

Day 1: Instructions to get your mushrooms growing

START

1. GIVE THEM LIGHT

Remove your kit's perforated panel and cut an 'X' into the substrate bag.

2. SCRAPE THEM AWAKE

Lift the plastic flaps and lightly scratch away some of the white layer with a fork.

3. GIVE THEM A BATH

Remove the substrate bag from the box and soak it face down in a bowl of water overnight (6-10 hours). The bag will float and don't worry if some substrate falls out.

4. FIND A COZY HOME

Now that you've woken up your organic mushrooms, shake off excess water from the bag and place it back in the box. Mushrooms will grow best in a spot with indirect sunlight - facing away from a window is perfect! It'll take ~1 week for your mushrooms to start growing.

Day 2-6: Water & learn!

KEEP THEM HYDRATED!

Twice a day, lift the plastic flaps and use your spray bottle to mist the substrate (7-8 sprays each time is enough).

WHILE YOU WAIT FOR YOUR ORGANIC MUSHROOMS TO START GROWING, THERE'S SO MUCH MORE TO DISCOVER! CHECK OFF ALL THE CHALLENGES BELOW TO BECOME A TRUE MUSHROOM GURU!

- Complete the word search and mushroom quiz on the reverse side of the book.
- Read through our online mushroom curriculum at backtotheroots.com/curriculum.
- Take a walk around your neighborhood and spot some mushrooms grown in the wild ... but don't eat them!
- Head to your local grocery store to pick up additional ingredients for your favorite mushroom recipe! If you need help choosing, a few of ours are on the back.
- Visit your local farmer's market and talk to a mushroom farmer about how and what they grow - they're experts!

WATCH FOR PINNING!

Your organic mushrooms will pin in ~1 week! Be on the lookout for tiny little white dots that stick out a little from the box like this. Once you spot them, it's time for Decision Day!

Day 7: Decision day

(EXACT DAYS MAY VARY WITH CLIMATE)

The growing conditions you choose now will affect how your organic oyster mushrooms look. Leave your kit by your window for normal growth, or start experimenting with the conditions below if you want to become an all-star mushroom grower!



Higher temperatures make your mushrooms grow faster and lighter in color!



Lower temperatures make them grow slower and darker in color.



More light makes your organic mushrooms browner!



Less light makes them more gray.



Regular air flow (like on your counter) makes your organic mushrooms have big caps!



No air flow (like in a cabinet) makes them thin and lanky.



WATCH YOUR MUSHROOMS GROW!

After mushrooms pin, they go through a few days of rapid growth - as much as DOUBLING each day! Use the ruler to keep track of their size & don't forget to keep misting with your spray bottle 2x/day!

Day 10: Share a pic, harvest & enjoy!

JOIN THE #GROWONEGIVEONE MOVEMENT!

Before you harvest, help us make gardening a part of every school curriculum. Share a pic of what you grew & we'll donate a kit to a classroom of your choice! Just tag @backtotheroots & #GrowOneGiveOne with your photo.



FINISH

HARVEST TIME!

When most of your organic mushroom caps are 1-2" wide, grab ahold right where they come out of the substrate, and gently pull and twist to remove.



WHAT'S NEXT?

Try one of our delicious recipes with your harvested organic mushrooms!

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