 grams wet or 10 - 30 grams dried

Estimated Yield of 3 – 6 Flushes (1 bag): 300 - 600 grams wet or 30 - 60 grams

Total Estimated Yield (1 bag): 400 – 900 grams wet or 40 – 90 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 2 – 6 Weeks

Total Time: 4 – 10 Weeks

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your liquid cultures into the grow bags.

- 2) Put your bags into a dark place for a couple weeks.
- 3) Cut the top off your bag and let the mushrooms grow.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 2-Pound Wood Loving All in One Mushroom Grow Bags (x2)
- 2) Mushroom Spore Syringe

You will find the links to the grow bag we recommend in your members area.

You will notice that some suppliers we recommend might not have 2-pound grow bags listed on their site but will have 5-pound bags instead. That is okay as well if you decide to go with them.

We have also added a button to contact them to request the bag size that we recommend even if it is not listed on their site.

Wait...Why did we get the 2-pound bag (x2)?

The reason is the Lions Mane tends to fruit really well on this block for this method.

You will also notice that the Lions Mane is listed in the top and side fruiting methods. This is because you can do this one either way.

You will notice that the syringe you ordered was a liquid culture syringe. This means there are small chunks of mycelium in the syringe instead of spores.

That is actually better than using spores because the cultures are further along in the growing process than spores.

3.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your liquid culture syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your culture liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag). Not needing if there is a self-healing injection port.

Basically, all you did here was take your spore syringe and inject it into the mushroom grow bag.

3.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 70 - 80 degrees.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

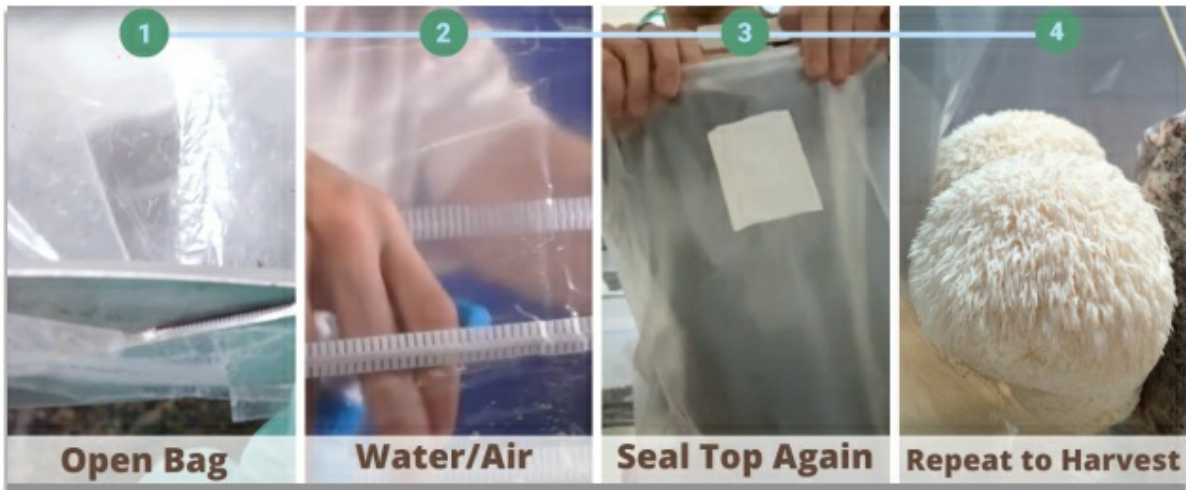
Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.
- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is

50% colonized you can mix the bag up to help speed up the colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

3.3 Fruiting



Fruiting Steps:

We will be fruiting the mushrooms right in the bag...

- 1) Cut the very top of the bag off with a pair of scissors to give it some fresh air.
- 2) Mist the inside of the bag (on the walls of the bag and not directly on the fruiting block) a couple times with a spray bottle filled with clean or distilled water.
- 3) Fold the very top of the bag shut a couple of times and use a piece of tape or paper clip to keep it shut.
- 4) Keep the bag between 65 – 75 degrees (normal room temperature for most people).
- 5) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 6) Open the bag 4 – 5 times a day and fan fresh air inside.
- 7) 2 of the times you open the bag for air you will also lightly mist with a sprayer of distilled (or filtered) water.
- 8) Continue this process for the next 7 – 19 days until the mushrooms are ready to harvest.

Basically, you are cutting the top off the bag to allow fresh air inside a few times a day while keeping the humidity high (90%) for the next couple weeks.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you

can put it in indirect sunlight near a window.

- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 5) When misting try to do 5 to 6 light sprays of water and fan the bag really well for 1 minute to give it fresh air.
- 6) To allow more fresh air in you can cut a 3-inch slice on both side of the bag right above the air filter patch.
- 7) (Optional) You could cut a 1-inch by 1-inch X on the side of the bag (as near to the bottom as possible) to get a growth of mushrooms from the side as well. If you do, be sure mist that area when you mist the inside of the bag as well.

Humidity Tent (Optional)



** You would keep the original bag on the block with only the top of it cut off (unlike this picture where the original bag is removed completely) **

Humidity Tent (Optional):

Another option is to cut the top of the bag off (1 inch above the top of the mushroom block) to allow more oxygen in which you could add a humidity tent to keep the humidity high otherwise, they will dry out and stop growing.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your mushroom block onto a big plate (option to add a little water to the plate to help with humidity).
- 2) If you add water to the plate you will need to elevate the block by setting it on something, so it does not sit inside the water.
- 3) Poke four 12-inch-long skewers into the 4 corners of the mushroom block.
- 4) Drape your humidity tent over the skewers and fruiting block and

tuck it under the bottom of the plate.

- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Remove the humidity tent 1 – 2 times a day (for 1 minute) to allow fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly (too much) and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 5) When misting, try to do 5 to 6 light sprays of water.
- 6) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

3.4 Harvesting

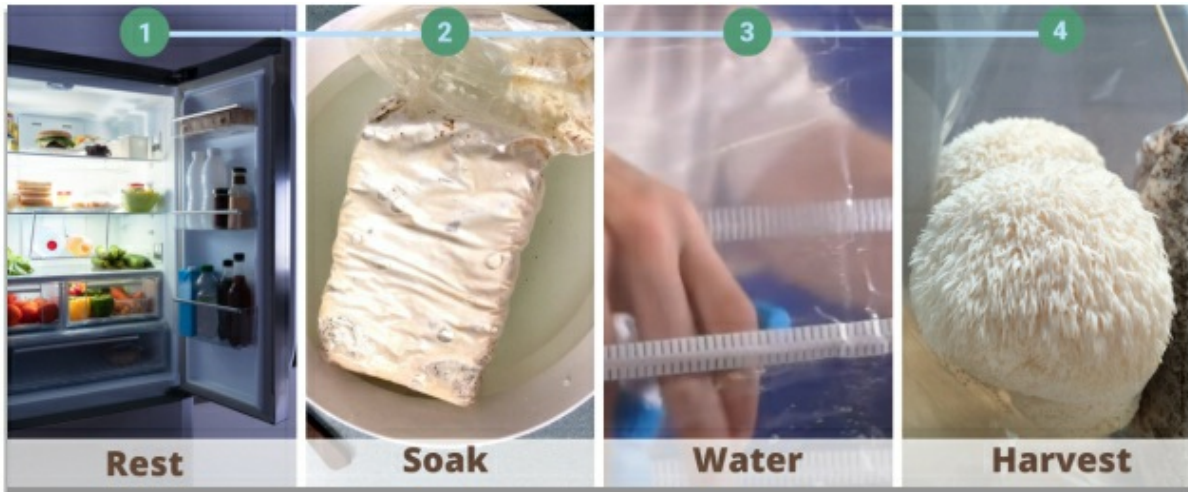


Harvesting:

Congratulations on your harvest!

- 1) You will want to harvest the Lions Mane mushrooms once their spines start to become long (1/4 inch in length) and the mushroom feels spongy when you lightly squeeze it.
- 2) If they overly mature, they will release a white dusty looking spores.
- 3) To harvest them simply grab the whole chunk of mushroom and gently twist it at the base and it will separate from the block.
- 4) Or you could use a sharp knife and cut the mushroom at the base.

3.5 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you may be able to get more flushes out of your block.

- 1) Continue to fan fresh air and mist water into the bags as discussed in the fruiting steps.

Tips:

- 1) To encourage better flushing, you should store it in a dark place below fruiting temperature (e.g. refrigerator) for 4 to 7 days.
- 2) Then submerge the entire bag in a tub of distilled water for 6 – 12 hours, drain thoroughly, and then start the fruiting steps again.
- 3) You could get 3 to 6 more flushes before it stops producing.

Wrapping Up

So, there you have it! Now you have your Lions Mane mushrooms!

We basically did the 5 things:

- 1) Bought a liquid culture syringe and some 'ready to use' grow bags.
- 2) Injected the cultures into the bag.

- 3) Place the bag in a dark area for a couple weeks.
- 4) Cut the very top off the bag to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next couple weeks.

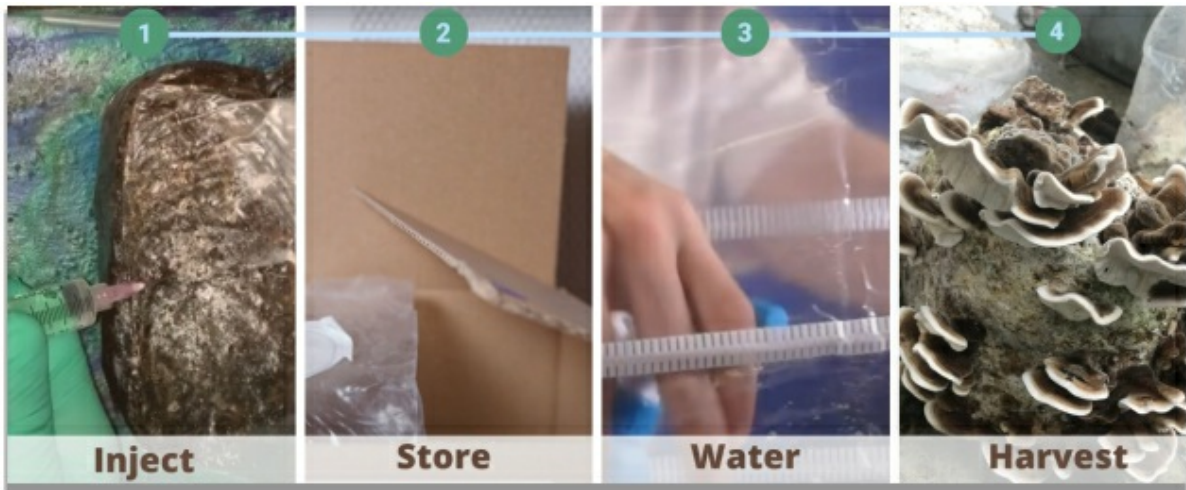
How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit, then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple weeks.

The main difference is you have to inject your bag with the spores and wait a few weeks for it to fully colonize.

4.

Turkey Tail Mushroom



Total Cost: \$60

Total Time: 2 – 4 Months

Amount of Effort: Very little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 100 - 300 grams wet or 10 - 30 grams dried

Estimated Yield of the 2 to 3 Flushes (1 bag): 200 – 600 grams wet or 20 - 60 grams dried

Total Estimated Yield (1 bag): 300 - 900 grams wet or 30 - 90 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 1 – 2 Months

Total Time: 2 – 3 Months

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your liquid cultures into the grow bags.

- 2) Put your bags into a dark place for a couple weeks.
- 3) Cut the top off your bag and let the mushrooms grow.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 2-Pound Wood Loving All in One Mushroom Grow Bags (x2)
- 2) Mushroom Spore Syringe

You will find the links to the grow bag we recommend in your members area.

You will notice that some suppliers we recommend might not have 2-pound grow bags listed on their site but will have 5-pound bags instead. That is okay as well if you decide to go with them.

We have also added a button to contact them to request the bag size that we recommend even if it is not listed on their site.

Wait...Why did we get the 2-pound bags?

The Turkey Tail tends to grow best with a minimum of 2-pounds in the bags.

However, you may want to try the following mushroom growing bag:

- 1) 5-Pound Wood Loving All in One Mushroom Grow Bag

The Turkey Tail is a very slow fruiter so this mushroom will take the much longer to fruit out of most other mushrooms in this guide.

You will also notice that the Turkey Tail is listed in the top and side fruiting methods. This is because you can do this one either way.

You can also use this method to fruit from the top and also put tiny 1-inch horizontal slices in the sides of the bag to fruit from there at the same time.

You will notice that the syringe you ordered was a liquid culture syringe. This means there are small chunks of mycelium in the syringe instead of spores.

That is actually better than using spores because the cultures are further along in the growing process than spores.

4.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your liquid culture syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your culture liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag). Not needing if there is a self-healing injection port.

Basically, all you did here was take your spore syringe and inject it into

the mushroom grow bag.

4.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 70 - 80 degrees.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

Tips:

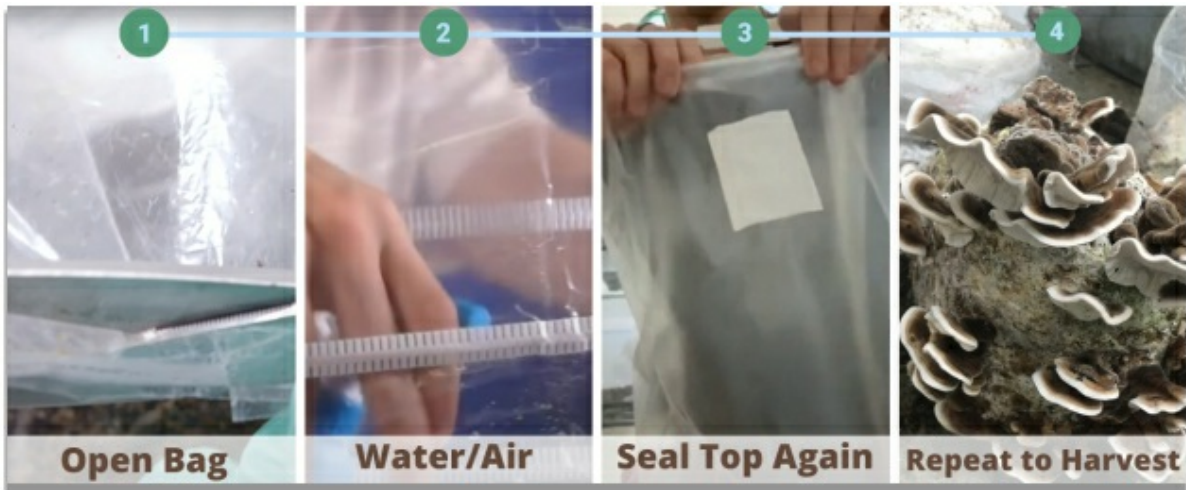
- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a

marker, so you remember the date.

- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is 50% colonized you can mix the bag up to help speed up the colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

4.3 Fruiting



Fruiting Steps:

We will be fruiting the mushrooms right in the bag...

- 1) Cut the very top of the bag off with a pair of scissors to give it some fresh air.
- 2) Mist the inside of the bag (on the walls of the bag and not directly on the fruiting block) a couple times with a spray bottle filled with clean or distilled water.
- 3) Fold the very top of the bag shut a couple of times and use a piece of tape or paper clip to keep it shut.
- 4) Keep the bag between 65 – 75 degrees (normal room temperature for most people).
- 5) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 6) Open the bag 4 – 5 times a day and fan fresh air inside.
- 7) 2 of the times you open the bag for air you will also lightly mist with a sprayer of distilled (or filtered) water.
- 8) Continue this process for the next 1 – 2 months until the mushrooms are ready to harvest.

Basically, you are cutting the top off the bag to allow fresh air inside a few times a day while keeping the humidity high (90%) for the next couple weeks.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 5) When misting try to do 5 to 6 light sprays of water and fan the bag really well for 1 minute to give it fresh air.
- 6) To allow more fresh air in you can cut a 3-inch slice on both side of the bag right above the air filter patch.
- 7) (Optional) You could cut tiny 1-inch horizontal slices into the side of the bag (about an inch from the bottom of the bag) to get a growth of mushrooms from the side as well. If you do, be sure mist that area when you mist the inside of the bag as well.

Humidity Tent (Optional)



** You would keep the original bag on the block with only the top of it cut off (unlike this picture where the original bag is removed completely) **

Humidity Tent (Optional):

Another option is to cut the bag 1-inch from the top of the block (completely off) to allow more oxygen in which you could add a humidity tent to keep the humidity high otherwise, they will dry out and stop growing.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your Turkey Tail block onto a big plate (option to add a little water to the plate to help with humidity).
- 2) If you add water to the plate you will need to elevate the block by setting it on something so it does not sit inside the water.
- 3) Poke four 12-inch-long skewers into the 4 corners of the Turkey Tail block.
- 4) Drape your humidity tent over the skewers and fruiting block and

tuck it under the bottom of the plate.

- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Remove the humidity tent 1 – 2 times a day (for 1 minute) to allow fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly (too much) and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 5) When misting, try to do 5 to 6 light sprays of water.
- 6) If you don't use the humidity tent, then you need to make sure you are spraying your block regularly to keep it moist, so they don't dry out.
- 7) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

4.4 Harvesting

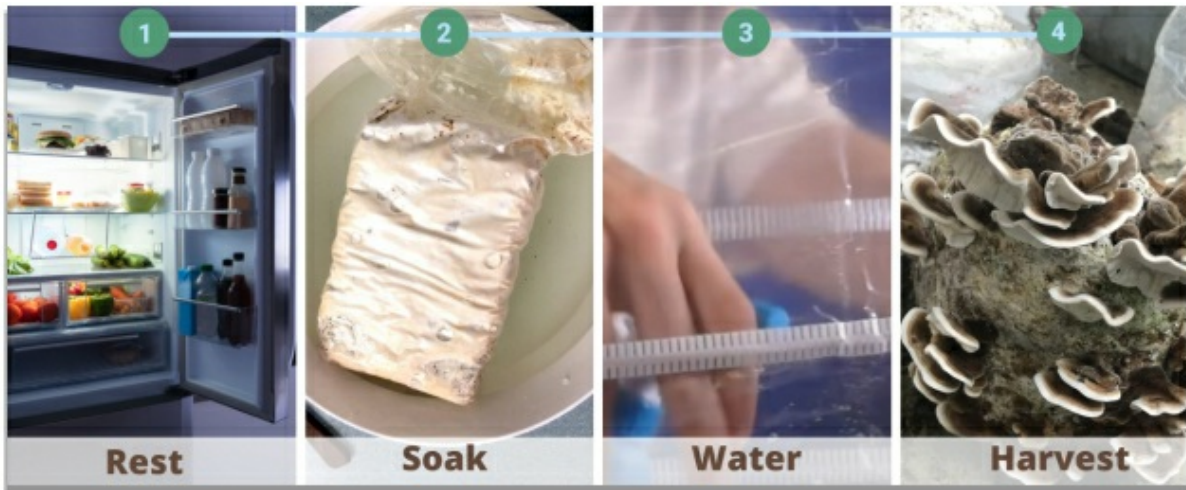


Harvesting:

Congratulations on your harvest!

- 1) Cut harvest them by twisting at the base or cut them with a sharp pair of scissors or sharp knife.
- 2) You will harvest the Turkey Tail any time during the fruiting process as long as they are in good health and have a white underside. They will normally grow a little bit larger than the diameter of a lemon.

4.5 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you may be able to get more flushes out of your block.

- 1) Continue to fan fresh air and mist water into the bags as discussed in the fruiting steps.

Tips:

- 1) To encourage better flushing, you should store it in a dark place below fruiting temperature (e.g. refrigerator) for 4 to 7 days.
- 2) Then submerge the entire bag in a tub of distilled water for 6 – 12 hours, drain thoroughly, and then start the fruiting steps again.
- 3) You could get 3 to 6 more flushes before it stops producing.

Wrapping Up

So, there you have it! Now you have your Turkey Tail mushrooms!

We basically did the 5 things:

- 1) Bought a liquid culture syringe and some 'ready to use' grow bags.
- 2) Injected the cultures into the bag.

- 3) Place the bag in a dark area for a couple weeks.
- 4) Cut the very top off the bag to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next couple weeks.

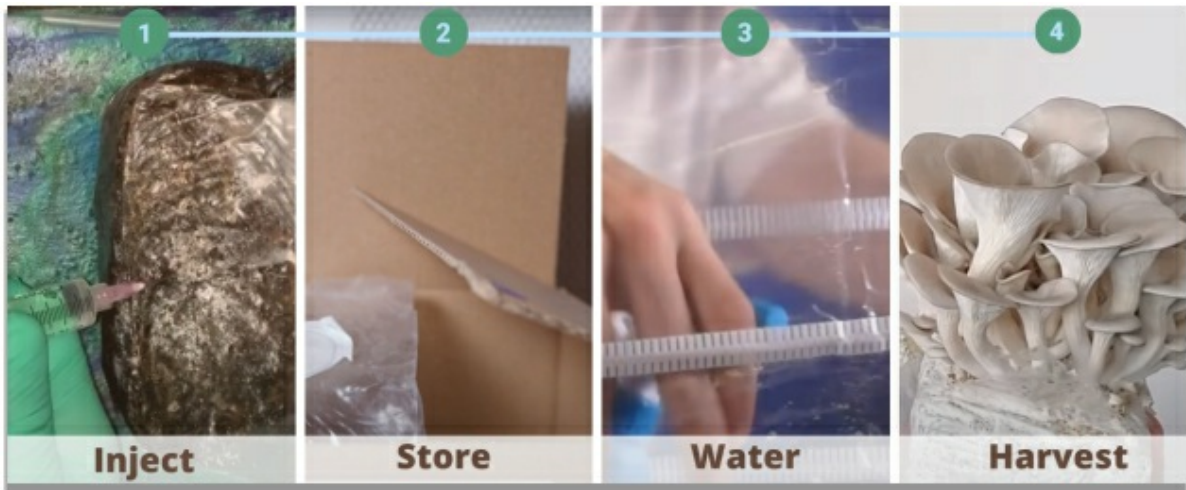
How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit, then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple weeks.

The main difference is you have to inject your bag with the spores and wait a few weeks for it to fully colonize.

5.

Oyster Mushroom



Total Cost: \$60

Total Time: 3 – 7 Weeks

Amount of Effort: Very little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 100 - 300 grams wet or 10 - 30 grams dried

Estimated Yield 3 to 4 Flushes (1 bag): 200 - 600 grams wet or 20 - 60 grams

Total Estimated Yield (1 bag): 300 – 900 grams wet or 30 – 90 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 2 – 6 Weeks

Total Time: 4 – 10 Weeks

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your liquid cultures into the grow bags.

- 2) Put your bags into a dark place for a couple weeks.
- 3) Cut the top off your bag and let the mushrooms grow.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 2-Pound Wood Loving All in One Mushroom Grow Bags (x2)
- 2) Mushroom Spore Syringe

You will find the links to the grow bag we recommend in your members area.

You will notice that some suppliers we recommend might not have 2-pound grow bags listed on their site but will have 2.5 or 1.5-pound bags instead. That is okay as well if you decide to go with them.

We have also added a button to contact them to request the bag size that we recommend even if it is not listed on their site.

Wait...Why did we get the 2-pound bag (x2)?

The reason is the Oyster mushroom tends to fruit really well on this block for this method.

You will also notice that the Oyster mushroom is listed in the top and side fruiting methods. This is because you can do this one either way.

This means that you could put a small 1-inch by 1-inch X on the sides of the bag (near the bottom as much as possible) to fruit them from there at the same time you are fruiting from the top (if you want).

You will notice that the syringe you ordered was a liquid culture syringe. This means there are small chunks of mycelium in the syringe instead of spores.

That is actually better than using spores because the cultures are further along in the growing process than spores.

Oyster mushrooms will be a little different in that there are multiple strains of Oyster mushrooms.

The reason this is important is because each strain will require different

fruiting temperatures:

- 1) **Cold Weather Strains (45 – 65F):** Pearl, Blue, King.
- 2) **Warm Weather Strains (64 – 86F):** Phoenix, Golden, Pink.

The Oyster mushroom is one of the easiest mushrooms to grow which makes it perfect for beginners.

Not only that though it is a delicious choice edible mushroom.

Oyster mushrooms are actually the easiest of all other mushrooms to cultivate so you should really enjoy the process with this one!

5.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your liquid culture syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your culture liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag). Not needing if there is a self-healing injection port.

Basically, all you did here was take your spore syringe and inject it into the mushroom grow bag.

5.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 70 - 80 degrees.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

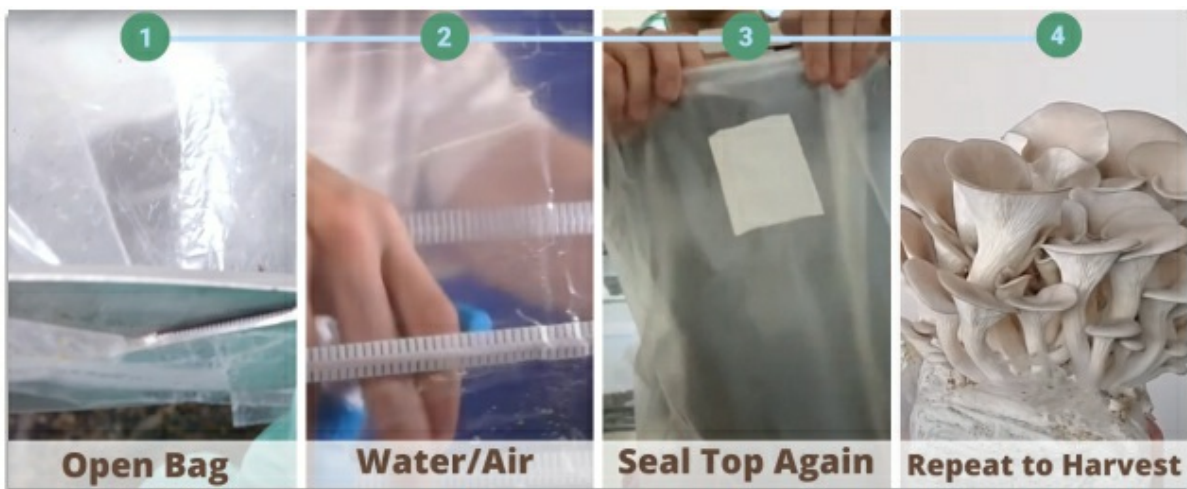
Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.
- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is 50% colonized you can mix the bag up to help speed up the

colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

5.3 Fruiting



Fruiting Steps:

We will be fruiting the mushrooms right in the bag...

- 1) Cut the very top of the bag off with a pair of scissors to give it some fresh air.
- 2) Mist the inside of the bag (on the walls of the bag and not directly on the fruiting block) a couple times with a spray bottle filled with clean or distilled water.
- 3) Fold the very top of the bag shut a couple of times and use a piece of tape or paper clip to keep it shut.
- 4) Keep at the temperature based on the temperature of the strain you are growing (covered in the beginning).
- 5) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 6) Open the bag 4 – 5 times a day and fan fresh air inside.
- 7) 2 of the times you open the bag for air you will also lightly mist with a sprayer of distilled (or filtered) water.
- 8) Continue this process for the next 7 – 19 days until the mushrooms are ready to harvest.

Basically, you are cutting the top off the bag to allow fresh air inside a few times a day while keeping the humidity high (90%) for the next couple weeks.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.

- 5) When misting try to do 5 to 6 light sprays of water and fan the bag really well for 1 minute to give it fresh air.
- 6) To allow more fresh air in you can cut a 3-inch slice on both side of the bag right above the air filter patch.
- 7) (Optional) You could cut a 1-inch by 1-inch X on the side of the bag (as near to the bottom as possible) to get a growth of mushrooms from the side as well. If you do, be sure mist that area when you mist the inside of the bag as well.

Humidity Tent (Optional)



** You would keep the original bag on the block with only the top of it cut off (unlike this picture where the original bag is removed completely) **

Humidity Tent (Optional):

Another option is to cut the bag 1-inch from the top of the block (completely off) to allow more oxygen in which you could add a humidity tent to keep the humidity high otherwise, they will dry out and stop growing.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your Oyster mushroom block onto a big plate (option to add a little water to the plate to help with humidity).
- 2) If you add water to the plate you will need to elevate the block by setting it on something, so it does not sit inside the water.
- 3) Poke four 12-inch-long skewers into the 4 corners of the Oyster mushroom block.
- 4) Drape your humidity tent over the skewers and fruiting block and

tuck it under the bottom of the plate.

- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Remove the humidity tent 1 – 2 times a day (for 1 minute) to allow fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly (too much) and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 5) When misting, try to do 5 to 6 light sprays of water.
- 6) If you don't use the humidity tent, then you need to make sure you are spraying your block regularly to keep it moist, so they don't dry out.
- 7) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

5.4 Harvesting

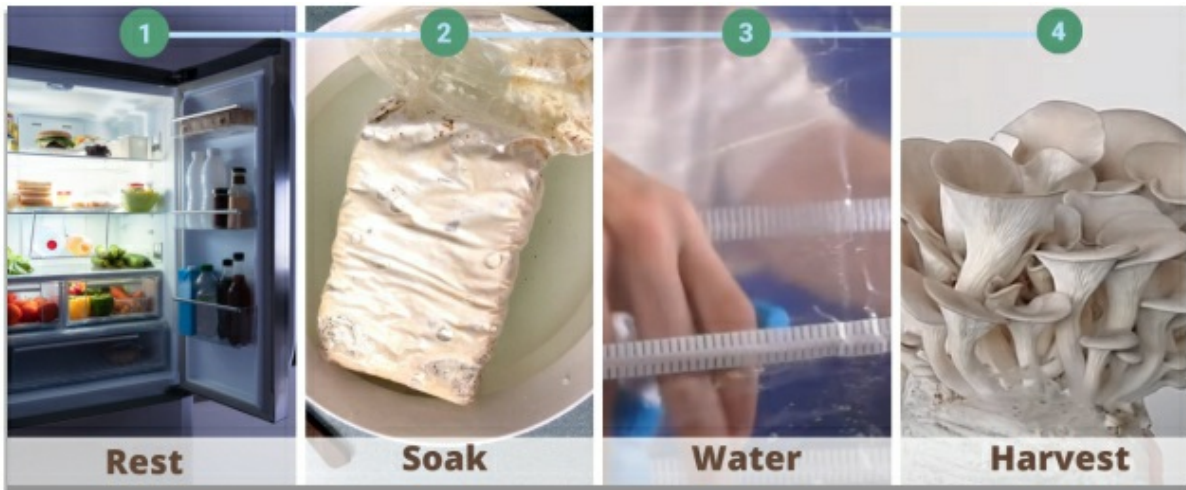


Harvesting:

Congratulations on your harvest!

- 1) Usually, you want to harvest them just before the cap starts to flatten out.
- 2) Harvest them by twisting at the base or cut them with a sharp pair of scissors or sharp knife.

5.5 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you may be able to get more flushes out of your block.

- 1) Continue to fan fresh air and mist water into the bags as discussed in the fruiting steps.

Tips:

- 1) To encourage better flushing, you should store it in a dark place below fruiting temperature (e.g. refrigerator) for 4 to 7 days.
- 2) Then submerge the entire bag in a tub of distilled water for 6 – 12 hours, drain thoroughly, and then start the fruiting steps again.
- 3) You could get 3 to 6 more flushes before it stops producing.

Wrapping Up

So, there you have it! Now you have your Oyster mushrooms!

We basically did the 5 things:

- 1) Bought a liquid culture syringe and some 'ready to use' grow bags.
- 2) Injected the cultures into the bag.

- 3) Place the bag in a dark area for a couple weeks.
- 4) Cut the very top off the bag to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next couple weeks.

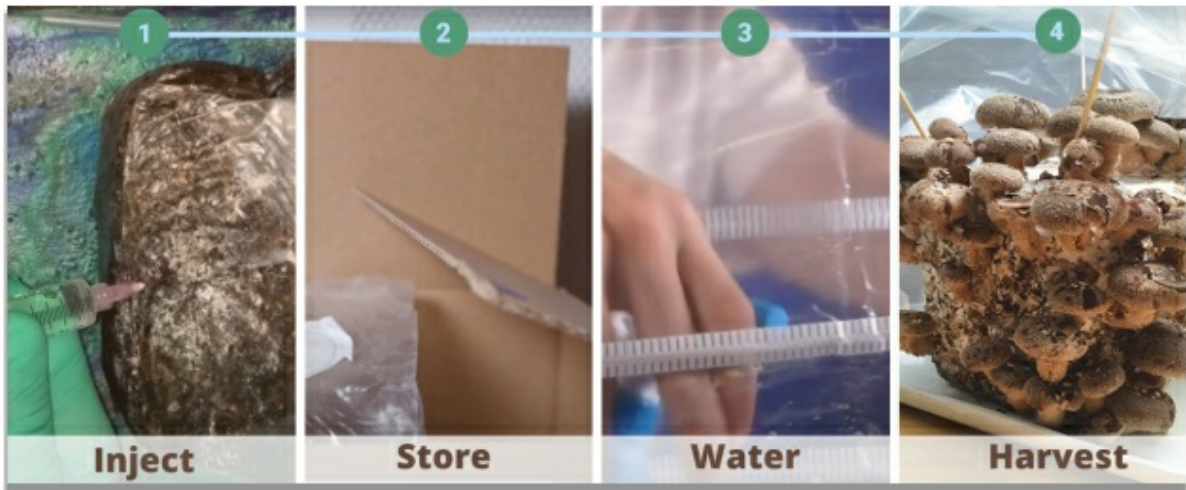
How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit, then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple weeks.

The main difference is you have to inject your bag with the spores and wait a few weeks for it to fully colonize.

6.

Shiitake Mushroom



Total Cost: \$60

Total Time: 2 – 4 Months

Amount of Effort: Very little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 100 - 300 grams wet or 10 - 30 grams dried

Estimated Yield of the 2 to 3 Flushes (1 bag): 100 – 300 grams wet or 10 – 30 grams dried

Total Estimated Yield (1 bag): 200 - 600 grams wet or 20 - 60 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 7 – 19 Days

Total Time: 21 – 47 Days

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your liquid cultures into the grow bags.

- 2) Put your bags into a dark place for a couple weeks.
- 3) Cut the top off your bag and let the mushrooms grow.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 2-Pound Wood Loving All in One Mushroom Grow Bags (x2)
- 2) Mushroom Spore Syringe

You will find the links to the grow bag we recommend in your members area.

You will notice that some suppliers we recommend might not have 2-pound grow bags listed on their site but will have 5-pound bags instead. That is okay as well if you decide to go with them.

We have also added a button to contact them to request the bag size that we recommend even if it is not listed on their site.

Wait...Why did we get the 2-pound bags?

The reason is the shiitake tends to like this size of bag better than the 1-pound bags.

However, you may even want to use an even bigger mushroom growing bag:

- 1) 5-Pound Wood Loving All in One Mushroom Grow Bag

You will notice that the syringe you ordered was a liquid culture syringe. This means there are small chunks of mycelium in the syringe instead of spores.

That is actually better than using spores because the cultures are further along in the growing process than spores.

6.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your liquid culture syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your culture liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag). Not needing if there is a self-healing injection port.

Basically, all you did here was take your spore syringe and inject it into the mushroom grow bag.

6.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 70 - 80 F.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

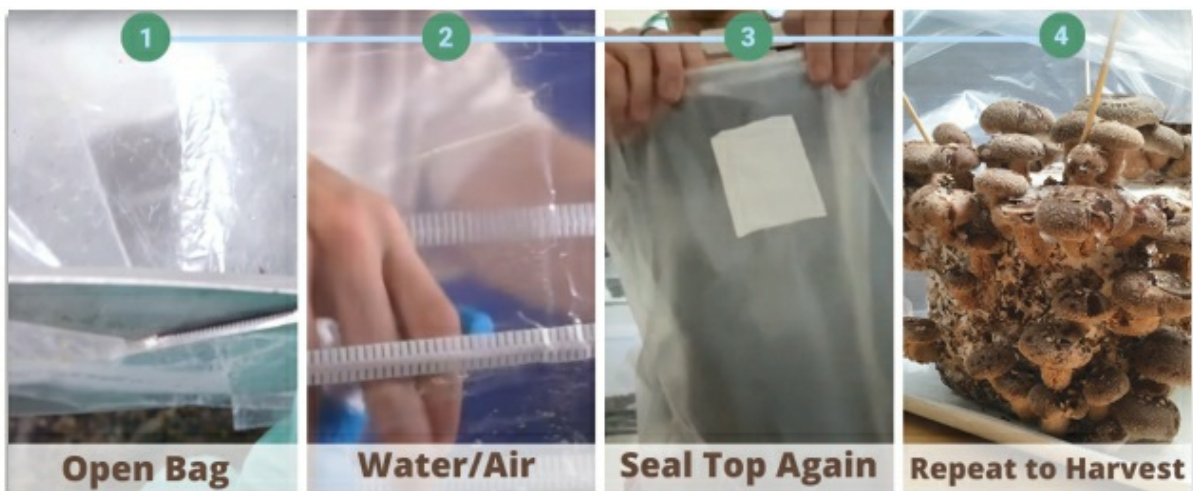
Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.
- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is 50% colonized you can mix the bag up to help speed up the

colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

6.3 Fruiting



Fruiting Steps:

We will be fruiting the mushrooms right in the bag...

- 1) Cut the very top of the bag off with a pair of scissors to give it some fresh air.
- 2) Mist the inside of the bag (on the walls of the bag and not directly on the fruiting block) a couple times with a spray bottle filled with clean or distilled water.
- 3) Fold the very top of the bag shut a couple of times and use a piece of tape or paper clip to keep it shut.
- 4) Keep the bag between 55 – 70 degrees (a little cooler than room temperature for most people).
- 5) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 6) Open the bag 4 – 5 times a day and fan fresh air inside.
- 7) 2 of the times you open the bag for air you will also lightly mist with a sprayer of distilled (or filtered) water.
- 8) Continue this process for the next 7 – 19 days until the mushrooms are ready to harvest.

Basically, you are cutting the top off the bag to allow fresh air inside a few times a day while keeping the humidity high (90%) for the next couple weeks.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.

- 5) When misting try to do 5 to 6 light sprays of water and fan the bag really well for 1 minute to give it fresh air.
- 6) To allow more fresh air in you can cut a 3-inch slice on both side of the bag right above the air filter patch.
- 7) (Optional) You could cut a 1-inch by 1-inch X on the sides of the bag (as near to the bottom as possible) to get a growth of mushrooms from the side as well. If you do, be sure mist that area when you mist the inside of the bag as well.

Humidity Tent (Optional)



** You would keep the original bag on the block with only the top of it cut off (unlike this picture where the original bag is removed completely) **

Humidity Tent (Optional):

Another option is to cut the top of the bag off (1 inch above the top of the mushroom block) to allow more oxygen in which you could add a humidity tent to keep the humidity high otherwise, they will dry out and stop growing.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your mushroom block onto a big plate (option to add a little water to the plate to help with humidity).
- 2) If you add water to the plate you will need to elevate the block by setting it on something, so it does not sit inside the water.
- 3) Poke four 12-inch-long skewers into the 4 corners of the mushroom block.
- 4) Drape your humidity tent over the skewers and fruiting block and

tuck it under the bottom of the plate.

- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Remove the humidity tent 1 – 2 times a day (for 1 minute) to allow fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) When misting, you don't want to spray the block directly (too much) and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 4) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 5) When misting, try to do 5 to 6 light sprays of water.
- 6) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

*Note: If you plan on using the humidity tent then you may want to look into fruiting the Shiitake using our 'Full Fruiting' method. You can find it in the Table of Contents.

6.4 Harvesting

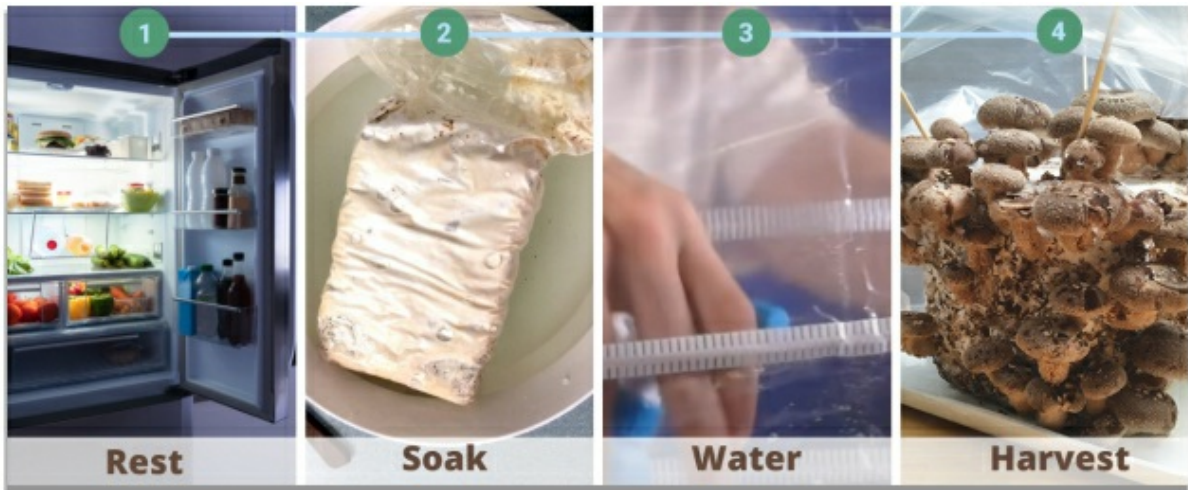


Harvesting:

Congratulations on your harvest!

- 1) Normally you will harvest the mushrooms when the edges of the cap are still curled down.
- 2) Twist and Pull them or cut them at the base with a sharp pair of scissors or sharp knife.

6.5 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you may be able to get more flushes out of your block (most people only get 1 flush of shiitake).

- 1) Store it in a dark place below fruiting temperature (e.g. refrigerator) for 4 to 7 days.
- 2) Submerge the entire bag in a tub of distilled water (or filtered water) for 6 – 12 hours, drain thoroughly, and then start the fruiting steps again.
- 3) You could get 2 to 3 more flushes before it stops producing (most people don't get more than 1 flush).
- 4) Continue to fan fresh air and mist water into the bags as discussed in the fruiting steps.

Wrapping Up

So, there you have it! Now you have your Shiitake mushrooms!

We basically did the 6 things:

- 1) Bought a liquid culture syringe and some 'ready to use' grow bags.
- 2) Injected the cultures into the bag.
- 3) Place the bag in a dark area for a couple weeks.
- 4) Cut the very top off the bag to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next couple months.

How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit, then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple months.

The main difference is you have to inject your bag with the cultures and wait a few weeks for it to fully colonize.

II. Side Fruiting Mushrooms Method

In this section we will cover the types of mushrooms that we will fruit from the side of the bag.

