



MANA BOTANICA

GROWKIT INSTRUCTIONS

THE INTEGRATION OF MUSHROOMS
INTO YOUR DAILY LIFE

Shelf life & Hygiëne

There is an expiry date on the side of the box. The growkit must be kept in the fridge if you are planning to postpone activation. If for some reason the kit has been left out of the fridge for longer than a week, always start the process as soon as possible!

Hygiene is very important when growing mushrooms. To prevent contamination of the growkit, always try to work as clean as possible. This means, disinfecting the working area, hands and fore-arms thoroughly with rubbing alcohol before handling the kit. Don't breathe on and into the kit. We advise you to wear latex gloves.

Note: don't throw away the lid and carton box, you will use it again in a few weeks.

Step 2: Activating the kit

Carefully lift up a corner of the lid and slowly fill up the kit with water till it is fully submerged. In general tap water (especially in the Netherlands) will do. If you suspect your tap water to be contaminated in any way, use a bottle of mineral water instead.

Close the lid fully and put the kit back in the box, let the box rest and soak up the water for 10-12 hours. After 12 hours of soaking, carefully lift the corner of the kit again and pour out the excess water.

Step 3: Setting up the kit

Remember the first step; work CLEANLY! Try to work swiftly and minimize the time the kit is without a lid, or the bag is open in order to prevent bacteria and aerosols from finding a way inside the bag.

1. Open the plastic bag
2. Fill the bag with a glass of water or about 250ml.
3. Place kit inside the bag
4. Fold the top of the bag once or twice and make sure it's closed properly by securing it with the paperclips or a clothespin.

Find a good place to put the kit out of the direct sunlight. A good place is 3-4 meters from a window. Plug in the heating mat (if it's a heating mat with a slider button, put it on 50%) and place the growkit on top.

5. Have some patience and let the growkit do its thing. After 7-14 days the first signs of mushroom growth will appear in the form of so called pinheads, from now on provide the bag with oxygen everyday by opening the bag and letting some air come in for a few seconds.

In case there is no condense on the inside of the bag; spray the sides (of the inside) of the bag. Make sure not to spray directly on the mycelium/mushrooms.

Step 4: Harvest & Flushes

Usually within 10 days after the first sign of mushroom growth, your mushrooms will be ready to harvest.

The mushrooms are ready to harvest right before they open their cap completely. . Some people wanna get their mushrooms to grow as big as possible, but bigger mushrooms doesn't necessarily mean you got the best yield.

Sometimes the medium sized mushrooms contain a relatively higher amount of psilocybin. Once the first mushrooms are big enough to harvest there will be some medium and small mushrooms around that could still grow, however, we do recommend harvesting all the flush fully this way you will avoid Grow kit contamination and the second flush will start growing soon after. If there's one mushroom that's really big compared to all the others, pick that one and let the rest grow till ready.

Get ready to pick your mushrooms.

wash your hands very well, use hand sanitiser or/and sterile rubber gloves. Hold the mushroom stem with two fingers, closely to the soil, and twist and pull it until it is released from the surface. In order to minimize damaging the mycelium, try to be as gentle as you can be.

Well done, you just harvested your first flush! But don't throw away your kit just yet!

Flushes

Mushrooms grow in Flights/Flushes and our kits are made to produce between 3-5 flushes.

To prepare the kit for its next flush just refill the grow box with water like you did in step 2. This time put the kit in the box and put it in the fridge for 10-12 hours. The combination of water and cold shock will re-activate the kit. Again remove the excess water and place the grow box back in the bag. The next flush will grow much quicker, so keep a good eye on them and harvest them when ready.

Drying

Once the mushrooms are harvested it's best to dry them out so you can preserve them for longer. Dried mushrooms stay potent for at least a year! A regular

method to dry them is putting them on a piece of newspaper in a well ventilated room. Turning them over everyday should result in them being completely dry in 4 days. The best way to get them cracker-dry is using a food dryer and drying them at 50 degrees celsius for about 12-18 hours. An oven will do the trick as well but you need to be able to set it to a maximum of 50 degrees. The oven needs to be on for about 12-24 hours at that temperature before the mushrooms are bone dry.

For more plant and fungi wisdom go to www.manabotanica.com/

P.S: We are working hard on making more content to guide you on your mushroom journey! If anything is unclear, don't hesitate on contacting us at hello@manabotanica.nl



With love,

Mana Botanica