

Blue Oyster Mushrooms

Planting and Care Instructions



Contents:

Sterile Substrate, 3 lbs.
Inoculated Mushroom Dowel
Alcohol swab
Spray bottle
Sticker

This kit is easy to grow and will yield many fresh, edible mushrooms. Our kit is environmentally friendly, made in the USA, and guaranteed to grow! You can even grow a second batch after the first harvest.

Growing mushrooms is the perfect activity for the winter gardener, kitchen connoisseur and a great project for anyone to learn more about these fantastic fungi!

Growing Instructions– Inoculating the Substrate

Note: Open the box and take out everything for inspection. Pay close attention to the Dowel. If it does not look white with mycelium, then take a picture and email it to us for further technical support. Next, inspect the Substrate (kit). Make sure you do not see any green or other discoloration. If so, also email a picture to support@fernroot.com

You will need a pair of scissors and a dinner plate that is not disposable during the course of growing these.

Step 1. The Substrate will be compacted and will need to be loosened. Massage it from bottom to top allowing it to loosen. **THIS IS VERY CRITICAL FOR GOOD GROWTH.** Next, make sure the white filter patch located at the top of the substrate is not blocked by plastic to allow gas exchange to occur. Slide Substrate back into its box.



Step 2A. Gently open the 3-sided perforated opening on the side of the white box (kit). **DO NOT TEAR IT OFF!** Using the alcohol swab wipe the center of the area (substrate package) where you will be inserting the Dowel. Using the same swab wipe the tool you will be using to cut the **VERY SMALL 'X'** that you will be inserting the Dowel through. **Note: When cutting the 'X' it MUST be smaller than the diameter of the sticker.** In the very center of the Substrate cut an X no bigger than 1/8". This will be the diameter of the Dowel that you will be inserting next. Allow the X flaps to stay closed to prevent unnecessary air contaminating the Substrate.

Step 2B. Open the bag holding the Dowel making sure you **NEVER TOUCH THE DOWEL WITH YOUR HANDS.** Hold the Dowel from the bottom of the small bag and insert the Dowel through the X you created. Make sure you push it all the way into the Substrate, so it is not visible. If you must, massage the Substrate to cover the end of the Dowel. **TAKE YOUR STICKER AND COVER THE 'X'** and close the 3-sided flap door leaving the Substrate in the dark. Place your kit at room temperature for the next 3-4 weeks until it becomes fully colonized with **WHITE MYCELIUM.** There is no harm opening the door to see how things are going. We encourage it.



Step 3. When should I go to the next step?

It will take 3-4 weeks depending on the room temperature (68-78 degrees ideally).

There are two things you are looking for when deciding to go to the growing stage.

When the mycelium has completely grown through the substrate **OR** when a mushroom begins pushing through the sticker (we took out the substrate so you could see the progression of the growth). When this happens it's time to set up the growing area.



PLEASE TURN SHEET OVER FOR ADDITIONAL INFORMATION

Growing Instructions– Setting up the Harvest

1. Place the dinner plate in a naturally lit room at room temperature (NOT DIRECT SUNLIGHT).
2. Open the door of the kit as wide as possible. DO NOT REMOVE IT...you will be closing the door again at some point.
3. Using CLEAN scissors, EXPAND the X to the length of 6". The air will ignite the mushroom growth along newly exposed cuts.
4. Place the kit on the outer rim of the dinner plate. This will work with a square or round plate. Make sure the kit is sturdy and will not fall onto the plate. **Note: if you have a plastic lid, or something like it, place it onto the plate for added security from the kit falling onto it. The mushroom will be kept above water that is creating a high amount of humidity allowing it to grow HUGE!**
5. Pour water onto the plate. This is a little of a balancing act. You do not want to put so much water on the plate that it will cause the cardboard to get wet and bend, yet you want enough water on the plate to ensure the door is above the water to give it as much humidity as possible.



During the next week or so give the X a few sprays of water every day to help with the humidity. When the mushrooms start to grow, they will grow fast! The more often you give them a spritz during this time the larger and faster they will grow.



The process will take 1-2 weeks from setting up to harvesting!

Grow A 2nd Batch!

Tape the X close & place your kit (not the plate or water) into a refrigerator for 10 days. After 10 days cut a NEW X on the opposite side following STEP 3 through STEP 5. Many times, the kit will yield a 2nd crop! Watch out...some will want to grow in your refrigerator from your original X. If that happens, take it out and remove the tape **ignoring the cutting of a new X**. Follow 3-5 Steps.

Cleaning:

Cut off the lower part of the stems of all oyster varieties. The stems are tough, so discard them or save for soup stock. Gently wash the mushrooms with a minimal amount of cool water possible. Gently press between paper or cloth towels to remove excess liquid.

Cooking Tips:

Oyster mushrooms are used in stir-fried dishes, since the cap is thin and cooks quickly. Chefs simply tear the mushroom into desirable sizes before adding it to their woks.

If you prepare a dish that requires a long cooking time, add these mushrooms at the last stage of cooking. Once heated briefly in butter or oil, they add character to a light cream sauce poured over filets of steak or chicken breasts.

Sometimes very large mushrooms with flesh more than 1 inch thick are found. These can be cut into large pieces, dipped into slightly beaten eggs, and then rolled in bread crumbs for pan-frying as well.

Storing:

To keep mushrooms fresh, store them in a paper bag in the refrigerator. Avoid airtight containers that can collect moisture and cause them to spoil faster. Do not store for more than 1 week.

Oyster mushrooms dehydrate rapidly. When used dry, they can be added to a dish without rehydration. To dry the mushrooms use a food dryer or place them in a dry spot with direct sunlight for 6 to 12 hours.

Did You Know?

- Mushrooms contain more protein than most vegetables.
- Mushrooms are one of the few natural sources of vitamin D, which is essential for healthy bones and teeth.
- Mushrooms contain more potassium than most other fruit and vegetables: one medium brown mushroom contains more potassium than a banana.
- Mushrooms are one of the richest, natural sources of selenium, an essential mineral which strengthens the immune system and may help reduce the risk of cancer and other chronic illness.
- Mushrooms are an excellent source of copper, a mineral that the body needs to produce red blood cells and for other important functions.
- Mushrooms deliver the antioxidants selenim and ergothioneine, which help maintain a healthy immune system.
- Mushrooms provide B vitamins, which help provide energy by breaking down proteins, fats and carbohydrates.

Please email us at support@uniquegardener.com if you have any questions or experience any issues with this item. Please email us directly and do not contact the reseller you purchased this from.

Please retain these instructions for further reference.

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