YUI Young Urban Farmers

Growing Instructions Back To The Roots Oyster Mushroom Kit

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Your oyster mushroom kit will yield up to 1.5lbs of mushrooms over 2-3 fruitings. Once you receive the kit, place it indoors out of direct sunlight, but where it still gets indirect light from a window. The optimum temperature range is 18-23C. Let it rest, undisturbed for 2-3 days to recover from being transported.

Take off the front perforated carboard panel. Make a "+" shaped cut in the side of the bag to give the mushrooms a place to sprout.



Take the inner liner out of the cardboard box and submerge the entire liner in cold water for 2-8 hours. Place a weight on top to ensure it stays submerged. You can add ice (though not necessary) to keep the water cold during the soaking.

Drain the water from the liner and place it back into the carboard box. We recommend putting a perforated bag around the liner to increase the humidity.



4 Mist the kit 2-3 times per day. After 1-2 weeks, several buds should start to form where you made the "+" cut. Continue misting, but do not mist directly onto the mushrooms.



When mushrooms reach a larger size, use a sharp knife to cut away the mushrooms. Cut the entire body of fruiting mushrooms close to the liner to ensure easy future removal from the box.



After harvesting, let the kit rest for approximate 1 week. Do not mist during this period.



Take the liner out of the box and submerge again in cold water for 2-8 hours. You can add ice to the water to give the mycelium a shock and encourage it to fruit again. Drain the water, put the liner back into the cardboard box and remove the rear perforated carboard panel. Cut a new "+" incision into other side of the bag.

Continue misting the kit.

After the second harvest of mushrooms, continue with the resting, soaking, and misting procedure until all the nutrients have been used up and no more mushrooms appear.

Break the kit up and use it as a soil conditioner for your garden.

For more information, questions, or to order additional kits, please contact us at info@youngurbanfarmers.com or 416-238-5715