

Lion's Mane Mushroom Kit Instructions

Your kit contains the wispy white mycelium of the Lion's Mane, coral tooth, conifer coral, bears head, or bolles bears head mushroom growing in a bag of pure organic hardwood sawdust and soy or bran. With a little care it will produce two flushes of delicious mushrooms, maybe even three.

You may have noticed that your kit is not as white as an Oyster mushroom kit, and you may even see some brown sawdust. Lion's mane tends to "fruit prematurely" before the sawdust is completely covered with thick white mycelium. No need to let it mature longer - you can go ahead and start your kit as soon as you are ready.

Select a Location and Prepare your Kit:

Choose an area in your house where you will pass by daily to monitor your kit's progress, and the temperature range is around 18-24C. **Avoid direct sunlight** but indirect light is necessary for mushrooms to form (enough light to read by).

Place the kit on a plate or cookie tray to catch any dripping water. With a sharp knife or scissors cut an X on in the bag about 3cm (1 inch) long. This will create 4 triangular flaps from under which mushrooms will soon grow. Alternatively some people choose to cut a 1.5 to 2 inch square in the bag. Either way, cut your opening near the top of the kit to give developing Lion's Mane "pom poms" room to hang downwards.

Humidity is the key:

Mushrooms need very high humidity to form. To increase humidity, use a clear plastic bag with a dozen dime-size holes. Place 4 chopsticks, skewers or something like that, just poke them out of your block to hold your bag out to form the humidity tent.

Make sure to arrange the tent to allow space for mushrooms to form at the X.

Mist the inside of the tent 2-4 times daily with *non-chlorinated water, or more often if needed, to maintain condensation on the inside of the humidity tent. If you don't have a spray bottle, place a container of water inside the tent. *Note: Chlorine can be removed from tap water by letting it sit in an open pot for 24 hours or boiling 10 minutes and letting cool.

Typically within two weeks a lion's mane mushroom will emerge from the cut X. As the mushroom grows, air exchange becomes increasingly important. Not enough air and Lion's Mane mushrooms can look more like a branching "coral" than a "pom pom". If you find the tiny white spines around your "pom pom" don't elongate, then you may need to prop up the bottom of the tent or completely remove it to allow more air exchange. To compensate for the loss of humidity, place a wet tea towel or water dish underneath, and continue to mist.

Pro tip: If it's a wet rainy week in the spring or fall, your Lion's Mane kit will be happy to fruit outdoors by the forces of nature – no tent, nor misting required

When to Harvest:

You will be enjoying your mushrooms within a week or so of seeing them start to form. Lion's Mane are at their prime for eating when the dangling "spines" are several millimeters long. If the colour begins to turn off-white or brown, it is time to eat it regardless of the length of the spines.

Harvest by twisting off the entire cluster, or cutting with a knife at the base. Keep in a paper bag in the refrigerator and eat within a week. Always cook your mushrooms before eating. For long term storage dehydrate and store in an airtight container. You can also dry sauté and freeze them for later use.

After removing your mushrooms from the bag, if the entire mushroom didn't come away with your fruit, with a clean finger, gently remove residual mushroom from around the opening you had cut in the bag, as it's a vector for mold or contamination.

The Second Flush:

After your first harvest, replace the humidity tent and continue to mist a few times daily. A second Lion's mane will soon grow from the original hole. (Alternatively, you can cut a new hole in the opposite side of the bag, and tape the original hole closed.)

If no new mushrooms emerge within a few weeks, or you notice your kit has gotten very light, then it probably needs to be rehydrated. Submerge the kit (bag and all) in cold non-chlorinated water for a few hours. (Weigh it down with a heavy plate). Drain off all the water. If necessary, poke holes in the bottom to drain any excess, as water left to pool inside the bag may cause bacteria to grow.

Place kit back under humidity tent and begin misting a few times daily until new mushrooms grow.

Once no more mushrooms appear, it's time to remove from bag and compost the kit. The mushroom block is a super soil amendment in your garden!

Why Stop Here?!

Lion's mane are a fantastic mushroom to grow for their culinary and medicinal properties. Once you have a taste for growing mushrooms, you might also want to try growing other gourmet varieties like yellow oyster or something a bit harder like, king oyster.

Questions?

If you have questions don't hesitate to contact us.

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