



Grow Your Own Oyster Mushrooms Recycled Coffee Bag

Grow your own Gourmet mushrooms in your own kitchen, in just two weeks. Marvel at the magical and mysterious world of fungi as they develop before your eyes!

Made with 100% recycled coffee from the finest independent coffee shops of Stroud. Hand inoculated at the Fungusloci micro-farm.

Ready to grow. Just add water

Full instructions inside

This Oyster Mushroom Coffee Bag uses waste coffee grounds that have been collected from Stroud's independent cafes. The grounds have been mixed with oyster mushroom spawn and packed into recycled coffee bean bags at the Fungusloci Micro-Farm. The mushroom mycelium is grown out through the coffee in ideal conditions at our farm for a number of weeks. It is ready for you to take home and watch the amazing mushrooms grow in your very own kitchen.

Care and Instructions

Oyster mushrooms will begin to form when the mycelium (the vegetative part of the mushroom plant) has completely colonised the coffee substrate. This usually takes between 4 and 8 weeks from the time it is mixed. The date that your coffee and mushroom spawn was mixed is written on the bag. If your bag is less than four weeks old, keep it in a warmish place out of direct sunlight where you can check it daily.

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When your bag is four or more weeks from the mixing date it will be ready to start the fruiting process. A number of different environmental conditions will encourage the development of the mushroom fruiting bodies. These are increases in light, oxygen and humidity.

You can increase light and oxygen by enlarging the small holes in the sides of the bag with point of a sharp knife - being careful not to cut too deeply. You will then have to increase moisture and humidity levels. The best way to kick start mushroom development is to give your bag a good soaking by opening the top and filling it with cold water. Drain excess water after half an hour and reseal the top. Then keep the bag moist by misting it daily with a plant sprayer.

After about a week you should begin to see tiny mushroom pinheads - or primordia developing on the surface of the mycelium or emerging from holes in the bag. Continue to spray the mushrooms as they develop and watch them double in size every day!

Mushrooms may start to emerge from the small the holes before you do anything. If this happens - Hooray! but make sure you start to spray the bag twice a day as soon as you see them. If nothing is happening after a couple of weeks, put the bag in the fridge for 24 hours and then give it a good soaking as above and then continue misting daily.

Your mushrooms will be ready to harvest when growth slows and the caps begin to flatten out. To harvest you can either gently twist and pull or cut them near the base of the stem with a sharp knife.

After your mushrooms are harvested, let the mushroom coffee bag rest for a week or two. After resting give the bag a good soaking as above and then start misting the bag again twice a day. If all goes well you should get another one, two or three extra crops before the nutrients in the coffee are used up.

Once your mushrooms have finished fruiting you can empty the bag into compost or wormery. Or use the ready-composted coffee directly in garden borders or add to indoor plant pots.

ENJOY!

For more info see: www.fungusloci.cscic.org

Ingredients: Recycled coffee grounds; Oyster Mushroom Spawn (*Pleurotus ostreatus* mycelium, millet seed); Natural hydrated lime (*Calcium hydroxide*); Recycled coffee bag