

HOW TO GROW MUSHROOMS AT HOME WITH YOUR DIY COFFEE GROUNDS KIT

1. Take your clean jar and place your recently brewed coffee grounds (you can include the filter) in a shallow layer on the bottom, faceup.
2. With clean hands, take a pinch of mushroom spawn and sprinkle it in a layer over the grounds. It helps to rub the spawn to break it up into fine granules for better spreading. Only a small amount of spawn is necessary for each layer.
3. Repeat steps 1 and 2 each time you brew new coffee grounds, preferably every day. White filaments of mycelium will begin to form between each layer. Fill the jar almost to the top. Over several weeks, the mycelium will slowly colonize the whole jar. Throughout the process, the jar should be loosely covered with a lid, and it helps to gently mist the surface of the grounds occasionally.
4. When the jar has been fully colonized (white mycelium is everywhere), place it in an area with diffuse natural sunlight or fluorescent light, at room temperature.
5. A couple weeks after complete colonization, baby mushrooms will start to form. Mist them daily as they grow in size, and harvest them when their growth slows.



Other tips:

Using organic coffee grounds is recommended.

You can expect at least one but usually two fruitings from your jar. After harvesting your first batch of mushrooms, the mycelium will need to rest for several weeks. Either allow it to fruit on its own naturally, or soak it with water to shock it into fruiting again.

When finished, place the spent substrate into your compost pile or vermiculture bin—it's a great starter!

Questions? info@mumushrooms.com