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**Step 8.** Baby mushrooms will appear like small balls on, and just under the surface of the casing soil. Mist them gently allowing them to approach dryness every day. Your goal is to keep the casing soil and the mushroom caps from drying out.

**Step 9.** Harvest mushrooms when they appear to be slowing down in growth. You want to pick them before, or right after the caps separate from the stem. Harvest by twisting the entire cap and stem together, upward. Trim excess soil.

## The Next Flush

After you have picked all the mushrooms, store them in a paper bag in the fridge. They should keep fresh for about a week. Keep the kit covered with the humidity tent for two weeks. Do not mist. This is a resting period and drying is needed, as the mushroom cake is recharging its battery. Repeat steps 5-9.

## Troubleshooting

Since this is not a sterile culture, and other fungi spores are floating in and around your home, your fruiting kit may get contaminated with the common green mold. Please be aware that this mold is not harmful to your health, but you will want to get rid of it ASAP, as it is competing for the food source with your white button culture. Mix 1 part bleach with 10 parts water in a spray bottle, and spray the green mold until it is gone, several times a day. **Do not spray the bleach solution on your mushrooms.**

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## Mushroom Toast

Remove caps, and slice them. In a pan, melt some butter, and sautee the mushrooms for about 5 minutes, add salt, pepper and herbs like thyme, chives, parsley and tarragon. On a toasted piece of bread add a heap of mushrooms, and a slice of your favorite cheese, toast until cheese melts. Yum! Enjoy!



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Questions or Comments?

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# Mushroom Mountain

White Button Wonderful



## White Button Fruiting Kit

*Agaricus bisporus*

White button mushrooms are meaty mushrooms with white caps, and gills that turn dark as they mature.

They are low in calories, and can be prepared in myriad of ways. Check out the simple recipe is on the back of this brochure.



This box is filled with a special growing medium and a casing soil (used to activate the fungus) that is designed for home cultivation of mushrooms. The process is simple and requires minimal day to day care.



## What You Will Need

- Mushroom Cake (included)
- Casing Soil (included)
- Humidity Tent (included)
- Sprayer bottle. Fine mist is preferred.
- Water



## Method

**Step 1.** Add one cup of clean water to the **Casing Soil** bag (labeled). Seal shut and massage the bag until the moisture is even.

**Step 2.** Unfold the top of the bag that is labeled **Mushroom Cake** (labeled), folding excess plastic over open box with flaps “up”.

**Step 3.** Level cake with clean hands.

**Step 4.** Open the **Casing Soil** bag and dump the entire contents onto the surface of the **Mushroom Cake**, spreading it out evenly over

the surface, so the entire area is covered at a uniform depth.

**DO NOT PRESS THE CASING SURFACE FLAT.**

Mushrooms like loose soil, so they can form in the small valleys and crevices in the casing soil, allowing them to breathe better.



**Step 5.** Drape the **humidity tent** (included) over the entire box with the flaps upright. Mist the fruiting kit as needed to keep the casing soil surface moist, but not wet or waterlogged.

**Step 6.** Mushrooms need to breathe just like people. The humidity tent should be loose and allow for some gas exchange.

Within a few weeks, you will notice white threads or cottony growth develop in the casing soil. That is the mycelium or “roots” of the mushroom, growing up from the nutritive cake and into the moist casing soil.

**Step 7.** Mist gently to maintain moisture without damaging the white growth.