

□ EDIBLE MUSHROOM GROWING GUIDE

★ 1. What You Need

- Mushroom **spawn** (oyster, lion's mane, shiitake, etc.)
- Growing container (bucket, bag, jar)
- Spray bottle
- Substrate (depending on mushroom type):
 - Oysters → straw, coffee grounds, or hardwood pellets
 - Lion's Mane → hardwood pellets
 - Shiitake → hardwood sawdust or logs
- Clean workspace
- Gloves (optional but recommended)

★ 2. Preparing Your Substrate

For Oyster Mushrooms (Beginner-Friendly)

Option A — Hardwood Pellets (easiest):

1. Place hardwood pellets in a clean bucket.
2. Add hot water (equal weight).
3. Stir and let them break down into sawdust.
4. Let cool completely.

Option B — Straw:

1. Cut straw into small pieces (2–3").
2. Soak in hot water (65–70°C) for 1 hour.
3. Drain completely.

Your substrate should be **moist but not dripping**.

★ 3. Mixing Spawn with Substrate

1. Wash your hands.
2. Break up the mushroom spawn.
3. Add **10–20% spawn** by weight to the substrate.
4. Mix thoroughly so the spawn is evenly spread.

★ 4. Fill the Growing Container

You can use:

Grow Bag

- ✓ Most common
- ✓ Has a filter
- ✓ Easy fruiting

5L Bucket

- ✓ Make 6–10 small holes on the sides
- ✓ Cheap and reusable

Fill your container with the spawn-substrate mixture and pack gently — not too tight.

★ 5. Incubation (Colonization Stage)

Store the bag or bucket in:

- **Dark or dim space**
- **Temperature:** 20–24°C

- Let it sit for **10–14 days**

You will see **white mycelium** spreading through the substrate.

When it is all white → ready to fruit.

★ 6. Fruiting (Mushroom Growth Stage)

Move the colonized bag/bucket to an area with:

- **Indirect light** (like a bright room)
- **Humidity 80–95%**
- **Fresh air**

To maintain humidity:

- Mist 1–2x daily
- Aim for surface moisture but not soaking wet

Cut 2–3 small “X” slits in the grow bag — mushrooms will grow from the openings.

★ 7. Harvest

Oyster mushrooms are ready when:

- Caps flatten out
- Edges just begin to lift
- Clusters look full and firm

Cut the entire cluster at the base.

★ 8. Second Flush

After the first harvest:

- Rest the block 5–7 days
- Mist and maintain humidity again
- You'll get **2–3 flushes**

★ Common Issues

Problem	Likely Cause	Solution
Green mold	Too wet / dirty workspace	Improve cleanliness, reduce moisture
Mushrooms thin/leggy	Not enough fresh air	Add airflow
Slow growth	Too cold	Move to warmer room