



# TAKE AND MAKE KITS

## DIY Culinary Mushrooms

### Supplies

The pre-measured supplies included in this kit are:

- 4 cups of recycled newspaper pellets
- 1/2 cup alfalfa pellets
- 1 cup Pink Oyster mushroom grain spawn
- plastic newspaper bag
- Spray bottle

The supplies you may need to provide are:

- 4 cups dechlorinated tap or well water (use warm water or water that has sat out overnight uncovered so chlorine could dissipate, it is extremely important that the water is not anti-fungal)
- a large, clean plastic bin for mixing

### Instructions

#### Part 1

1. Combine the newspaper pellets and water in the plastic mixing bin and let them sit for 5-10 minutes until they absorb all the water
2. Mix the soaked mixture to fluff it up a little, then add the alfalfa pellets and mushroom spawn.
3. Mix well, then fill the newspaper bag with this mixture (you'll have to use your hands – make sure they're clean)
4. Pack down gently to remove air pockets, then twist and tie a knot at the end
5. Cut four 1" slits around the bag
6. Place in a dark, cool area (60-70 degrees F)

#### Part 2

1. After 2.5-4 weeks, the bag should be filled with white mycelium. At this point, move the mushroom kit to a cool, well-lit room but keep it out of direct sunlight (not on a windowsill).
2. Inspect daily for signs of baby mushrooms (*primordia*) growing at slits or elsewhere. Cut more holes in the bag if necessary to free the growing mushrooms. Use boiled and cooled water (or water that has stood out overnight) to mist mushrooms several times a day, as evaporation stimulates growth, but do not soak or over-wet.
3. Mushrooms should double in size every day. Pick whole clusters when each mushroom is about 2" in diameter.
4. When all the mushrooms have been picked, return to the cool, dark place to repeat the process.

These instructions are from the following website: <http://re-thinkgreen.com/2016/02/24/mushroom-kit/>

### What next?

If you would like to learn more about growing food at home, try reading one of these ebooks, available through Hoopla:

- How To Grow Mushrooms From Scratch
- The Vegetable Gardener's Container Bible
- Vertical Vegetables & Fruit

<https://www.hoopladigital.com/title/12212124>

<https://www.hoopladigital.com/title/11689833>

<https://www.hoopladigital.com/title/11689377>

- Field Guide To Urban Gardening

<https://www.hoopladigital.com/title/12382435>

