

ThisPot[↑]

Mushroom Grow kit

www.UKmusha.co.uk

ThisPotTM mushroom grow kits are available in **Mini** and **Midi** Sizes. These instructions are for both sizes.



Mushroom growing instructions

This grow pot is based on the PF Tek for beginner mushroom growers and is suitable for many gourmet, medicinal or decorative mushrooms that grow well in PF Tek substrate.

Inoculation

1. Prepare area for work by cleaning and wiping down with disinfectant. Wash hands thoroughly with soap and water and let dry. Optionally, put on sterile gloves for extra hygiene. Cover mouth with face mask or even cloth covering to help prevent airborne bacteria contaminate work surfaces.
2. Open bag containing ThisPotTM and place on sanitised work surface.
3. Wipe injection ports with Alcohol wipe provided. Let alcohol wipe stay in contact with surface for at least 5 seconds.
4. Shake syringe vigorously to disperse any settled spores or culture.
5. Unscrew the cover tip of the syringe.
6. Remove the sterile needle from packaging (supplied by spore or culture syringe supplier) leaving the hard plastic protective covering in place and screw in place on the gourmet spore or culture syringe. If using a non-sterile, previously used needle then flame until red and let cool or depress plunger to allow some of the water to cool the needle. Using a hot needle will melt the injection port and prevent self healing.
7. Remove protective plastic sheath from needle.
8. Inject the needle through the first injection port, past the top vermiculite layer into the substrate, like the images below.



9. Carefully inject 1 ml of solution into the pot.
10. Remove syringe and inject into the second injection port.
11. Carefully inject 1 ml of solution into the pot in the second injection port.
12. Remove syringe and store the ThisPot™ somewhere warm and dark, preferably in a temperature controlled environment according to the temperature preferred by the mushroom you intend to grow. Do not leave in direct sunlight. Many tropical varieties prefer temperatures between 24°C and 27°C.

Colonisation and Fruiting

13. Mycelium should start growing and become visible between 5 to 10 days.
14. Wait for colonisation to complete, usually between 4 to 5 weeks, depending on species, temperature and spores versus live culture. Do not place directly on top of heat sources like heating mats as this will dry out the substrate.
15. Once the substrate has become covered in white fluffy mycelium the cake has formed, excluding the very top layer which often does not colonise. This is an inert layer for protection and water retention. It should be given a further 7 days to make sure all internal, non-visible spaces become covered in mycelium. Once this date has passed move to the next step.
16. Remove lid from pot and place on working surface.
17. Soak perlite in water and rinse, straining excess water, retaining the soaked perlite and place on the top of the lid.
18. Place the grow pot on top of the wet perlite as in the figure overleaf.



19. Spray or mist the surface of the vermiculite on top of the cake to moisten it well. Slide the humidity tent over the top of the whole kit, tucking it underneath the lid, as in the figure below. This will trap the humidity to create the right fruiting conditions for the mushrooms to fruit. Alternatively, place the kit inside the bag top down and seal the opening with tape or clips, like clothes pegs.



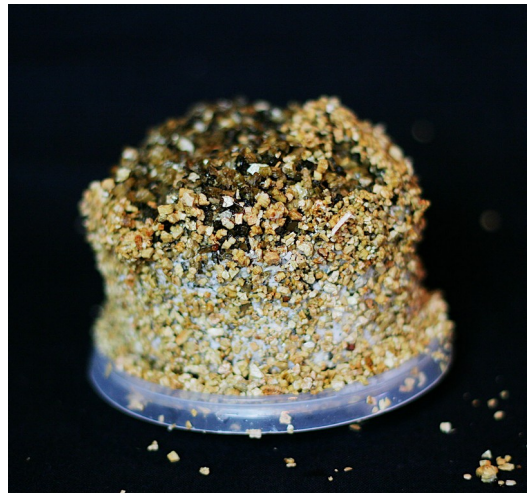
20. If you find you often get side pins, an alternative method is to remove the cake from the plastic pot and place it on top of the perlite, then placing it inside the bag for fruiting.
21. Pull the tent open to create an internal space. The result should look similar to the picture overleaf. Move this to a cooler environment, a few degrees lower than where the ThisPot™ was previously located. This is to stimulate fruiting conditions.



22. Remove the humidity tent once a day and spray water into the tent with a misting bottle, then replace the tent on top again. Repeat this for 3 or 4 days then cease misting and fan fresh air over the surface before placing the humidity bag over the cake again.
23. Once the mushrooms appear, remove the humidity tent by sliding it upwards and harvest.

Extra flushes

24. After the first flush of mushrooms is harvested, fill the pot with water to the top and replace the lid securely to keep the cake submerged. After 24 hours remove lid and pour out the water.
25. Remove the cake from the pot, rinse with fresh water.
26. Roll the cake in the vermiculite provided in the bag, covering all surfaces, making sure as much will stick to the surface as possible. This layer can now absorb extra water to help the mycelium cake grow extra harvests. Very lightly spray the vermiculite after a few days.



27. Respray the perlite and place the mushroom cake on top of the perlite..
28. Place the cake back into the humidity tent. Mist or spray the inside of the tent lightly and regularly throughout each day, for about 3 days. Stop if you see the primordia (knots) forming, but continue to remove the bag once a day to aid fresh air exchange. Let the fruits grow and harvest.
29. Repeat the process after each flush, misting the vermiculite and perlite well. After several flushes and harvests the cake will become exhausted and will stop producing mushrooms. The cake can be added to compost for the garden or discarded with food waste.