

## Resting

After you harvest the mushroom, it is time for the fruiting kit to rest. 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 3-11. Save the humidity tent.

## Troubleshooting

It is normal for the kit to develop green mold at some point after being cut. Airborne contaminants may get on the substrate. If you see green mold on your fruiting kit, you can excise it carefully out of the fruiting kit with a clean spoon or knife and spray that area with 1:10 bleach solution.

## Storing Mushrooms

Store mushrooms in a paper bag in the fridge ( at 38 - 42 F°) for up to a week.



## Flavor profile

Resembles crab meat when sautéed in butter with onions.

## Food and Medicinal

Lion's Mane mushrooms are best when cooked into mushroom "crab" cakes, or simply sautéed in some olive oil with salt and pepper. They can also be cooked and frozen for later use, pickled or extracted for medicinal uses. Lion's Mane mushrooms work with the body to rebuild nerve cells, assist with better brain function and stimulate the intestinal immune system by regulating gut bacteria and inflammation.



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PANCREATIC SUPPORT • LION'S MANE • CHAGA  
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Medicinal mushroom extracts made from organic mushroom fruiting bodies. A gluten free product.



**MUSHROOM  
MOUNTAIN**

Questions or Comments?

Contact us!

(864) 859-3080

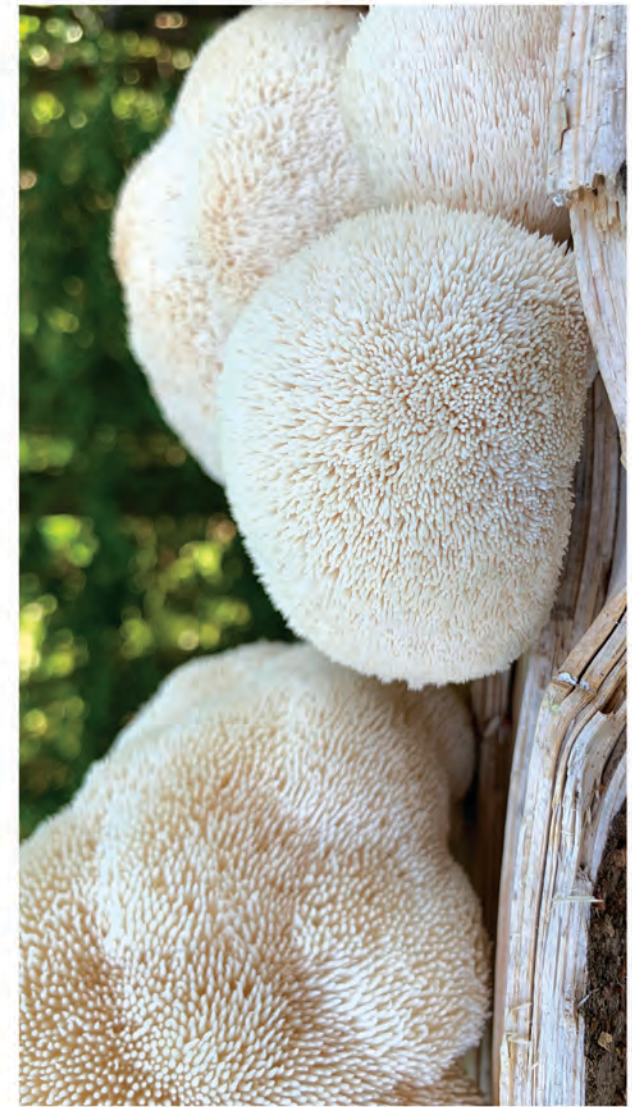
[MushroomMountain.com](https://www.MushroomMountain.com)

[MushroomMountainFarm](https://www.MushroomMountainFarm.com) 

[sporeprints](https://www.sporeprints.com) 

# MUSHROOM MOUNTAIN

• HARMONY WITH NATURE THROUGH FUNGI •  
EST. 2007



## Lion's Mane Fruiting Kit

*Hericium spp.*

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



Please  
do not open the  
fruiting box or take  
the spawn bag out  
of the fruiting box.

Your kit should fruit 3 - 4 times.

After the final fruiting you can  
remove it from the box  
and the bag, and plant it  
in your garden with some  
wood chips and wheat  
straw. It may continue to  
fruit. It also makes  
great compost for your  
garden.

Our kits fruit well indoors. If you plan to fruit your kit outside please check out the Zone Fruiting Map in the Learn Section on our website, for optimal outdoor fruiting temperatures in your area.

### Kit contents

Fruiting kit box, humidity tent and instructions.



### Method

1. If you are **not** ready to start fruiting your kit immediately you can refrigerate it for up to two weeks. When you are ready to fruit it, tear away the perforated image of the mushrooms from the front of the box.

2. Make a one inch wide cut in the kit bag with a clean knife, in the center of the tearaway area.

3. Place your fruiting kit on a shallow dish.

4. Mist the cut area of the fruiting kit once a day with clean water.

5. Place the humidity tent loosely over the fruiting kit and dish, so that it stands upright with space around it.

6. Cut two inches off the corners of the humidity tent with scissors to provide airflow. Continue misting daily until the fruiting kit starts producing.

7. The baby mushrooms will look like a clump of white mycelium pushing out through the cut. When this happens, it is time to remove the tent and start misting them twice a day. Save the tent for the next fruiting cycle.



8. Keep misting the mushrooms twice a day or more if they seem dry. They are very fragile and if they don't have enough humidity, they will stop growing.

10. When the mushroom spines are about 1/4 of an inch long, it is time to pick the mushroom.

11. Remove the mushroom, by twisting it off the fruiting kit and enjoy.