

# Gourmet Shiitake Mushrooms

## INSTRUCTIONS

**STEP 1:** Please ensure that you read through these instructions thoroughly before beginning your mushroom growing. It's up to you to create the perfect growing environment for your mushrooms. Select a location inside and off the ground. Indoor natural light is fine. Shiitake mushrooms will grow best where the humidity level is very high. A bathroom or laundry is a great spot to start your crop.

**STEP 2:** Remove all plastic packaging from your Shiitake mushroom logs and discard. Place the two logs back in the box. Prepare a bucket or barrel of clean water large enough to completely submerge your Shiitake logs. Place logs into the water and submerge for at least 12 hours. This will allow the log to absorb plenty of water and 'Shock' the fungus into producing mushrooms.



**STEP 3:** Return your mushroom logs to their box in the selected location leaving the lid open, and pull the sides of the plastic liner up and around the logs. This will help to increase the humidity in the box. Do not close the plastic entirely around the logs as they need some fresh air.

**STEP 4:** Ensure that your Shiitake logs do not dry out. They will need to remain moist at all times however you do not want to create a puddle of water in the box. Check from time to time that the outside of the logs are moist. If they begin to dry out, use some clean water in a spray bottle to wet them down. If mushrooms are growing on the log, try to spray around them to prevent discoloration. A damp towel placed over 3/4 of the box can also help increase the humidity level.

## FRUITING & HARVEST

Each of your Shiitake logs has the potential to produce up to 500g of fresh Shiitake mushroom for you to enjoy. Mushrooms will grow in up to 3 flushes over a period of approx. 6 weeks. Use scissors or a knife to remove mushrooms at base of stem. Between flushes, you can let your log sit without water for up to 2 weeks. This will give the fungus a chance to gather more nutrients for growing. Take logs and submerge back into water overnight to produce your next flush.

