

'Lidded' Growing Kits

Growing Tips:

-  **Keep Indoors - temp 14-21 degrees**
-  **Keep out of direct sunlight**
-  **Ensure a steady temperature, avoid radiators or placing by heat sources**
-  **Simply keep moist, spraying once or twice daily.**

Your mushroom kit is ready to be activated. The kit consists of growing organic mycelium and a bag of top soil. It normally takes 16-24 days to complete the first harvest. With a little TLC you will have lots of fun and delicious fresh mushrooms to eat.

When you receive the parcel take the kit out of the postal box.

Your kit is prepared in small batches so they arrive as fresh as possible, they will carry a shelf life but we strongly advise you use as soon as possible.

Step 1: Remove lid by cutting along the dotted line

Step 2: Raise side flaps vertically. Roll liner to the height of the flaps and roll over and down to the crease of the flap.

Step 3: Open the bag of topsoil and place upright on the kit. Pour 100mls of water evenly into the bag then leave to soak in for 5 minutes.

Step 4: Pour contents of the bag onto the compost and spread evenly, covering the surface. Take the lid and loosely rest over the top of the side flaps for 7-10 days. Leave on until the white growth (mycelium) is just visible then follow the main instructions.



Conditions and location:

Mushrooms like high humidity, not dry air, draught free. The top inch needs to be kept moist not saturated. A spray mister set to the finest setting works well spray as often as needed to replace lost moisture, usually twice a day but **DO NOT** over water. The top soil should remain dark in colour and moist throughout (as picture), **DO NOT** allow to dry out. Once mushrooms are growing they may need a bit more water (if the soil is light and brown, it is too dry).

Harvesting:

Pick by gently twisting and pulling the whole mushroom carefully with all of the stalk attached. Avoid pulling out too much soil and future mushrooms with it. You choose whether to pick as small, medium, large or open mushrooms but do not let over mature, as generally the sooner you pick the first crop the better the second pick.

Subsequent Picks:

There is about a week between crops, each kit is individual. The larger the first pick the less for the second and so on. It is very important to pick when ready and to pick the whole crop. Water the top inch well after first pick to bring moisture level back up and then keep damp until the next pick is growing, then the watering can be increased.

If giving as a gift:

If keeping to give as a present, open the postal box and keep the kit between 2 and 8 degrees. The fridge is fine. **DO NOT** leave it gift wrapped for longer than absolutely necessary.

Cooking tips:

Chestnut / White Mushrooms can be enjoyed cooked or raw and are a versatile ingredient, adding flavour and nutrition to so many dishes. Fantastic in salads, stir fries, risottos and many easy recipes can be found on our website.



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Truly fresh mushrooms to grow at home