

Step 2 - Preparing the cultivation box

Mushrooms are made up of 90% of water. By covering the mycelium with moist vermiculite, we create a water buffer for the growing mushrooms. This also protects the mycelium and will help maintain high humidity levels inside the grow bag (at step 3).

2.1 - Break up the mycelium - Take the Mushbag and gently squeeze the bag to break up the solid mass into loose kernels. This is necessary to easily fill up the grow box.

2.2 - Fill the cultivation box - It is now crucial to work as clean and precise as possible. Before you start, clean part of a table to use as a work area. Wash your hands thoroughly with soap and dry them with a clean towel or kitchen paper (or wear gloves). If possible, close doors and windows to minimize air current.

Cut the Mushbag open with a (clean) pair of scissors. Remove the lid from the cultivation box and fill the box with an even layer of the mycelium (the grain from the Mushbag) **(TIP 2)**. Make sure the box is entirely filled up, but leave some space on top (0.5 cm).

With a clean spoon, fully cover the mycelium with a layer of the vermiculite mix (0.5-1 cm). Put the lid on the grow box and make sure it is hermetically closed on all sides. Place it in a warm and dark environment under the same circumstances as before. The mycelium now needs time to penetrate the vermiculite **(TIP 1)**. ☹️ **This takes about a week.**

Ready for step 3 - When all rye kernels are covered with mycelium again. And when the mycelium becomes visible (about 10-20%) through the vermiculite.

(TIP 4) You can even out the layer of mycelium by lightly shaking/tapping the cultivation box. Or use a clean spoon, but try not to press too hard

onto the mycelium. Avoid touching the mycelium and the inside of the cultivation box as much as possible.

Requirements:
clean spoon, clean scissors



Step 3 - Mushroom growth

You now have a ready-to-grow cultivation box that will provide several harvests. It doesn't take too long now before the first mushrooms will pop up. But first we need to water the cultivation box, to make sure there is enough water available for the growing mushrooms.



3.1 - Water - Carefully open one corner of the lid of the box.

Gently turn on the tap and let the box entirely fill up with water.

Close the lid again and let the box stand for 12 hours.



3.2 - Let the excess water run off - After 12 hours the mycelium has soaked up all the water it needs.

Open slightly one corner of the lid, turn the box upside down and let all the excess water run off.

Make sure to remove as much water from the bottom as possible by letting it drip for at least 30 seconds.

(TIP 5) Preferably harvest the mushrooms when the veil on the underside of the cap starts to tear. If you wait longer the caps will open and the mature mushrooms will drop their (black) spores onto the mycelium. Usually this is not a problem. However, since the spore release normally completes the mushroom life cycle, this could affect your next harvest (see step 3.5).

3.3 - Growth - Wash your hands with soap, remove the lid and place the box inside the grow bag. Fold the top of the bag twice and attach the paper clips to keep it closed (make sure not to block the filter). Wipe the lid clean with some kitchen paper and store it in a clean place - you will need it again later on.

Place the grow kit in a warm spot (20-25°C) with daylight, but not in direct sunlight or on top of a heat source. Temperatures of around 25°C will allow for faster growth of the mushrooms.

Leave the bag closed and the first tiny mushrooms will appear in about 14 days. ☺️ These will mature in about 7 days and can then be harvested **(TIP 3)**.

3.4 - Harvesting - Wash your hands thoroughly with soap and dry them with a clean towel or kitchen paper (or wear gloves). Pick all mature mushrooms at once **(TIP 6)**, except when some are growing much faster. Avoid touching the mycelium.



(TIP 6) Harvest the mushrooms by grabbing the stem at the base and perform a twisting motion while lifting it upwards. Do not poke or dig into the mycelium. Difficult to reach and minuscule mushrooms (< 1 cm) are best left undisturbed. The minuscule mushrooms might grow into mature mushrooms during the next grow cycle.

3.5 - Next cycle - This grow kit produces several harvests. Immediately after harvesting, the box needs to be filled with water again, just like you did at step 3.1. This will stimulate the mycelium to produce more mushrooms. Repeat all steps onwards until your next harvest.



The cycle of watering, growing and harvesting can be repeated until the mycelium is depleted. Often this is only after three or more growing cycles, with the second cycle generally giving the best results.

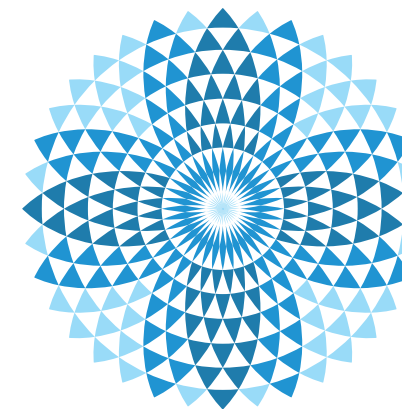
Tips for reuse - The cultivation box*, the syringe* and grow bag can be reused in a new grow project. The box can also be used to store food. *sterilization with pressure cooker necessary.

