



**Step 1**

You've got the kit!



**Step 2**

Unfold the bag exposing the filter patch. This is where your mushrooms breath. Leave it in a spot away from direct sunlight and with high airflow. Ideally 22 degrees.



**Step 3**

Wait at least 10 days, no longer than 21 for it to fully colonise. Lions mane mycelium is hard to see. After 21 days baby mushrooms will grow throughout the bag which uses up vital nutrition resulting in a smaller mushroom yeild. If this happens, simply move onto the next step.



**Step 4**

Clean a pair of scissors with warm soapy water.



**Step 5**

Cut the tip of the bag.



**Step 6**

Fold the right corner over the filter patch.



**Step 7**

Fold the left corner over the filter patch.



**Step 8**

Tape the top of the bag down tight.



**Step 9**

Clean a knife with warm soapy water.



**Step 10**

Cut a small x in the bag near the top on the opposite side to the taped flap.



**Step 11**

Mist the bag as many times a day necessary to keep fine droplets on the x to trigger mushrooms to grow.



**Step 12**

Stop misting when baby mushrooms start growing.



**Step 13**

It's hard to know when Lions mane is ready to pick. Harvest after 6-7 days from initial growth. Any longer and spores may start dropping which results in a shorter shelf life.



**Step 14**

Wash your hands with warm soapy water or wear a pair of gloves.



**Step 15**

Harvist by grabbing it by the base, twist and pull.



**Step 16**

Pick off any mushroom dabriss from the x to prevent them from decomposing and possibly cointaminating the rest of the bag.



**Step 17**

Boil water to kill any contamination and let it cool down completely.



**Step 18**

Fill a bowl up with the pre boiled water and submerge the bag for 2 hours. Make sure the x is submerged. This will ensure the block is hydrate to grow more mushrooms.



**Step 19**

Mist the bag as many times a day necessary to keep fine droplets on the x to trigger mushrooms to grow again.



**Step 20**

Pick mushrooms after 6-7 days of initial growth. Mushrooms grow smaller every growth as nutrition depletes. Repeat step 14, 15, 16 & 17 once more.



**Side fruiting mushrooms**

**Easy to grow**

**Lions Mane - 16 - 24°**