That basically means that instead of fruiting inside the bag like we did

with the 'Top Fruiterers' we will cut a slit in the side of the bag on the substrate block and the mushrooms will grow out of the slit.

You could also do simultaneous 'Top Fruiting' and 'Side Fruiting' meaning you could follow the steps from Section I and combine them with this section.

For this method we will talk about the following mushrooms:

- 1) Oyster mushrooms
- 2) Lion's mane mushrooms
- 3) Reishi mushrooms
- 4) Turkey Tail mushrooms

You will notice that the big difference in this section is that we are using the big 5-Pound fruiting blocks instead of the 1- or 2-pound fruiting blocks that we used in the first section.

The reason for this is I believe if you are using the smaller bags it just makes more sense to fruit from the top since the sides are so small. You could however fruit from the top and still make a couple cuts in the sides of the bags as I described in the previous section.

Since you will be fruiting bigger bags in this section that means you will end up having bigger mushrooms during all your flushes and you might end up having more flushes total.

Therefore, you will still end up getting as many mushrooms as if you fruited 2 smaller 2-pound bags.

There is no major advantage of doing it one way or the other except you might like the way the larger mushrooms come out looking with the bigger bags.

Also, for certain mushrooms listed in this section you can also fruit from the top and the sides and we will describe that in the directions on fruiting it.

One big disadvantage of "Side Fruiting" is the mushrooms will be at higher risk of drying out and you may need to create a humidity tent (covered in the instructions of each mushroom).

1.

Oyster Mushroom



Total Cost: \$60

Total Time: 3 – 7 Weeks

Amount of Effort: Very little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 300 - 500 grams wet or 30 - 50 grams dried

Estimated Yield 3 to 4 Flushes (1 bag): 600 - 900 grams wet or 60 - 90 grams dried

Total Estimated Yield (1 bag): 900 – 1,400 grams wet or 90 – 140 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 2 – 6 Weeks

Total Time: 4 – 10 Weeks

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your liquid cultures into the grow bags.
- 2) Put your bags into a dark place for a couple weeks.
- 3) Cut a 2.5-inch X into the sides of the block.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 5-Pound Wood Loving All in One Mushroom Grow Bags
- 2) Mushroom Spore Syringe

You will find the links to the grow bag we recommend in your members area.

You will notice that some suppliers we recommend might not have 5-pound grow bags listed on their site but will have 3-pound bags instead. That is okay as well if you decide to go with them.

We have also added a button to contact them to request the bag size that we recommend even if it is not listed on their site.

Wait...Why did we get the 5-pound grow bag?

The 5-pound bag seem to be the right amount of substrate to allow you to get a flush out of one side and then flip it over and get a flush out of the other side.

Oyster mushrooms will be a little different in that there are multiple strains of Oyster mushrooms.

The reason this is important is because each strain will require different fruiting temperatures:

- 3) **Cold Weather Strains (45 – 65F):** Pearl, Blue, King.
- 4) **Warm Weather Strains (64 – 86F):** Phoenix, Golden, Pink.

The Oyster mushroom is one of the easiest mushrooms to grow which makes it perfect for beginners. Not only that though it is a delicious choice edible mushroom.

1.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your liquid culture syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your culture liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag). Not needing if there is a self-healing injection port.

Basically, all you did here was take your spore syringe and inject it into

the mushroom grow bag.

1.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 70 - 80 degrees.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

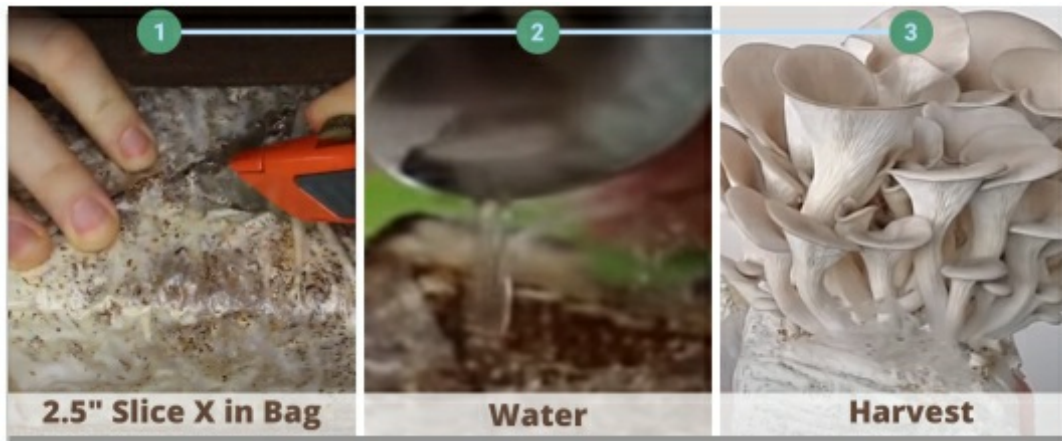
Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.

- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is 50% colonized you can mix the bag up to help speed up the colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

1.3 Fruiting



Fruiting Steps:

- 1) Cut a 2.5-inch X into the bag (the side will face up towards the ceiling that you put the X into).
- 2) Add about 2 – 3 teaspoons of water daily under the flaps of the X you cut in step 1 (you can use a spoon to pour it in).
- 3) In about 1 – 2 weeks you will start to see the tiny oyster mushrooms pinning up.
- 4) Now you can start to mist it with water (instead of pouring with a spoon like in step 2) daily to keep it moist.
- 5) Keep the bag in the temperature range covered early based on whether you are fruiting a cold or warm weather strain.
- 6) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 7) Continue this process for the next 1 - 2 weeks and you will notice they will about double in size each day.

Tips:

- 1) To encourage fruiting you could scrape the surface of the area under the X you cut with a fork and then soak the bag X side down in water for 6 hours.



Humidity Tent (Optional)



** You would keep the original bag on the block with the X cut facing upward (unlike this picture where the original bag is removed completely)*

Humidity Tent (Optional):

The humidity tent will help keep the humidity high and keep our block from drying out so our mushrooms can grow.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your mushroom block onto a big plate.
- 2) You could add water to the plate to help with the humidity but then you will need to place your block on something to slightly elevate it above the water on the plate.
- 3) Poke four 12-inch-long skewers into the 4 corners of the Shiitake block.
- 4) Drape your humidity tent over the skewers and fruiting block and tuck it under the bottom of the plate.
- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Open the humidity tent 4 – 5 times a day and fan fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

1.4 Harvesting



Harvesting:

Congratulations on your harvest!

- 1) You will want to harvest the Oyster mushrooms right before the caps start to completely flatten out (if they are completely flat or turning upward then you are too late).
- 2) To harvest them simply grab the whole chunk of mushroom and gently twist it at the base and it will separate from the block.
- 3) Or you could use a sharp knife and cut the mushroom at the base.

1.5 Flushes



More Flushes Steps:

Congratulations on having your first harvest however you can still expect to have a couple more over the next month.

- 1) Cut a 2.5-inch X into the opposite side of the bag.
- 2) Soak the bag with the new X cut side facing down in water for 6 hours.
- 3) Dry the bag off with a towel.
- 4) Then continue to do the steps you just did in the normal fruiting steps.
- 5) After harvesting from the other side, you can try to soak it again on the other side to get another flush from that side.
- 6) Continue to repeat until it stops producing mushrooms (could take 2 – 3 weeks before another flush begins to grow so be patient).
- 7) If you want to get more flushes out of it after your fruit the other side, you will want to store it in the refrigerator for 4 to 7 days to give it a rest and then soak the entire block in water for 6 hours.
- 8) Then repeat the fruiting process on the first side you cut the X into (grow out of the same X as before).

Tips:

- 1) To help encourage fruiting you can scrape the surface of the area under the X you cut with a fork before soaking it in water.

- 2) If trying to do a 3rd or more flushes you may want to cover the X that you are not growing out of with some tape, so no oxygen gets into it and start fruiting by accident.
- 3) Another option is to fruit both X sides at the same time by standing the bag straight up length wise so both X's are exposed to air.
- 4) Another option is to make an X cut in one of the other sides that have not been cut yet and cover the other cuts with tape.



Wrapping Up

Wrapping Up:

So, there you have it! Now you have your Oyster mushrooms!

We basically did the 5 things:

- 1) Bought a liquid culture syringe and some 'ready to use' grow bags.
- 2) Injected the cultures into the bag.
- 3) Place the bag in a dark area for a couple weeks.
- 4) Sliced a 2.5" slit X into the bag to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next few weeks.

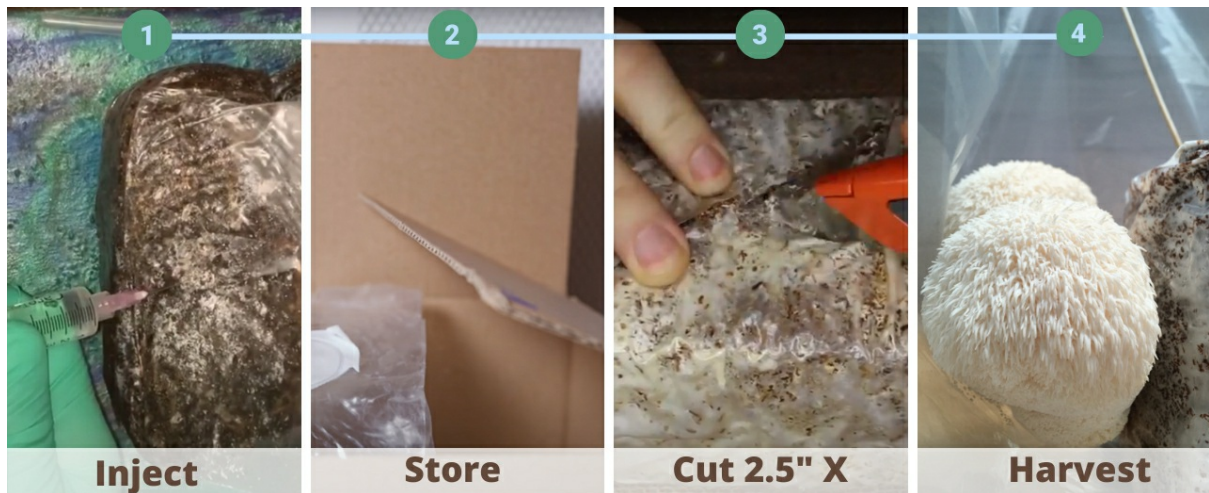
How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit, then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple months.

The main difference is you have to inject your bag with the cultures and wait a few weeks for it to fully colonize.

2.

Lions Mane Mushroom



Total Cost: \$60

Total Time: 3 – 7 Weeks

Amount of Effort: Very little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 300 - 500 grams wet or 30 - 50 grams dried

Estimated Yield of 3 – 6 Flushes (1 bag): 300 - 600 grams wet or 30 - 60 grams

Total Estimated Yield (1 bag): 600 – 1,200 grams wet or 60 – 120 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 2 – 6 Weeks

Total Time: 4 – 10 Weeks

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your liquid cultures into the grow bags.

- 2) Put your bags into a dark place for a couple weeks.
- 3) Cut a 2.5-inch X into the side of the block.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 5-Pound Wood Loving All in One Mushroom Grow Bags
- 2) Mushroom Spore Syringe

You will find the links to the grow bag we recommend in your members area.

You will notice that some suppliers we recommend might not have 5-pound grow bags listed on their site but will have 3-pound bags instead. That is okay as well if you decide to go with them.

We have also added a button to contact them to request the bag size that we recommend even if it is not listed on their site.

Wait...Why did we get the 5-pound bag?

The 5-pound bags seem to be the right amount of substrate to allow you to get a flush out of one side and then flip it over and get a flush out of the other side.

Lions Mane mushrooms are more of a warm weather mushroom and prefer fruiting temperatures of between 65 – 75 F.

If you have growing Oyster mushrooms before then you technically will follow the same exact steps and you should already know how to grow Lions Mane.

Lions Mane is a delicious choice edible mushroom and one of my favorites!

2.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your liquid culture syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your culture liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag).

Basically, all you did here was take your spore syringe and inject it into the mushroom grow bag.

2.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 70 - 80 degrees.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

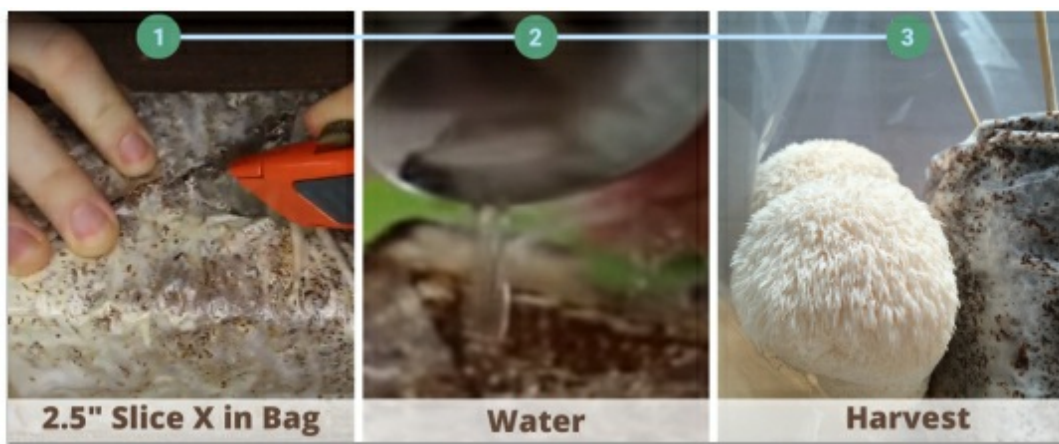
Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.
- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is

50% colonized you can mix the bag up to help speed up the colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

2.3 Fruiting

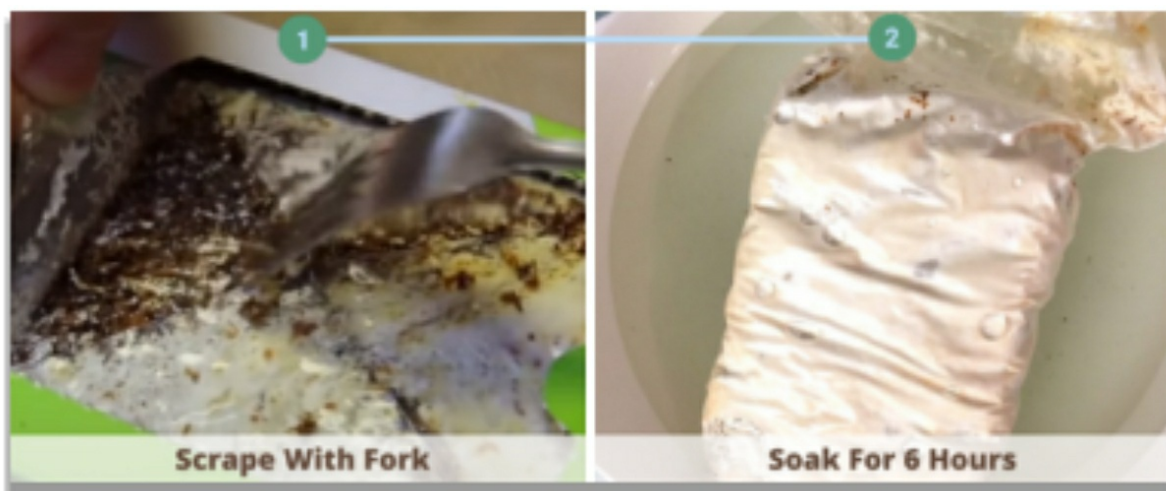


Fruiting Steps:

- 1) Cut a 2.5-inch X into the bag (the side will face up towards the ceiling that you put the X into).
- 2) Add about 2 – 3 teaspoons of water daily under the flaps of the X you cut in step 1 (you can use a spoon to pour it in).
- 3) I about 1 – 2 weeks you will start to see the tiny lion’s mane mushrooms pinning up.
- 4) Now you can start to mist it with water (instead of pouring with a spoon like in step 2) daily to keep it moist.
- 5) Keep the bag in the temperature range between 65 – 75 F.
- 6) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 7) Continue this process for the next 1 - 2 weeks and you will notice they will about double in size each day.