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REUSE
REDUCE
RECYCLE

Recycling - Because of the necessary sterile conditions, growing mushrooms from spores unfortunately requires the use of plastic materials. Please make sure to reuse the materials whenever possible and to discard waste items in the appropriate (recycle) bin. We will keep looking for ways to reduce the environmental impact of our products.

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Grow Kit Easy - Manual

Mushroom Grow Kit Easy - Manual

This grow kit is based on a simple and proven cultivation method. Prepare a cultivation box that provides several harvests in three easy steps and requires minimum care once set up. All you need to do is harvest the mushrooms and water the box for the next cycle.

If you are new to home cultivation, make sure to start with the Mushroom life cycle and The grow kit explained chapters below.



BOX CONTENTS:

- 1 x Mushbag with 425 g sterilized rye
- 1 x Syringe (filled with 5 ml spore suspension) *
- 1 x Sterile cultivation box with air filter
- 1 x Grow bag with air filter
- 1 x Vermiculite mix (sterilized)
- 1 x Alcohol swab
- 2 x Paperclips

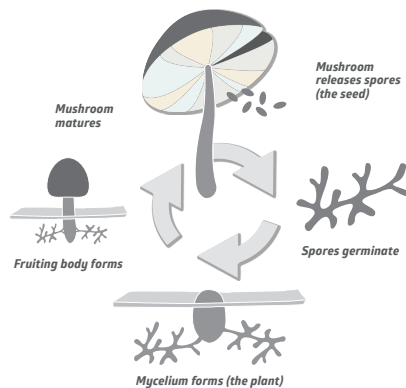
*optional

Other requirements: lighter, clean spoon, clean scissors

Mushroom Life Cycle

The life cycle of the mushroom is best understood when compared to that of a plant. The spores are the seed, the underground mycelium is the plant, and the mushrooms are the fruits. The (white) mycelium reproduces by forming mushrooms.

When the mushrooms are mature they open their caps and release their spores. These will later germinate and grow into mycelium again, thus completing the circle of life.



The grow kit explained

STEP 1 - Injecting the spores - By injecting spores into the Mushbag, the spores will develop into mycelium, using the nutrients present in the rye.



STEP 2 - Preparing the cultivation box - Make a ready-to-grow cultivation box by adding a layer of moist vermiculite on top of the mycelium. Just like moist soil would cover the mycelium in nature.



Vermiculite

Mycelium

STEP 3 - Mushroom growth - Exposing the mycelium to filtered fresh air, light and high humidity levels inside the grow bag will then trigger mushroom formation.



Step 1 - Injecting the spores

Requirements:
lighter

Before you start, clean part of a table to use as a work area. Wash your hands thoroughly with soap and dry them with a clean towel or kitchen paper (or wear gloves). If possible, close doors and windows to minimize air current.



1.1 - Clean the injection port - Use the supplied alcohol swab to disinfect the injection port.

Do not touch the port afterwards.

1.2 - Flame the needle - Shake the spore syringe really well for 5-10 seconds for even distribution of the spores. Take off the protective cap and heat the needle of the syringe until it is red hot.

Then let it cool for 15-20 seconds.

1.3 - Inject - Carefully insert the needle through the rubber injection port and inject the contents of the syringe.

If the flow blocks, gently pull the needle back a bit.



1.4 - Mycelium growth - Put the bag in a warm, entirely dark place like a cupboard (TIP 1). Make sure nothing is blocking the filter (including the back of the bag), so that air exchange is possible.

A temperature of 20°C is acceptable, but growth can be slow, so if possible, aim for a higher temperature - ideally around 28°C. Temperatures of 15°C and below will halt the growth of mycelium.

Your job is done for now. The spores need time to grow into mycelium. ☹ This takes about 2-4 weeks (TIP 2).

Ready for step 2 - When all grain kernels are covered with mycelium (TIP 3). Don't wait too long before proceeding with the next step. The mycelium might dry out and it will then fail to produce mushrooms.



TIP 2 After about 2 weeks, blocks of mycelium will have started to form. You can speed up the growth process by letting some of the uncovered grains slide between the plastic bag and the mycelium blocks. This increases the contact surface area between the mycelium and the nutritious grains. Be careful not to crush the grains. Repeat until all grains are covered with mycelium.

TIP 3 If you see any other colour than white (like green or black) you probably have a bacterial contamination. However, because of the rye, some brownish patches are to be expected. You will have to trust your senses here. If the Mushbag contaminates, it unfortunately cannot be saved and will have to be discarded.

IMPORTANT

With indoor cultivation, mycelium is very sensitive to bacterial contamination, in particular during growth. For this reason, it is important to work clean at all times.

Wash your hands with soap before every step and carefully follow the instructions and recommendations.

Now that we've covered the basics, the fun can start!

TIP 1 A good place to store the Mushbag would be the cupboard above the refrigerator. The heat produced by the refrigerator rises and increases the temperature by a few degrees.

Heat pads can also be used, but be careful. Too much heat will cause the mycelium to dry out, and it will fail to produce mushrooms. Therefore, make sure to leave some space (5 cm or more) between the Mushbag and the heat source. **Never place the Mushbag directly onto a heat source.**



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