
Resting

After you harvest the mushroom(s), it is time for the fruiting kit to rest. Cover the fruiting kit back with a humidity tent, but do not water for 2 weeks. This will allow the kit to rest and recharge for the next flush.

The Next Flush

After your kit has rested for two weeks, mist the fruiting kit, and place into refrigerator over night to encourage a second flush. Repeat steps 3-9.

Troubleshooting

After the first flush, since the fruiting kit now has holes in it, other fungi and molds will be attracted to the substrate and they might invade it. If you see green mold on your fruiting kit, you can excise it carefully out of the fruiting kit and spray that area with 1:10 bleach solution. You may also tape the original holes and make two new ones elsewhere on the bag

Types of Lion's Mane Mushrooms

Pom Pom - *Hericium erinaceus* - looks literally like a pom pom

Tufted Lion's Mane - *Hericium americanum* - has a cascading waterfall look to it

Bear's Head/Comb's Tooth - *Hericium ramosum* - branched fruiting body

Preserving the Lion's Mane Fruiting Body

These mushrooms are best eaten fresh, made into mushroom "crab" cakes, or just simply sautéed in some olive oil with salt and pepper.

If you are not able to eat them all, you can make a double extraction, and take it daily for health benefits.



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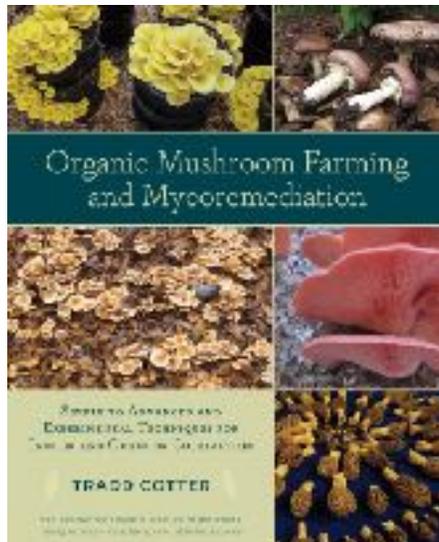
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Lion's Mane Fruiting Kit

Hericium spp.

Delicious and exotic looking fungi that have soft, cascading spines that typically grow on damaged or fallen trees in the wild.

The flavor of lion's mane is reminiscent of crab meat and lobster when sautéed in butter and onions, and has excellent health benefits for your brain and gut bacteria.



What You Will Need

- Fruiting Kit (included)
- Humidity tent (included)
- Shallow dish
- Sprayer bottle
- Water



Method

Step 1. Do not open up the bag that the myceliated sawdust is in.

Step 2. The fruiting kit has very tiny holes all over, we put those in so the fruiting kit can breathe. Take a knife and make two slices about an inch wide on opposite sides of the kit. These two spots is where the kit will put out mushrooms.

Step 3. Set the fruiting kit into a shallow dish with a little bit of water in it.

Step 4. Mist the fruiting kit with water.

Step 5. Cut the corners of the humidity tent, this will allow for gas exchange. Mushrooms produce CO2 and they need oxygen to breathe. Place the humidity tent loosely over the fruiting kit.

Step 6. Now we wait. It can take up to a month for the mushroom to start forming.



Step 7. Make sure to mist daily. You don't want the holes where the mushroom will come out to dry out.

Step 8. One or two mushrooms will form on either side of the fruiting kit. They will look like white knots, sometimes pinkish in color and velvety. Mist daily, they will enlarge over a 1-2 week period. Do not overwater to avoid rot.

Step 9. When the mushrooms begin to mature, the velvety surface will begin to develop spines, that can be between 1-2" long. When the spines start slightly yellowing, you will want to harvest them. Harvest by twisting and pulling out of the hole.