



## STEP 1

# PREPARATION

- Open the corner of the lid and fill the grow kit with cold tap-water until the kit is full.
- Close the lid and let the water soak for about 12 hours in a cool spot, such as the refrigerator.



## BEFORE YOU BEGIN



Always wash your hands and arms thoroughly with soap before using the kit. After, use a disinfectant gel and put on sterile gloves to avoid contamination. Wearing a face mask is also recommended.

## GENERAL TIPS

### Temperature

Make sure you place the grow kit in the appropriate temperature with indirect (never direct) sunlight.

### Height

Place the grow kit at approx. 150 - 200 cm height, like on a bookshelf

### Oxygen

Provide adequate oxygen supply as soon as the mushrooms to appear.

## EXTRA INFORMATION

Depending on the growing conditions and type of grow kit, it can take a few weeks before you see the first small mushrooms.

If there are no mushrooms after 4 weeks, the grow kit can be started again at step 1. The mycelium may not be properly activated.

### Watch your hygiene!

Is mold visible after a few days? Then unfortunately the kit got contaminated while following these steps, and not in our laboratory. We can't issue warranty in this case.

🕒 9 - 12 hours until next step

## STEP 2

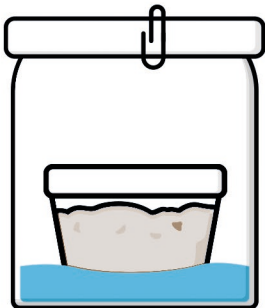
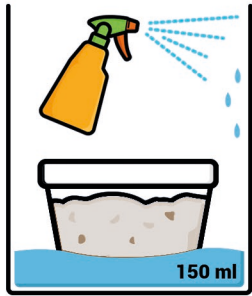
# FILL THE BAG

After 12 hours, remove the kit from the refrigerator. Take off the lid and clean it, but don't throw away! Drain all the excess water out of the kit.

- Fill the filter bag with approx. 150 ml clean tapwater.
- Place the grow kit inside the filter bag on top of the water.

Spray water on the insides of the filter bag. To close it, fold the top approx. two times before putting on the clip. You are now almost good to go!

- Place the grow kit in a brith place with indirect sunlight at temperatures around 22 - 25 °C. Please note you should never place the grow kit in direct sunlight.



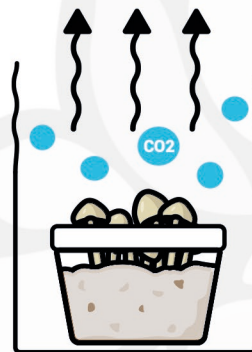
🕒 2 - 4 weeks until next step

## STEP 3

# FRESH OXYGEN

Can you see some tiny mushrooms appear? Refresh the air

- 1-3 times a day by opening (letting the CO2 out) and closing the bag with lots of fresh air trapped inside.



🕒 1 - 2 weeks until next step

## STEP 4

# TIME TO HARVEST!

Wait until harvesting the mushrooms just before the veil underneath the mushroom caps start to tear. It is important no spores from the mushrooms fall on the substrate while following the next step.

- Pluck the mushrooms with a slight twist. Have you plucked all of them? Then it's time to use the grow kit for another flush! On average, a grow kit will yield 3 flushes. Just start at step 1!