Tips:

- 1) To encourage fruiting you could scrape the surface of the area under the X you cut with a fork and then soak the bag X side down in water for 6 hours.



Humidity Tent (Optional)



** You would keep the original bag on the block with the X cut facing upward (unlike this picture where the original bag is removed completely)
**

Humidity Tent (Optional):

The humidity tent will help keep the humidity high and keep our block from drying out so our mushrooms can grow.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your mushroom block onto a big plate.
- 2) You could add water to the plate to help with the humidity but then you will need to place you block on something to slightly elevate it above the water on the plate.
- 3) Poke four 12-inch-long skewers into the 4 corners of the Shiitake block.
- 4) Drape your humidity tent over the skewers and fruiting block and tuck it under the bottom of the plate.

- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Open the humidity tent 4 – 5 times a day and fan fresh air inside.

Tips:

- 1) During the 12-hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

2.4 Harvesting

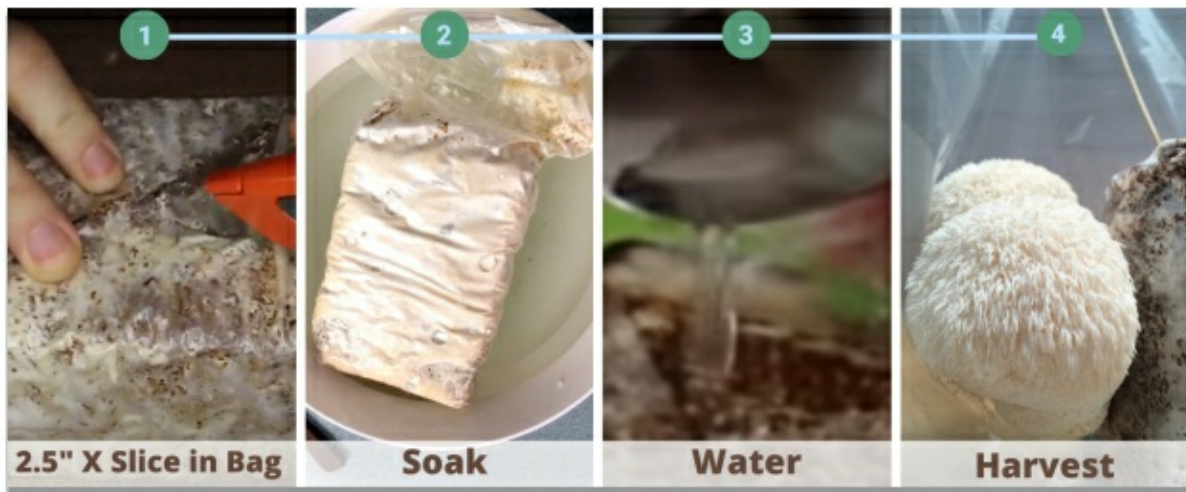


Harvesting:

Congratulations on your harvest!

- 1) You will want to harvest the Lions Mane mushrooms once their spines start to become long (1/4 inch in length) and the mushroom feels spongy when you lightly squeeze it.
- 2) If they overly mature, they will release a white dusty looking spores.
- 3) To harvest them simply grab the whole chunk of mushroom and gently twist it at the base and it will separate from the block.
- 4) Or you could use a sharp knife and cut the mushroom at the base.

2.5 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you can still expect to have a couple more over the next month.

- 1) Cut a 2.5-inch X into the opposite side of the bag.
- 2) Soak the bag with the new X cut side facing down in water for 6 hours.
- 3) Dry the bag off with a towel.
- 4) Then continue to do the steps you just did in the normal fruiting steps.
- 5) After harvesting from the other side, you can try to soak it again on the other side to get another flush from that side.
- 6) Continue to repeat until it stops producing mushrooms (could take 2 – 3 weeks before another flush begins to grow so be patient).
- 7) If you want to get more flushes out of it after your fruit the other side, you will want to store it in the refrigerator for 4 to 7 days to give it a rest and then soak the entire block in water for 6 hours.
- 8) Then repeat the fruiting process on the first side you cut the X into (grow out of the same X as before).

Tips:

- 1) To help encourage fruiting you can scrape the surface of the area under the X you cut with a fork before soaking it in water.

- 2) If trying to do a 3rd or more flushes you may want to cover the X that you are not growing out of with some tape, so no oxygen gets into it and start fruiting by accident.
- 3) Another option is to fruit bot X sides at the same time by standing the straight up length wise so both X's are exposed to air.
- 4) Another option is to make an X cut in one of the other sides that have not been cut yet and cover the other cuts with tape.



Wrapping Up

Wrapping Up:

So, there you have it! Now you have your Lions Mane mushrooms!

We basically did the 5 things:

- 1) Bought a liquid culture syringe and some 'ready to use' grow bags.
- 2) Injected the cultures into the bag.
- 3) Place the bag in a dark area for a couple weeks.
- 4) Sliced a 2.5" slit X into the bag to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next few weeks.

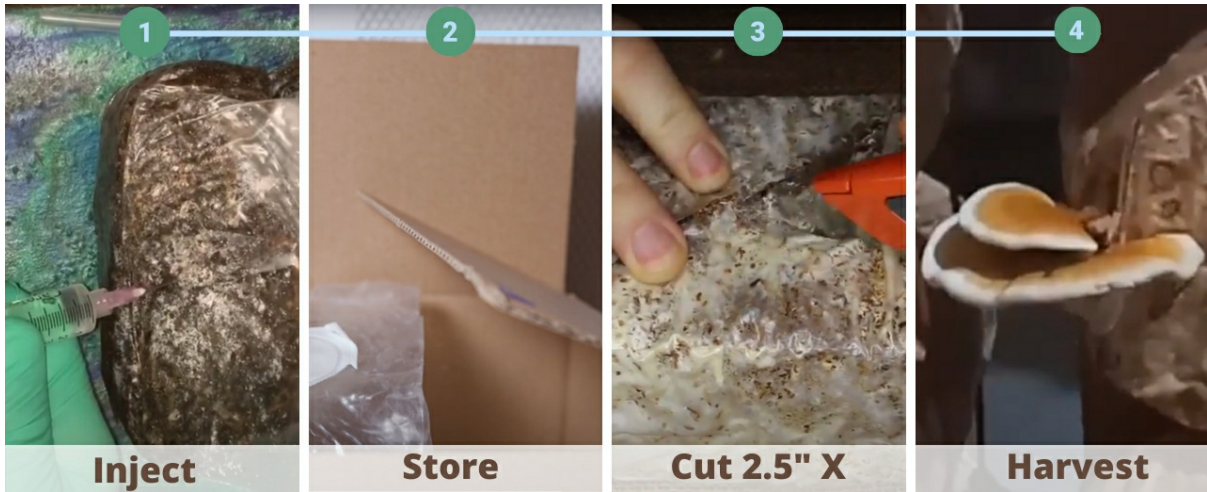
How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit, then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple months.

The main difference is you have to inject your bag with the cultures and wait a few weeks for it to fully colonize.

3.

Reishi Mushroom



Total Cost: \$60

Total Time: 2 – 4 Months

Amount of Effort: Very little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 300 - 500 grams wet or 30 - 50 grams dried

Estimated Yield of the 2 to 3 Flushes (1 bag): 300 - 500 grams wet or 30 - 50 grams dried

Total Estimated Yield (1 bag): 600 – 1,000 grams wet or 60 - 100 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 1 – 3 Months

Total Time: 2 – 4 Months

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your liquid cultures into the grow bags.

- 2) Put your bags into a dark place for a couple weeks.
- 3) Cut a 2.5-inch X into the side of the block.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 5-Pound Wood Loving All in One Mushroom Grow Bags
- 2) Mushroom Spore Syringe

You will find the links to the grow bag we recommend in your members area.

You will notice that some suppliers we recommend might not have 5-pound grow bags listed on their site but will have 3-pound bags instead. That is okay as well if you decide to go with them.

We have also added a button to contact them to request the bag size that we recommend even if it is not listed on their site.

Wait...Why did we get the 5-pound bag?

The 5-pound bags seem to be the right amount of substrate to allow you to get a flush out of one side and then flip it over and get a flush out of the other side.

Reishi mushrooms are more of a warm weather mushroom and prefer fruiting temperatures of between 75 – 85 F.

If you have growing Oyster mushrooms before then you technically will follow the same exact steps and you should already know how to grow Reishi.

Reishi is a medicinal mushroom that is best dried and made into teas.

Growing Reishi in the ‘Side Fruiting’ method will create round conks. If you want antlers, then refer to our ‘Top Fruiting’ method by going back to the Table of Contents.

Or you could use this bag to fruit from the top and the side to get the best of both worlds!

3.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your liquid culture syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your culture liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag). Not needing if there is a self-healing injection port.

Basically, all you did here was take your spore syringe and inject it into the mushroom grow bag.

3.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 70 - 80 degrees.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

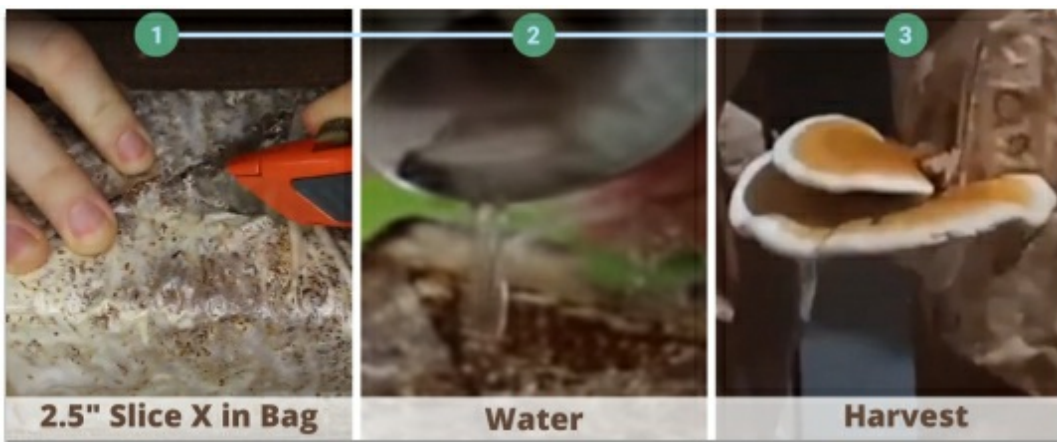
Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.
- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is

50% colonized you can mix the bag up to help speed up the colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

3.3 Fruiting



Fruiting Steps:

At this point you need to decide if you want to fruit out of the top of the bag, the top & the side at the same time or only fruit the side.

If you want to fruit top or the from the top and the side, then combine this method with the Reishi growing steps in the first method in this guide.

- 1) Cut a 2.5-inch X into the bag.
- 2) Add about 2 – 3 teaspoons of water daily under the flaps of the X you cut in step 1 (you can use a spoon to pour it in).
- 3) I about 1 – 2 weeks you will start to see the tiny reishi mushrooms pinning up.
- 4) Now you can start to mist it with water (instead of pouring with a spoon like in step 2) daily to keep it moist.
- 5) Keep the bag in the temperature range between 65 – 75 F.
- 6) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 7) Continue this process for the next 1 – 2 months until the reach the desired size.

Tips:

- 1) To encourage fruiting you could scrape the surface of the area under the X you cut with a fork and then soak the bag X side down in water for 6 hours.



Humidity Tent (Optional)



** You would keep the original bag on the block with the X cut facing upward (unlike this picture where the original bag is removed completely)
**

Humidity Tent (Optional):

The humidity tent will help keep the humidity high and keep our block from drying out so our mushrooms can grow.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your mushroom block onto a big plate.
- 2) You could add water to the plate to help with the humidity but then you will need to place you block on something to slightly elevate it above the water on the plate.
- 3) Poke four 12-inch-long skewers into the 4 corners of the Shiitake block.
- 4) Drape your humidity tent over the skewers and fruiting block and tuck it under the bottom of the plate.

- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Open the humidity tent 4 – 5 times a day and fan fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

3.4 Harvesting

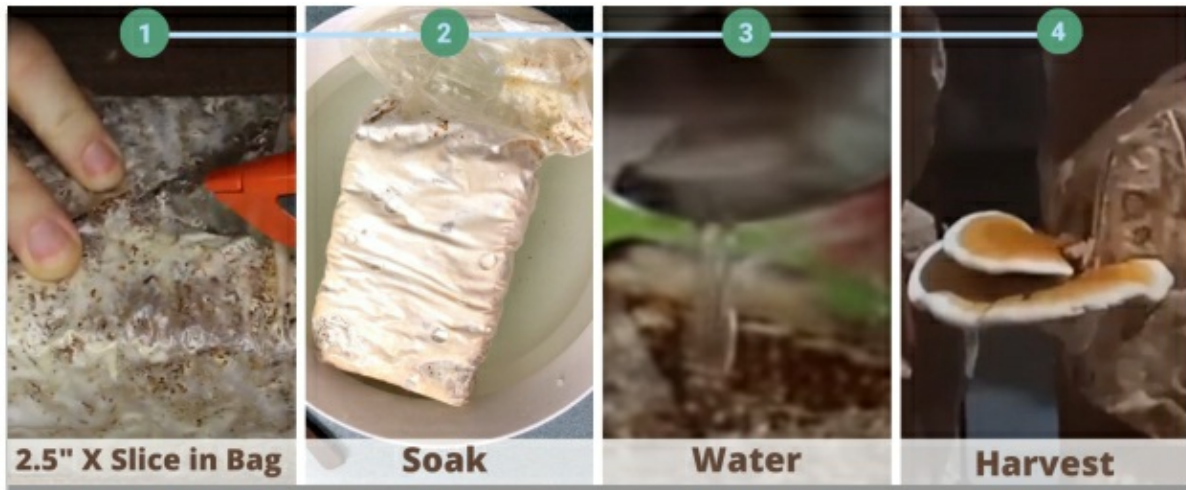


Harvesting:

Congratulations on your harvest!

- 1) You will want to harvest them before they start to release their rusty colored dust looking spores.
- 2) Cut them at the base (just above the block) with a sharp pair of scissors or sharp knife.

3.5 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you can still expect to have a couple more over the next month.

- 1) Cut a 2.5-inch X into the opposite side of the bag.
- 2) Soak the bag with the new X cut side facing down in water for 6 hours.
- 3) Dry the bag off with a towel.
- 4) Then continue to do the steps you just did in the normal fruiting steps.
- 5) After harvesting from the other side, you can try to soak it again on the other side to get another flush from that side.
- 6) Continue to repeat until it stops producing mushrooms (could take 2 – 3 weeks before another flush begins to grow so be patient).
- 7) If you want to get more flushes out of it after your fruit the other side, you will want to store it in the refrigerator for 4 to 7 days to give it a rest and then soak the entire block in water for 6 hours.
- 8) Then repeat the fruiting process on the first side you cut the X into (grow out of the same X as before).

Tips:

- 1) To help encourage fruiting you can scrape the surface of the area under the X you cut with a fork before soaking it in water.

- 2) If trying to do a 3rd or more flushes you may want to cover the X that you are not growing out of with some tape so no oxygen gets into it and start fruiting by accident.
- 3) Another option is to fruit bot X sides at the same time by standing the straight up length wise so both X's are exposed to air.
- 4) Another option is to make an X cut in one of the other sides that have not been cut yet and cover the other cuts with tape.



Wrapping Up

Wrapping Up:

So, there you have it! Now you have your Reishi mushrooms!

We basically did the 5 things:

- 1) Bought a liquid culture syringe and some 'ready to use' grow bags.
- 2) Injected the cultures into the bag.
- 3) Place the bag in a dark area for a couple weeks.
- 4) Sliced a 2.5" slit X into the bag to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next few weeks.

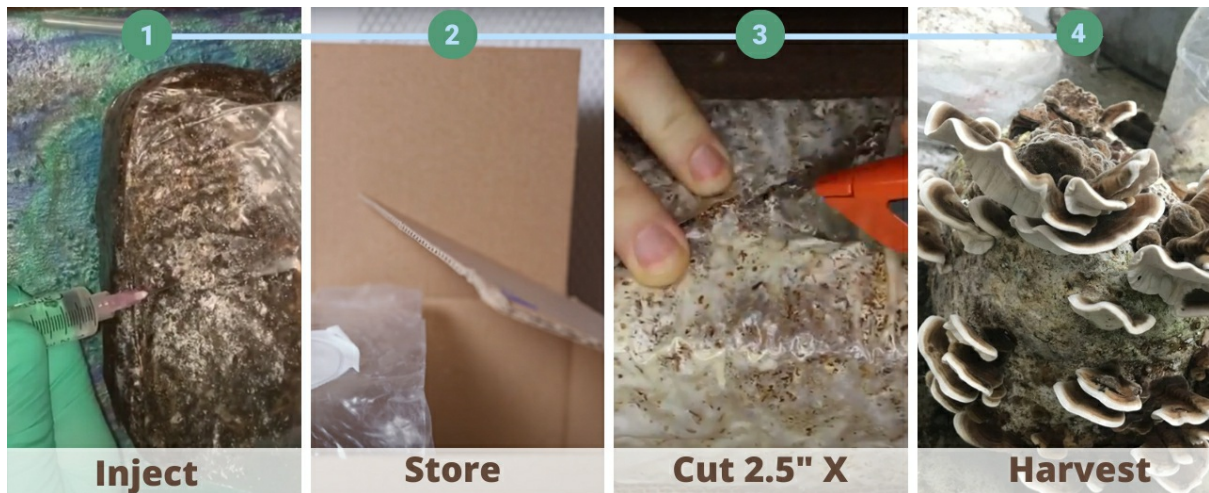
How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple months.

The main difference is you have to inject your bag with the cultures and wait a few weeks for it to fully colonize.

4.

Turkey Tail Mushroom



Total Cost: \$60

Total Time: 2 – 4 Months

Amount of Effort: Very little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 300 - 500 grams wet or 30 - 50 grams dried

Estimated Yield of the 2 to 3 Flushes (1 bag): 300 – 700 grams wet or 30 - 70 grams dried

Total Estimated Yield (1 bag): 600 – 1,200 grams wet or 60 - 120 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 1 – 2 Months

Total Time: 2 – 3 Months

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your liquid cultures into the grow bags.

- 2) Put your bags into a dark place for a couple weeks.
- 3) Cut a 2.5-inch X into the side of the block.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 5-Pound Manure Loving All in One Mushroom Grow Bags
- 2) Mushroom Spore Syringe

You will find the links to the grow bag we recommend in your members area.

You will notice that some suppliers we recommend might not have 5-pound grow bags listed on their site but will have 3-pound bags instead. That is okay as well if you decide to go with them.

We have also added a button to contact them to request the bag size that we recommend even if it is not listed on their site.

Wait...Why did we get the 5-pound bags?

The 5-pound bags seem to be the right amount of substrate to allow you to get a flush out of one side and then flip it over and get a flush out of the other side.

Turkey Tail mushrooms are more of a warm weather mushroom and prefer fruiting temperatures of between 65 – 75 F.

If you have growing Oyster mushrooms before then you technically will follow the same exact steps and you should already know how to grow Turkey Tail.

Some people like to put 5 small 2 inch horizontal slits into the (evenly spaced apart) on both sides and the front of the bag to fruit it that way but we will only be using 1 big X on what side at a time.

Turkey Tail is a medicinal mushroom that is best dried and made into teas.

4.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your liquid culture syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your culture liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag). Not needing if there is a self-healing injection port.

Basically, all you did here was take your spore syringe and inject it into the mushroom grow bag.

4.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 70 - 80 degrees.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

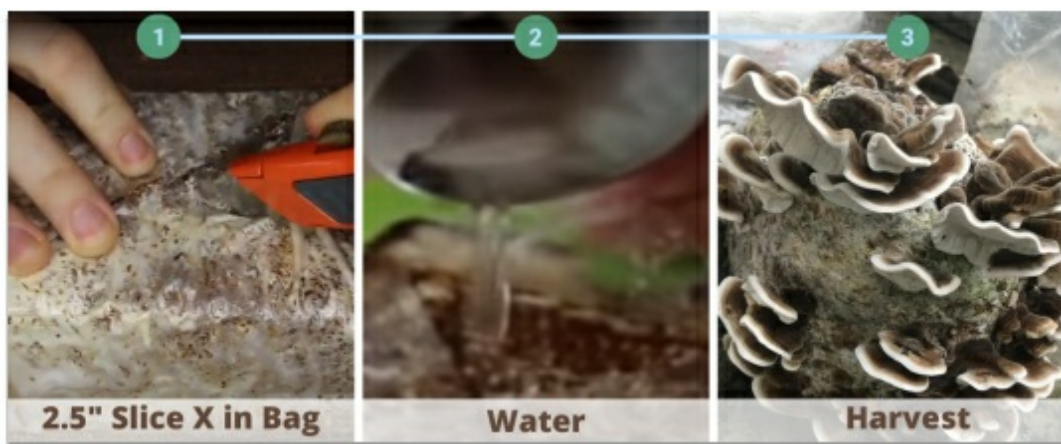
Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.
- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is

50% colonized you can mix the bag up to help speed up the colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

4.3 Fruiting



Fruiting Steps:

At this point you need to decide if you want to fruit out of the top of the bag, the top & the side at the same time or only fruit the side.

If you want to fruit top or the from the top and the side, then combine this method with the Turkey Tail growing steps in the first method in this guide.

- 1) Cut a 2.5-inch X into the bag.
- 2) Add about 2 – 3 teaspoons of water daily under the flaps of the X you cut in step 1 (you can use a spoon to pour it in).
- 3) I about 1 – 2 weeks you will start to see the tiny Turkey Tail mushrooms pinning up.
- 4) Now you can start to mist it with water (instead of pouring with a spoon like in step 2) daily to keep it moist.
- 5) Keep the bag in the temperature range between 65 – 75 F.
- 6) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 7) Continue this process for the next 1 – 2 months until the reach the desired size.

* Another option is to put 5 small 2 inch horizontal slits (evenly spaced apart) on both sides and the front of the bag. Either option is fine.

Tips:

- 1) To encourage fruiting you could scrape the surface of the area under the X you cut with a fork and then soak the bag X side down in water for 6 hours.



Humidity Tent (Optional)



** You would keep the original bag on the block with the X cut facing upward (unlike this picture where the original bag is removed completely)
**

Humidity Tent (Optional):

The humidity tent will help keep the humidity high and keep our block from drying out so our mushrooms can grow.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your mushroom block onto a big plate.
- 2) You could add water to the plate to help with the humidity but then you will need to place you block on something to slightly elevate it above the water on the plate.
- 3) Poke four 12-inch-long skewers into the 4 corners of the Shiitake block.
- 4) Drape your humidity tent over the skewers and fruiting block and tuck it under the bottom of the plate.

- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Open the humidity tent 4 – 5 times a day and fan fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

4.4 Harvesting

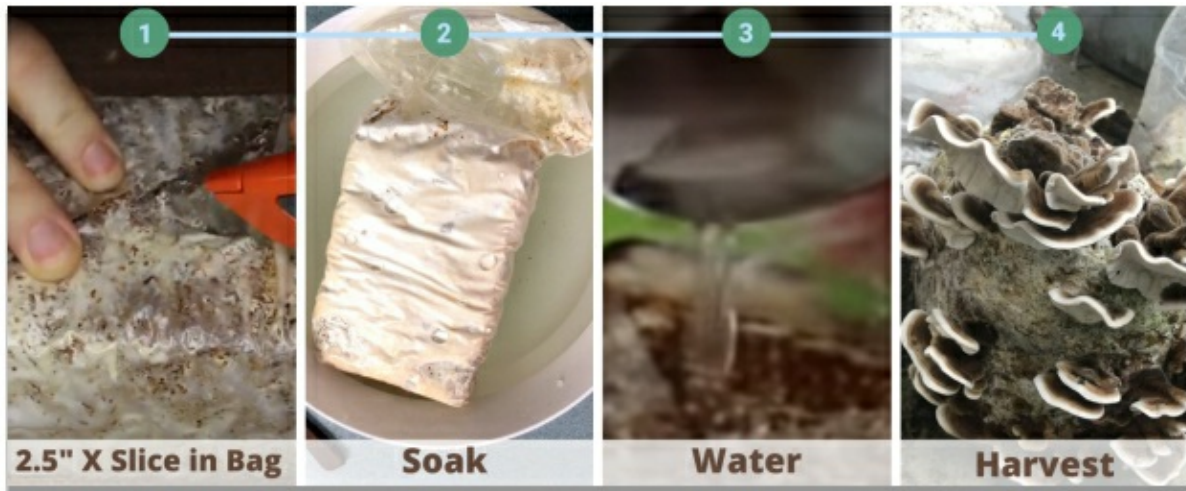


Harvesting:

Congratulations on your harvest!

- 1) Harvest them by twisting at the base or cut them with a sharp pair of scissors or sharp knife.
- 2) You will harvest the Turkey Tail any time during the fruiting process as long as they are in good health and have a white underside. They will normally grow a little bit larger than the diameter of a lemon.

4.5 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you can still expect to have a couple more over the next month.

- 1) Cut a 2.5-inch X into the opposite side of the bag.
- 2) Soak the bag with the new X cut side facing down in water for 6 hours.
- 3) Dry the bag off with a towel.
- 4) Then continue to do the steps you just did in the normal fruiting steps.
- 5) After harvesting from the other side, you can try to soak it again on the other side to get another flush from that side.
- 6) Continue to repeat until it stops producing mushrooms (could take 2 – 3 weeks before another flush begins to grow so be patient).
- 7) If you want to get more flushes out of it after your fruit the other side, you will want to store it in the refrigerator for 4 to 7 days to give it a rest and then soak the entire block in water for 6 hours.
- 8) Then repeat the fruiting process on the first side you cut the X into (grow out of the same X as before).

Tips:

- 1) To help encourage fruiting you can scrape the surface of the area under the X you cut with a fork before soaking it in water.
- 2) If trying to do a 3rd or more flushes you may want to cover the X that you are not growing out of with some tape, so no oxygen gets into it and start fruiting by accident.
- 3) Another option is to fruit bot X sides at the same time by standing the straight up length wise so both X's are exposed to air.
- 4) Another option is to make an X cut in one of the other sides that have not been cut yet and cover the other cuts with tape.



* If using the 5 slit method (talked about previously) then just start with store it in the refrigerator for 4 to 7 days to give it a rest and then soak the entire block in water for 6 hours. Then it will be able to start it's next flush.

Wrapping Up

Wrapping Up:

So, there you have it! Now you have your Turkey Tail mushrooms!

We basically did the 5 things:

- 1) Bought a liquid culture syringe and some 'ready to use' grow bags.
- 2) Injected the cultures into the bag.
- 3) Place the bag in a dark area for a couple weeks.
- 4) Sliced a 2.5" slit X into the bag to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next few weeks.

How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit, then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple months.

The main difference is you have to inject your bag with the cultures and wait a few weeks for it to fully colonize.

