



## 10 Steps to Growing Your Own Marvellous Mushrooms



- Step 1: Open your kit as soon as it arrives and remove the bag containing the cover compost – store it in a cool place.
- Step 2: Put the lid on the base tray (containing the substrate) and keep at a temperature of 20-25°C for at least 4 days. After this period, the substrate will have turned completely white with fungus (mycelium).
- Step 3: Take the bag containing the cover compost and punch ten holes in each side.
- Step 4: Place the bag containing the cover compost in a large bowl containing 0.5 litres of water for 20 minutes. Open the bag and spread the cover compost evenly and loosely over the substrate.
- Step 5: Now put the tray aside with the lid closed for 5–8 days, at a temperature of 20–25°C. In this period, the mycelium will grow through the layer of cover compost to the surface. Once the cover compost is covered with white mycelium, put the tray in a cooler space of 15–18°C.
- Step 6: Make sure that the surface of the cover compost does not dry out by regularly mist spraying with a plant spray.
- Step 7: If a good number of pins appear, you may water the set with a watering can. The substrate and cover compost should be moist, but not too wet. The mushrooms first appear at the edges, and later in the centre.
- Step 8: Harvesting: Take a mushroom between your fingertips and carefully pull it out with a twist of the hand.
- Step 9: Always water regularly to prevent the cover substrate from drying out.
- Step 10: If all mushrooms have been harvested, water again. After around a week, new mushrooms appear - this process may repeat itself three times.