MARVELLOUS MUSHROOMS

Lion's Mane
Grow kit

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

This kit will start to grow mushrooms in about 10 days and these will be ready to harvest in about 20 days. All you need to do is create autumn-like conditions by following the steps in this guide.

Kit contents

Ready to fruit block and set-up instructions.

Not provided but needed

Large plate or tray, a fine spray bottle and water.

Important

Start as soon as possible and within 4 weeks of receipt.

Store cool until use: ideally 2-8°C / refrigerated.

Steps are specific for Lion's Mane so follow carefully.

Warning: Take care with plastic bags around children and pets. This kit contains soya hulls and was manufactured in an environment that handles soya and wheat bran.

Step		What to do	Notes
1	**Open up**	Carefully open and keep the inner box in place. **Do not discard the inner box!**	The box flaps will create a nice humid micro-environment, without them it will be too dry.
2	**Cut the cross**	Use a clean sharp knife to cut the marked cross.	Clean your knife / scissors with boiling water or alcohol.
3	**Position your kit**	Keep at room temperature (16-24°C) and out of direct sunlight as it will dry them out. The box can be grown upright or on its side. You can decide what works best for the space you have. Try and avoid windowsills as these can be drafty which will dry things out too.	Mushrooms need some natural light to grow well. Growing in a mono-tub reduces air flow and will cause open, coral like growths.
4	**Spray twice daily**	Generously spray the block surface and the box flaps twice a day. Giving the box a good soak creates a humid environment that the mushrooms need to grow.	Continue to spray twice every day. If you do miss the occasional spray don't worry, things should still work out OK.
5	**Grow**	Pinkish mushrooms should start to form around 10 to 15 days after starting the kit. Avoid spraying the fruiting body directly as this may cause it to spoil. If they start to produce fine dust (spores) pick them immediately.	Sometimes they can take longer than 10 days to grow but if you get to 20 days and nothing has started please get in touch for help.

Step		What to do	Notes
6	**Harvest**	When are they ready? 1. When spines start to form 2. or, if they start to turn yellow Both are signs of maturity and show that they should be picked. To harvest twist them off at the hole.	Once picked, they keep well in the fridge for up to 7 days. A paper bag is perfect and an open container is good. You can also dehydrate and powder for later use.
7	**What next?**	Remove all pieces of the previous fruiting body and continue to spray twice a day. Subsequent flushes will grow out of the same hole you cut at the start and will take longer as the mycelium likes a rest.	Two crops can be expected but you might get a third if you are lucky. Crops reduce in size as the mycelium uses up the block's nutrients.

One last thing... happy growing!

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

@marvellousmushrooms

info@marvellous-mushrooms.co.uk

www.marvellous-mushrooms.co.uk

Troubleshooting / FAQs

The following table provides solutions to problems you may encounter.

Please feel free to get in touch if you need further assistance. We're always happy to help.

Issue	How to resolve
New growths are pink	This is perfectly normal and they will whiten as they mature.
Mushrooms are forming under the plastic	No need to intervene. The mycelium block will push nutrients to the hole you have already cut.
My growth is not like the pictures I see online	They grow in many different ways so enjoy what you are doing and what you've grown. Growth shape does not affect quality.
Spines not forming	These form at the very end of the process. Be patient :)
My mushrooms are going yellow	This is one of the 'tells' that your grow is ready to harvest. If you're not sure send us an email with pics and we'll help you.
Lots of dust has been produced	The mushrooms have been left too long before harvesting. Pick immediately. The dust (spores) can be hoovered up easily.
Second flush takes >10 days to start	This is normal for second and third flushes. Spray twice a day and be patient.
How do I dispose of my spent block?	The spent block will make excellent compost or mulch for a favourite tree, bamboo or garden plant.
How do I dispose of the rest of the kit?	The cardboard boxes, tape and instructions are all paper waste. The plastic bag can be cleaned and recycled as soft plastic.