

Let's eat!

OH YUM!

Find these recipes and more at backtotheroots.com

MUSHROOM GRUYERE QUICHE



PAN FRIED MUSHROOMS WITH ROSEMARY



MUSHROOM, SPINACH & BASIL PIZZA



Don't forget to upcycle!

REUSE & GROW A BONUS CROP:

Want to test if you're a real mushroom guru? Repeat the setup instructions on the other side of your substrate bag and try growing a bonus crop!



REPURPOSE INTO A SOIL AMENDMENT:

Do you have potted plants or a backyard garden? Your substrate block makes a great soil amendment for your other plants! Simply crumble up the block and mix it into the top 2" of soil for a nutrient boost!



REVAMP INTO FUN MUSHROOM CLAY:

Feeling crafty? Mix your crumbled substrate block with craft glue and cornstarch to create your very own mushroom clay! Full instructions at backtotheroots.com/sculpture.



What will you grow next?

Now that you've mastered growing your own organic mushrooms, visit backtotheroots.com and use promo code **READYSETGROW20** to save **20%** on any of our other organic windowsill gardens!



MUSHROOM GROW KIT • SELF-WATERING TOMATO PLANTER
KITCHEN HERB GARDEN • WATER GARDEN

Activities!



FUNGUS AMONG US WORD SEARCH:

Can you find the funky words below?

fungus	K	S	U	G	N	U	F	P
pin	W	O	R	G	G	B	M	I
spores	S	P	O	R	E	S	Q	N
caps	M	Y	C	E	L	I	U	M
mycelium	Y	A	P	A	S	T	E	M
mushroom	M	Y	U	F	P	W	N	H
stem	M	O	O	R	H	S	U	M
grow								

FUN-GUS TRIVIA

- How many varieties of edible mushrooms are there?
A. 100 B. 500
C. 1,000 D. 10,000
- True or False? Mushrooms breathe like humans, taking in oxygen and emitting carbon dioxide.
- Mushrooms are one of the few natural sources of _____ which works with Calcium to build strong bones and teeth.
A. Vitamin D B. Vitamin B12
C. Sugar D. Protein
- In addition to salty, sweet, bitter, and sour, there is a lesser known fifth primary taste that mushrooms possess. What is it called?
A. Savory B. Oily
C. Burnt D. Umami
- What US state is known as America's mushroom capital?
A. California B. Pennsylvania
C. South Carolina D. Texas
- Which of the following items use fungi when they are being made?
A. Bread B. Beer
C. Cheese D. All of the Above
- Which family of mushrooms is known to be the most rare and expensive? Hint: they can cost up to \$3000 per pound!!
A. Shiitake B. Morel
C. Truffle D. Ploppini



BACK TO THE ROOTS

ORGANIC MUSHROOM GROW KIT

DISCOVERY BOOKLET

START

INSIDE: INSTRUCTIONS, ACTIVITIES, AND RECIPES TO GUIDE YOU ON YOUR MUSHROOM GROWING ADVENTURE!

Remember: This Kit is 100% Guaranteed to Grow! If you have any questions, reach out to us and we'll get you growing. contact@backtotheroots.com | 510.922.9750