III. Full Fruiting Mushrooms Method

In this section we will cover the types of mushrooms that we will fruit by removing the bag completely.

For this method we will talk about the following mushrooms:

- 1) Manure Loving Mushrooms
- 2) Shiitake Mushrooms

The biggest reason for using this method is to create a large quantity of mushrooms on a first flush for mushrooms that don't like to cluster together very much.

We are basically giving these mushrooms the extra needed surface they desire to max out the first flush.

The biggest disadvantage to this method is because the block doesn't have the plastic bag to keep the moisture in, the block will dry out very quickly which could prevent your mushrooms from growing.

Therefore, during this method you will require the use of a humidity tent to keep moisture in and will require you to purchase 2 additional items for less than \$10:

- 1) 12-inch wooden skewers (x4)
- 2) 1 clear large trash bag.

If you also purchased our 2x mushroom guide you can use the 'Shotgun Fruiting Chamber' that is mentioned in there as instead of the humidity tent.

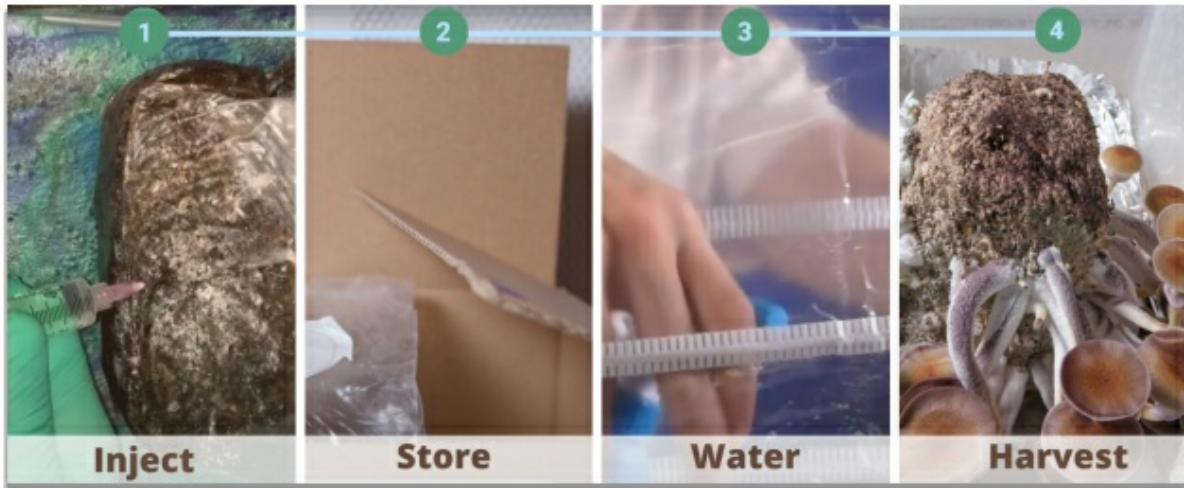
This method can be used with any of the sized of growing bags:

- 1) 1-Pound Growing Bags (Manure Loving Mushrooms Only)
- 2) 2-Pound Growing Bags
- 3) 5-Pound Growing Bags

1.



Manure Loving Mushrooms



Total Cost: \$65

Total Time: 30 – 45 Days

Amount of Effort: Little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 150 to 500 grams wet or 15 – 50 grams dried

Estimated Yield of the 3 to 5 Flushes (1 bag): 250 - 500 grams wet or 25 to 50 grams dried

Total Estimated Yield (1 bag): 350 – 1,000 grams wet or 35 - 100 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 7 – 19 Days

Total Time: 21 – 47 days.

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your spores into the grow bags.
- 2) Put your bags into a dark place for a couple weeks.
- 3) Remove the growing bag and let the mushrooms grow.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

- 1) 1-Pound Manure Loving Mushroom Grow Bags (x3)
Or
- 1) 2-Pound Manure Loving Mushroom Grow Bags (x2)
Or
- 1) 5-Pound Manure Loving Mushroom Grow Bag
And
- 2) Mushroom Spore Syringe
And
- 3) 12-Inch Wooden Skewers (x4)
And
- 4) 1 Clear Large Trash Bag

Now, let us go over the detailed steps to follow...

1.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your spore syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your spore liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag).

Basically, all you did here was take your spore syringe and inject it into the mushroom grow bag.

1.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 75-80 degrees.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.
- 5) It could take up to 6 weeks for the bag to fully colonize.

- 6) using a bag with substrate that is separated inside, then once it is 50% colonized you can mix the bag up to help speed up the colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

1.3 Fruiting



Fruiting Steps:

We will be fruiting these by removing the bag...

- 1) Remove the entire plastic growing bag your block is in.
- 2) Place your mushroom block inside the humidity tent using the direction in the next set of steps.
- 3) Keep the bag between 70 – 75 F (normal room temperature for most people).
- 4) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 5) Open the humidity tent 4 – 5 times a day and fan fresh air inside.
- 6) 2 of the times you open the bag for air you will also lightly mist with a sprayer of distilled (or filtered) water.
- 7) Continue this process for the next 7 – 19 days until the mushrooms are ready to harvest.

Basically, you are removing the bag, putting the block inside a humidity tent, and misting it to allow fresh air inside a few times a day while keeping the humidity high (90%) for the next couple weeks.

Tips:

- 1) Normally you will harvest the mushrooms right when the veil on the underside of the mushroom caps starts to break away exposing the gills (for mushrooms that have veils).
- 2) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.

- 3) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 4) When misting, you don't want to spray the block directly and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 5) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 6) When misting try to do 5 to 6 light sprays of water and fan the bag really well for 1 minute to give it fresh air.
- 7) To help with the humidity you can put some water in a container inside the humidity tent.

Humidity Tent



Humidity Tent:

The humidity tent will help keep the humidity high and keep our block from drying out so our mushrooms can grow.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your mushroom block onto a big plate.
- 2) You could add water to the plate to help with the humidity but then you will need to place your block on something to slightly elevate it above the water on the plate.
- 3) Poke four 12-inch-long skewers into the 4 corners of the Shiitake block.
- 4) Drape your humidity tent over the skewers and fruiting block and tuck it under the bottom of the plate.
- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Open the humidity tent 4 – 5 times a day and fan fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

1.4 Harvesting

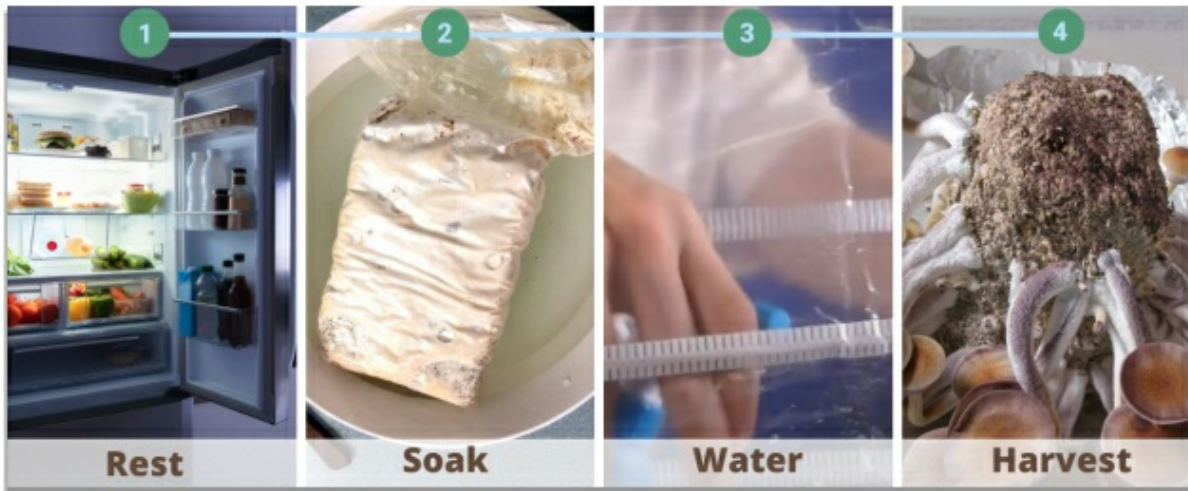


Harvesting:

Congratulations on your harvest!

- 1) You will want to harvest the mushrooms right when the veil on the underside starts to break.
- 2) Twist and pull them or cut them at the base with a sharp pair of scissors or sharp knife.

1.5 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you may be able to get more flushes out of your block.

- 1) Continue to fan fresh air and mist water into the bags as discussed in the fruiting steps.

Tips:

- 1) Store it in a dark place below fruiting temperature (e.g. refrigerator) for 4 to 7 days.
- 2) Submerge the entire bag in a tub of distilled water (or filtered water) for 6 – 12 hours, drain thoroughly, and then start the fruiting steps again.
- 3) You could get 3 to 6 more flushes before it stops producing.

Wrapping Up

So, there you have it!

We basically did the 5 things:

- 1) Bought a spore syringe and some 'ready to use' grow bags.
- 2) Injected the spores into the bag.
- 3) Place the bag in a dark area for a couple weeks.
- 4) Removed the bag and put it in a humidity tent to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next couple weeks.

How easy is that?

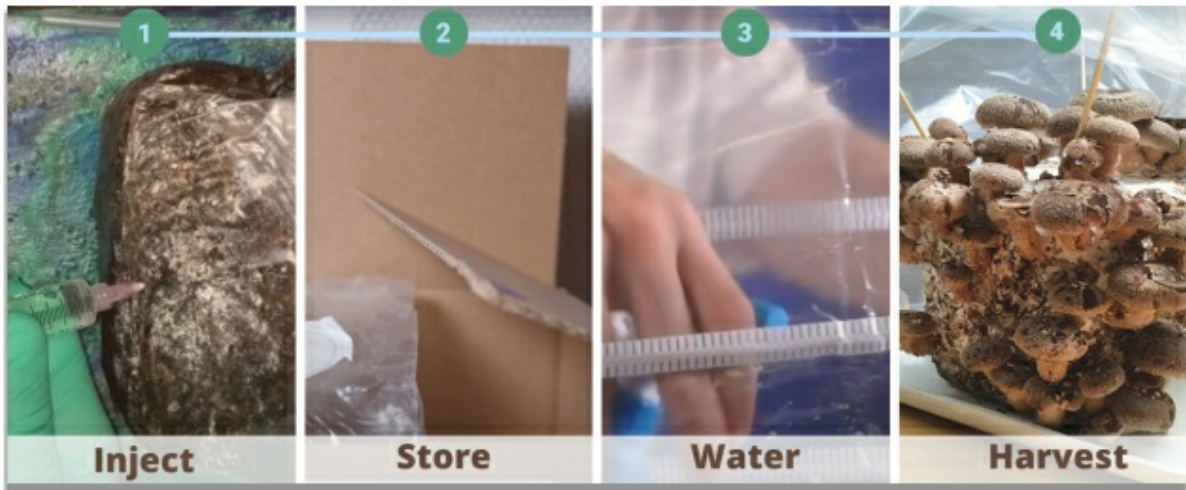
If you were to buy a pre-inoculated 'done for you' grow kit, then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple weeks.

The main difference is you have to inject your bag with the spores and wait a few weeks for it to fully colonize.

2.



Shiitake Mushrooms



Total Cost: \$65

Total Time: 30 – 45 Days

Amount of Effort: Little

Estimated Yield (Amount of mushrooms) On First Flush (1 bag): 150 to 500 grams wet or 15 – 50 grams dried

Estimated Yield of the 3 to 5 Flushes (1 bag): 250 - 500 grams wet or 25 to 50 grams dried

Total Estimated Yield (1 bag): 350 – 1,000 grams wet or 35 - 100 grams dried

How Long Will It Take?

Incubation Phase: 14 – 28 Days

Fruiting Phase: 7 – 19 Days

Total Time: 21 – 47 days.

Growing Steps & Equipment Needed

This method only involves buying 2 items and completing the following 3 steps:

- 1) Inject your spores into the grow bags.
- 2) Put your bags into a dark place for a couple weeks.

3) Remove the growing bag and let the mushrooms grow.

While there are some other little details that we will cover in this process, in general that is basically what we will be doing.

For this method you will need to purchase the following:

1) 5-Pound Wood Loving Mushroom Grow Bag

And

2) Mushroom Culture Syringe

And

3) 12-Inch Wooden Skewers (x4)

And

4) 1 Clear Large Trash Bag

Now, let us go over the detailed steps to follow...

2.1 Inoculation



Inoculation Steps:

- 1) Turn off the A/C to your house (if possible) for 30 minutes before going on.
- 2) Wash your hand for 30 seconds with soap and warm water or put-on rubber gloves.
- 3) Rub a lot of hand sanitizer on your hands or gloves (should be really wet) and then let air dry.
- 4) Rub hand sanitizer (or rubbing alcohol (70%)) on the bag where we will be sticking the needle (we will inject the needle into the middle of the dark colored substrate in the bag. If the bag has a self-healing injection port, then use that spot).
- 5) Shake your spore syringe vigorously for 1 minute.
- 6) Put the needle tip onto the spore syringe (avoid touching the metal tip as much as possible).
- 7) Put the needle into fire from your lighter until it turns a glowing red/orange color.
- 8) Inject the needle into the spot you rubbed the hand sanitizer.
- 9) Squirt 2 ml (2 numbers on the syringe) of your spore liquid into the bag (each syringe can inoculate 5 bags).
- 10) Cover the hole with a piece of tape (or the sticker on the bag). Not needing if there is a self-healing injection port.

Basically, all you did here was take your spore syringe and inject it into the mushroom grow bag.

2.2 Incubation



Incubation Steps:

- 1) Put your bag in a dark place (e.g. cardboard box on top shelf of closet, shoe box on top of refrigerator, kitchen cabinet, dark room, dresser drawer, etc.) where the temperature is between 75-80 degrees.
- 2) Do not seal the box completely so it can breathe.
- 3) Don't stack the bags on top of each other but put them side by side and make sure the filter on the bag is not blocked.
- 4) Leave it in there for 14 – 28 days until the bag is fully colonized.

Tips:

- 1) You can use a space heater from Walmart if you need help keeping the area the right temperature (*probably won't need this*) or a seedling heating mat (be sure to put a blanket over the mat to avoid hot spots from directly touching the bag).
- 2) Normally if you put the bags into a normal brown box and close the top with a small piece of tape and put the box in the closet (top shelf) where the A/C doesn't blow it will be the right temperature.
- 3) You will know when the bag is fully colonized by patting it on its side. If it feels solid it is ready but if it still feels loose then it needs to sit longer.
- 4) You may want to write the date you inoculated it on the bag with a marker, so you remember the date.
- 5) It could take up to 6 weeks for the bag to fully colonize.
- 6) If using a bag with substrate that is separated inside, then once it is

50% colonized you can mix the bag up to help speed up the colonization process (not mandatory).

