

# Nameko Mushroom Growing Kits

## Growing Tips:

-  **Keep indoors out of direct sunlight**
-  **Ensure a steady temperature between 10°20°C**
-  **Keep away from any heat sources.**

Your Nameko mushroom log is ready and raring to go. You will be able to see mycelium growth colonising the log. It is important to start the process as soon as possible for the best results.

You should find a cool spot to grow in, **at a steady temperature between 10-20°C** away from direct sunlight. Place the log, within its wrapper on a plate and await the mushrooms to develop

Please note this is a slow growing mushroom compared to our other products, so the growth of this could take 3-4 weeks in certain cases.

**TIP:** *Nameko mushrooms require light to produce their vibrant colour, they should **NOT** be grown in the dark.*

Once the mushrooms are a few inches tall, cut and remove the entire top off the wrapper, leaving a portion of the plastic, 4-5 inches above the top of the mushrooms. This will act as protection as the mushrooms begin to grow larger. When close to maturity the wrapper can be cut down with two vertical slits opposite each other to provide more space for growth.

**When to pick:** Once the mushrooms begin to fill the surface area (**see picture**) measuring between 1-3 inches across, these are mature enough to pick, the best way to do this is to cut and peel down the remaining bag, exposing the stems and cut the mushrooms away with scissors. **It is recommended to pick them younger** as the more mature they get, the less gelatinous they will be.

**TIP:** *In some cases you may wish to pick them as soon as you cut the bag, **always within 24 hours** of opening the grow bag.*

This mushroom tends to only produce one large flush so should be disposed of once you have picked your crop.

**Cooking uses:** Naturally gelatinous these are great for thickening dishes and sauces/soups. Also as you would traditionally consume cooked mushrooms.

## WHERE SHOULD I GROW MY KIT?

Locate the kits anywhere within the home, **OUT** of direct sunlight, avoiding radiators and heat sources.

**Locate grow kit within a temperature range of 10-20°C. With 15-17°C being optimum for steady growth.**

Please note as these kits are all designed to be grown in the home

### **Avoid locations like:**

- Greenhouses/Garden Sheds
- Airing Cupboards
- Conservatories
- Windowsills
- Small Cupboards



**MERRYHILL MUSHROOMS**

**Truly fresh mushrooms to grow at home**