

Harvesting

Harvest the mushrooms when the caps begin to flatten out. Twist them from the fruiting kit, and store them in a paper bag in the refrigerator. You can also dehydrate them and keep them in an airtight container until ready to use. They rehydrate very well. Powder the dried mushrooms for use in sauces, soups and gravies.

Resting

After you have picked all the mushrooms off, it is time for the fruiting kit to rest. Allow your fruiting kit to dry out completely for two weeks in a dark place.

The Next Flush

Submerge the fruiting kit in cool water for 5 hours this time, then place it in the fridge for one week to charge back up.

Repeat steps 3-5. If you are lucky, this fruiting kit can keep flushing up to 4 times. 2-3 flushes are typical.

Troubleshooting

Since the substrate for shiitake mushrooms is also very desired by other fungi and molds, you might see some green molds growing on your fruiting kit. This is normal. You can remove the green mold by carefully scooping it out with a spoon, and spraying that area with 1:10

bleach solution. If the mold reappears, treat it again with the solution. Do not spray bleach on your mushrooms. You can also add a capful of bleach into your soaking water, to help prevent mold on the kit's surface.

Cooking with Shiitake

Shiitake are very meaty with a very strong earthy taste. Visit our blog Growing Shiitake on Logs for an amazing recipe for shiitake mushroom gravy.



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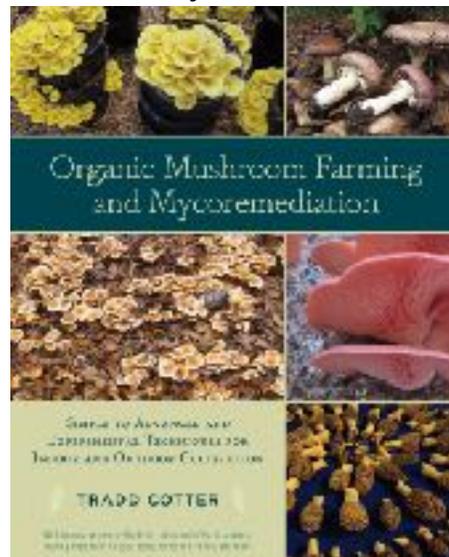
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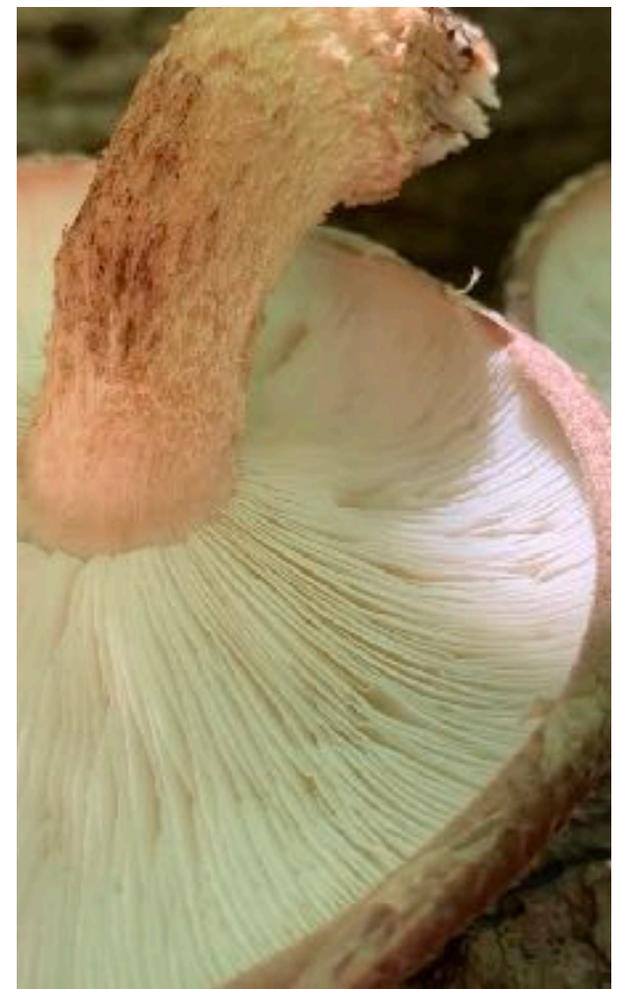
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Shiitake Fruiting Kit

Lentinula edodes

Your shiitake mushroom fruiting kit is colonized and browned by the time you receive it. The brown and the white coloration you see is the shiitake mycelium holding the whole fruiting kit together. You may notice bumps on the kit. Those are baby shiitakes on their way! Don't remove them.

Shiitake mushrooms contain chemicals that might help lower bad cholesterol, and help stimulate the immune system.



What You Will Need

- Shiitake Fruiting Kit (included)
- A bucket and water for submerging the fruiting kit
- Shallow dish that your fruiting kit will sit in
- Humidity tent (included)



Method

Step 1. To Initiate your fruiting kit, submerge it in a cool bucket of water, or in the sink for 3 hours. You may need to weight it down to keep it from floating. You may use city water or well water.

Step 2. Remove from water and place the block in a shallow dish. You can place the dish in shade or bright indirect sunlight. A good place would be your kitchen counter, where you will be able to watch it.

Step 3. Cut off the top corners of your humidity tent. This will ensure for air exchange.

Mushrooms produce CO₂ and need oxygen to breathe, just like you. If the mushrooms have too much CO₂, they will extend their stems to reach for oxygen, and their caps will end up being small.



Step 4. Drape the humidity tent loosely over the fruiting kit. Take off twice a day, and lightly mist. Put the humidity tent back on.

In a few days you should start seeing baby mushrooms form and enlarge.

Step 5. Keep misted and tented until the mushrooms are about 2 inches long in diameter. At this point take the humidity tent off, and keep it off. Keep misting the mushrooms. You don't want them drying out.