Basically, all we did here was put our bag into a dark place and let it sit for a few weeks.

2.3 Fruiting



Fruiting Steps:

We will be fruiting these by removing the bag...

- 1) Remove the entire plastic growing bag your block is in.
- 2) Place your mushroom block inside the humidity tent using the direction in the next set of steps.
- 3) Keep the bag between 55 – 70 degrees (a little bit cooler than normal room temperature for most people).
- 4) It needs to have 12 hours of light & 12 hours of darkness just like the normal daylight hours (needs a minimum of 8 hours of light a day).
- 5) Open the humidity tent 4 – 5 times a day and fan fresh air inside.
- 6) 2 of the times you open the bag for air you will also lightly mist with a sprayer of distilled (or filtered) water.
- 7) Continue this process for the next 7 – 19 days until the mushrooms are ready to harvest.

Basically, you are removing the bag, putting the block inside a humidity tent, and misting it to allow fresh air inside a few times a day while keeping the humidity high (90%) for the next couple weeks.

Tips:

- 1) Normally you will harvest the mushrooms when the edges of the cap are still curled down.
- 2) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 3) When misting the bag be sure to not over water. If there is too much

water, you need to drain it out or you risk getting another type of fungus growing in the bag.

- 4) When misting, you don't want to spray the block directly and risk having standing water pooling on the top of the block as this can cause another mold to start growing.
- 5) When misting the bag be sure not to get the bag filter wet to prevent a fungus from growing on the filter as well.
- 6) When misting try to do 5 to 6 light sprays of water and fan the bag really well for 1 minute to give it fresh air.
- 7) To help with the humidity you can put some water in a container inside the humidity tent.

Humidity Tent



Humidity Tent:

The humidity tent will help keep the humidity high and keep our block from drying out so our mushrooms can grow.

A humidity tent is just a clear trash bag that you poke a bunch of holes into with a wooden skewer (1/2-inch holes a few inches apart all over the bag).

- 1) Place your mushroom block onto a big plate.
- 2) You could add water to the plate to help with the humidity but then you will need to place you block on something to slightly elevate it above the water on the plate.
- 3) Poke four 12-inch-long skewers into the 4 corners of the Shiitake block.
- 4) Drape your humidity tent over the skewers and fruiting block and tuck it under the bottom of the plate.
- 5) Continue to spray daily inside the humidity tent (you see water droplets on the side of the tent).
- 6) Open the humidity tent 4 – 5 times a day and fan fresh air inside.

Tips:

- 1) During the 12 hours of light do not put it in direct sunlight but you can put it in indirect sunlight near a window.
- 2) When misting the bag be sure to not over water. If there too much water, you need to drain it out or you risk getting another type of fungus growing in the bag.
- 3) To poke your holes in the trash bag you can tape 3 of the wooden skewers together and use that to poke holes evenly spaced about 3 inches apart from each other all over the bag.

2.4 Harvesting

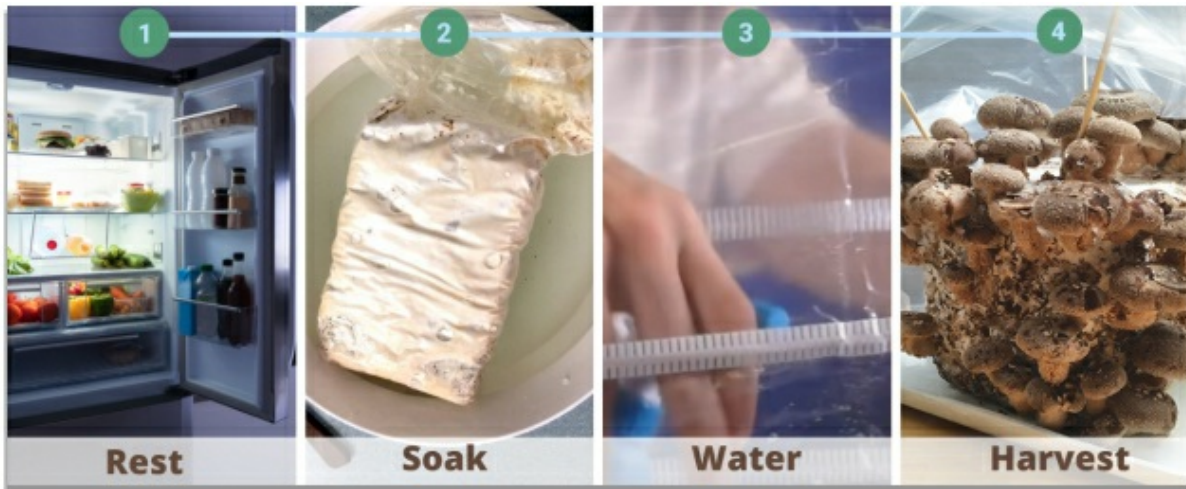


Harvesting:

Congratulations on your harvest!

- 1) Normally you will harvest the mushrooms when the edges of the cap are still curled down.
- 2) Twist and Pull them or cut them at the base with a sharp pair of scissors or sharp knife.

2.5 Additional Flushes



More Flushes Steps:

Congratulations on having your first harvest however you may be able to get more flushes out of your block.

- 1) Store it in a dark place below fruiting temperature (e.g. refrigerator) for 4 to 7 days.
- 2) Submerge the entire bag in a tub of distilled water (or filtered water) for 6 – 12 hours, drain thoroughly, and then start the fruiting steps again.
- 3) You could get 2 to 3 more flushes before it stops producing (most people don't get more than 1 flush).
- 4) Put it back into your humidity tent and continue to fan fresh air and mist water into the bags as discussed in the fruiting steps.

Wrapping Up

So, there you have it!

We basically did the 5 things:

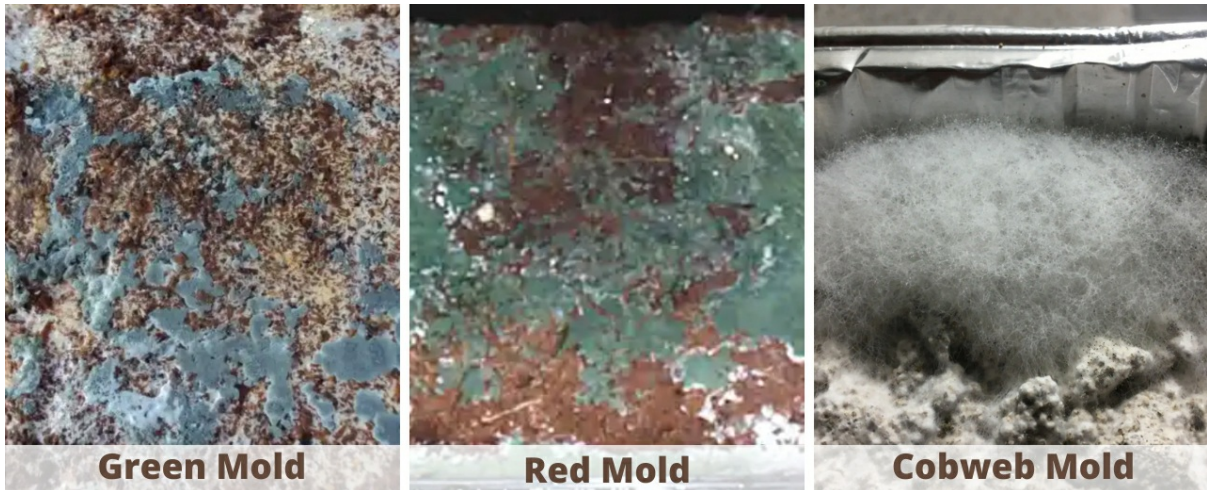
- 1) Bought a culture syringe and some 'ready to use' grow bags.
- 2) Injected the cultures into the bag.
- 3) Place the bag in a dark area for a couple weeks.
- 4) Removed the bag and put it in a humidity tent to allow fresh into the bag while exposing it to light.
- 5) Continued to water it and expose it to fresh air every day for the next couple weeks.

How easy is that?

If you were to buy a pre-inoculated 'done for you' grow kit then basically the first 3 steps would have been done for you but you still would have had to continue to water it and give it fresh air every day for a couple weeks.

The main difference is you have to inject your bag with the spores and wait a few weeks for it to fully colonize.

IV. Contamination



If you start to see a green mold, red mold or white cobweb (fluffy) like mold growing on your block then your block is contaminated and must be thrown away immediately.

If you want to give it time to see if the mycelium will still overcome, then you need to store it separate from your other bags or you will risk the contamination spreading.

If it gets too much mold, then you need to throw it out.

V. Get 2x the Results on The First Flush



Now, you did get some pretty good yields from this method however there is still room for some improvement with not too much extra work if you are interested.

It would require you to purchase 2 additional items that you could get from your local Walmart for about \$27 and that's pretty much it.

Then we would modify our fruiting steps a little and that's it.

It would only require about 10 minutes of extra work on your part. It will allow you to get 2x times the results on the very first flush.

This is a good option but really is the same thing as using a humidity tent for the full flushing mushrooms.

The main advantage is you can put a lot of small bags inside one big tote which would be hard to do with humidity tents.

To learn more about this then check out our other guide that expands on this method.

VI. Advanced Mushroom Growing Techniques

We know some people will want to go further than what is listed in this guide.

This guide served the purpose to get somebody to have their first flush of mushrooms while spending the least amount of money and having to do the least amount of work.

There are definitely many more techniques that we would love to show you, such as growing mushrooms using the following methods :

- 1) PF Tek
- 2) Mono tub
- 3) Straw
- 4) Coffee grounds
- 5) Sawdust
- 6) Logs
- 7) Manure
- 8) Coco Coir & Vermiculite
- 9) Outdoor garden bed

These are some of the different substrates that we could show you how to make in our Master Class that is coming up.

The biggest thing for growing mushrooms when you are preparing your own substrates is preventing contamination.

Other competing spores and fungi will try to colonize your substrate, so it is important to kill them before you introduce the mushroom you want to grow.

Then you also have to be able to continue to be sterile all the way up until your block is fully colonized.

Therefore, the master class will go over many sterilization techniques, such as:

- 1) Using a laminar flow hood
- 2) Creating a cheap laminar flow hood
- 3) Proper sterilization methods
- 4) How to use a pressure cooker
- 5) Proper cleaning of your utility room, incubation room and fruiting room.

We will also cover how to how to:

- 1) Create Agar plate
- 2) Create Agar liquid
- 3) Do culture transfers
- 4) Working with spores
- 5) Cloning mushrooms
- 6) Crating your own spore prints
- 7) Proper storage of cultures and spore prints

We will also go into the different growing conditions needed by the mushrooms that are able to be cultivated indoors and outdoors.

This master class will also walk you through and show you videos of everything we talked about in this guide as well.

Currently the master class has not been created yet and I will be creating it live with my first class coming up in the future.

If you are interested, then be sure to keep an eye out for an email that I will send once it is ready to launch.

VII. Conclusion



We have reached the end of this guide.

That means that you now officially know and understand how to get your first growth of medicinal mushrooms going in the simplest and easiest way possible.

The cool thing is these grow bags and the methods explained in this guide will work with several types of medicinal mushrooms, to include:

- 1) Manure Loving mushrooms
- 2) Oyster mushroom
- 3) Lions mane mushroom
- 4) Shiitake mushrooms
- 5) Reishi mushrooms
- 6) Turkey Tail

Some of these mushrooms are a little more challenging than others. The easiest possible one for beginners would be the oyster mushrooms.

And it literally is the next best thing to getting a grow kit sent to you.

The only difference between a 'done for you' grow kit and our method is they have already injected the grow bag and waited a month for it to fully colonize with white mycelium.

When they send you a grow kit, they are just sending you a fully colonized mushroom block in a bag or plastic container.

If you are unable to get a grow kit (or want a cheaper way to grow your own) then this will literally be your next best method.

Even if you got a ‘done for you’ grow kit you could follow the instructions in our guide that gives you 3x the results to maximize your yields and get a better ‘bang for your buck’.

Legal Disclaimer:

This guide is intended to present education about how to grow legal medicinal mushrooms for a variety of therapeutic and wellness effects.

Psilocybin remains illegal under federal law in the United States and also illegal in many countries around the world. We do not advocate for, endorse, or intend for this guide to be used to violate federal law or any other laws.

VIII. Key Tips to Remember

- 1) Mushroom need to be fruited in a high humidity environment (RH 90% - 100%).
- 2) When your mushrooms or incubating they need to be stored in an area that is normally a warmer part of your house (e.g. top shelf of a

closet where the A/C doesn't blow, top of refrigerator, etc.).

- 3) Don't let your mushrooms dry out during the fruiting phase (there should always be water droplets on the side of the humidity bag).
- 4) Don't over water or you risk water pooling up (on the fruiting block or elsewhere) in which another type of mold could grow and contaminate everything.
- 5) Be as sterile as possible during the whole process to prevent any other fungal spores getting into your substrate (where a mask, flame sterilize the needle, wipe the bag with disinfectant before injecting, disinfect your hands, turn off the A/C 1 hour prior to injecting the bag).
- 6) Be sure that your bag is fully colonized before bringing out to starting fruiting (should be completely solid and white).

IX. Acronyms

Colonize: When the mycelium is growing over the substrate in the grow bag.

Cultures: Cultures are basically chunks of mushroom or white mycelium that will grow into more mycelium.

Flushes: Every time a new growth of mushrooms comes out is a new flush.

Fruiting Body: The actual body of the mushroom that you will harvest to consume.

Fruiting: When your mushrooms start to grow.

Harvest: When you pick your mushrooms to eat or store.

Incubation: When the mycelium is trying to completely colonize the entire substrate in the grow bag.

Mycelium: The white looking moldy material that is really the mushroom before it becomes a fruiting body.

Pinning: When the mushroom fruiting body initially starts to emerge from the mycelium fruiting block.

RH: Relative Humidity

Spores: The very first stage of a mushroom life cycle that will begin to grow into mycelium.

Substrate: The soil like mixture that is in the grow bag that your mushrooms will grow in and consume as food.

Yield: The amount of mushrooms that your grow per harvest.