

GREEN ROOSTER GOURMETS ALL-N-ONE Grow Bag Instructions

1. **Prepare Your Work Area:** Ensure your work area is clean and sanitized to prevent contamination. Wash your hands thoroughly and disinfect any surfaces you'll be using.
2. **Gather Materials:** Gather all the materials you'll need: the mushroom grow bag, spore syringe, and optionally, a spray bottle filled with distilled water.
3. **Inoculation Preparation:** Shake the spore or liquid culture syringe to evenly distribute the spores or cultures. Then, remove the protective cap from the needle and flame sterilize the needle until it's glowing red hot. Allow it to cool for a few seconds. (Flame sterilization is optional as our needles are sterile but never hurts to be extra safe.)
4. **Inoculation:** Locate the injection port on the mushroom grow bag. Insert the needle of the spore syringe through the injection port and into the substrate. Inject the spore or .C. solution slowly and evenly, distributing it throughout the substrate. Use about 2.5 - 5 ml of spore or L.C. dilution per bag.
5. **Incubation:** Place the inoculated mushroom grow bag back into the open box it came in a warm, dark place with temperatures around 75-80°F (24-27°C). This is the optimal temperature for mycelium growth. Check the bag periodically for signs of mycelium growth, which should begin within 1-2 weeks.
6. **Monitor and Wait:** During the incubation period, monitor the bag for any signs of contamination, such as unusual colors or odors. If you notice any signs of contamination, it's best to discard the bag to prevent spreading to other batches.
7. **Break and Shake:** After the bag is approx ½ way covered by the white mycelium growth it is time to gently break up the grain and the bottom of the bag and mix it with the substrate.
8. **Colonization:** Once the mycelium has fully colonized the substrate, usually indicated by

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the entire bag turning white with mycelium growth, it's time to prepare for fruiting. This typically takes 4-6 weeks from injection date, depending on the mushroom species and environmental conditions.

- 9. Fruiting:** To initiate fruiting, cut the top flaps of the box and expose the colonized bag to indirect light and lower the temperature slightly to around 70°F (21°C).. Small pinheads should start forming within a week or two, and mushrooms will continue to grow over the following weeks.

Keep in mind different strains of mushroom will grow better in different condition. (Ex: With Lions mane and Blue Oyster it is best to cut a small X, approx 1.5 inches, on the back side of the bag and the mushroom will grow upward and on the outside of the bag.)

- 10. Harvesting:** Harvest your mushrooms when they reach the desired size by gently twisting and pulling them from the substrate. Be careful not to damage the mycelium, as it may continue to produce additional flushes of mushrooms.
- 11. Flush:** After the first harvest the bag can then be sprayed with distilled water or put back into a humid environment to keep the bags mycelium and substrate moist in order for multiple rounds of mushrooms to be produced.
- 12. Enjoy Your Harvest:** Once harvested, you can enjoy your homegrown mushrooms fresh or store them in the refrigerator for later use. Remember to clean and sanitize your equipment and work area thoroughly to prepare for your next grow cycle.