

# Shiitake Mushroom Growing Kit Instructions

## Growing Tips:

-  Keep indoors
-  Keep out of direct sunlight
-  Ensure a steady temperature
-  Simply spray twice daily with water

Your Shiitake kit ready and raring to go, you should be able to see and feel little firm 'pinheads' pressed against the protective wrapper.

It is important to start the kit as soon as possible for the best results. Firstly cut and remove the protective wrapper, then place the entire kit inside the provided humidity bag, this will protect your mushrooms as they grow.

It is recommended to shroud the block but to leave an opening to allow for an amount of air exchange. Once in the bag then proceed to place this on a large plate.

Place the kit in a cool spot to grow, ideally at 12-20 degrees, away from direct sunlight. Proceed to spray the kit and the inside of the bag to ensure a high humidity.

You will see the mushrooms developing quickly, during this time maintain the spraying twice daily of both the inside of the bag and kit itself.

## When to pick:

It is important to pick the mushrooms on time for maximum flavour, it is best to pick them just as the caps start turning up. To harvest fold the bag down, cutting each mushroom as close to the block as possible.

## Second Crop:

After the first crop has been harvested, there is a possibility for a second crop to develop. If you're feeling extra confident, clean the block of any debris and immerse it under water for between 15-30 minutes. Place the block back in the bag and start the process again. You should see a second crop start to develop, but if not, don't be disheartened. The majority of the crop comes in the first picking. For the best results, store your first crop of Shiitake mushrooms in a paper bag in the fridge.

## Cooking:

Shiitakes enjoy gourmet status in the culinary world. Sliced and sautéed with butter and parsley, they release a tantalising flavour unknown to other foods. Very low in calories and high in nutrients and vitamins. Fresh and dried Shiitake Mushrooms have many uses, served in Miso soup and used in Japanese and Chinese cookery. Enjoy!



Shiitake Mushrooms



Place in humidity bag



Pick them at their prime



Served in Miso Soup



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**Truly fresh mushrooms to grow at home**