

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

What you will need

- Mushroom cake (included)
- Casing Soil (included)
- Humidity tent (included)
- Sprayer bottle with fine mist is preferred (not included)
- Water (not included)



Steps

1. Add one cup of clean water to the **Casing Soil** bag (labeled). Seal the bag and massage it until the moisture is evenly distributed.

2. Remove the metal clamp from the bag that is labeled Mushroom Cake, folding the top of the bag over the open box with the flaps of the box "up."

3. Level the cake with clean hands.

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 the entire area is covered at a uniform depth.

DO NOT PRESS THE CASING SOIL DOWN FLAT. ALLOW IT TO BE AIRY.

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

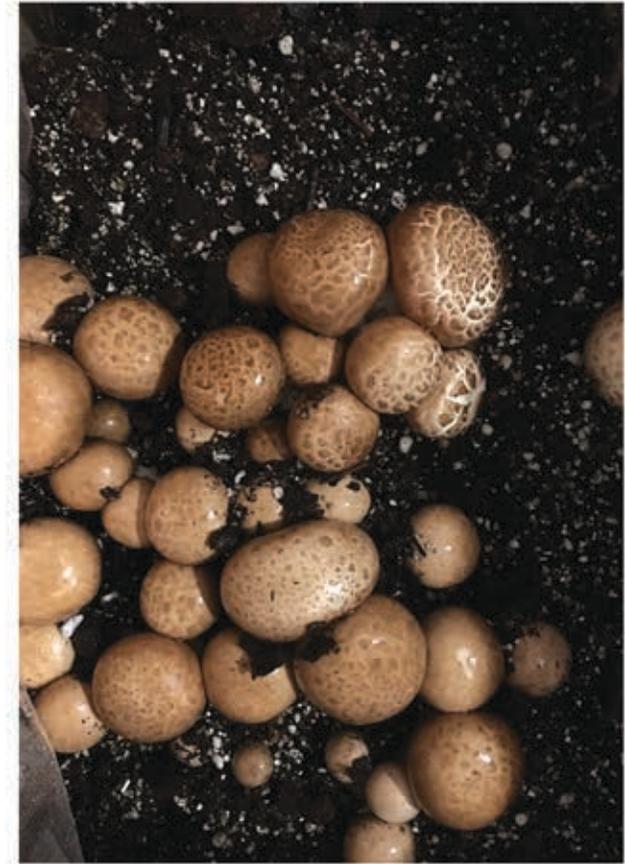
5. Drape the humidity tent (included) over the entire box with the flaps upright. Keep it over the box loosely to retain moisture and prevent drying out but to allow for air exchange because mushrooms take in oxygen and produce carbon dioxide (CO₂).



6. Mist the fruiting kit as needed to keep the casing soil surface moist, but not wet or waterlogged.

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 mushrooms, growing up from the nutritive cake and into the moist casing soil.

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



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 but not waterlogged. Too much water can contribute to mold forming which is not desirable.

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.

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 through 9.

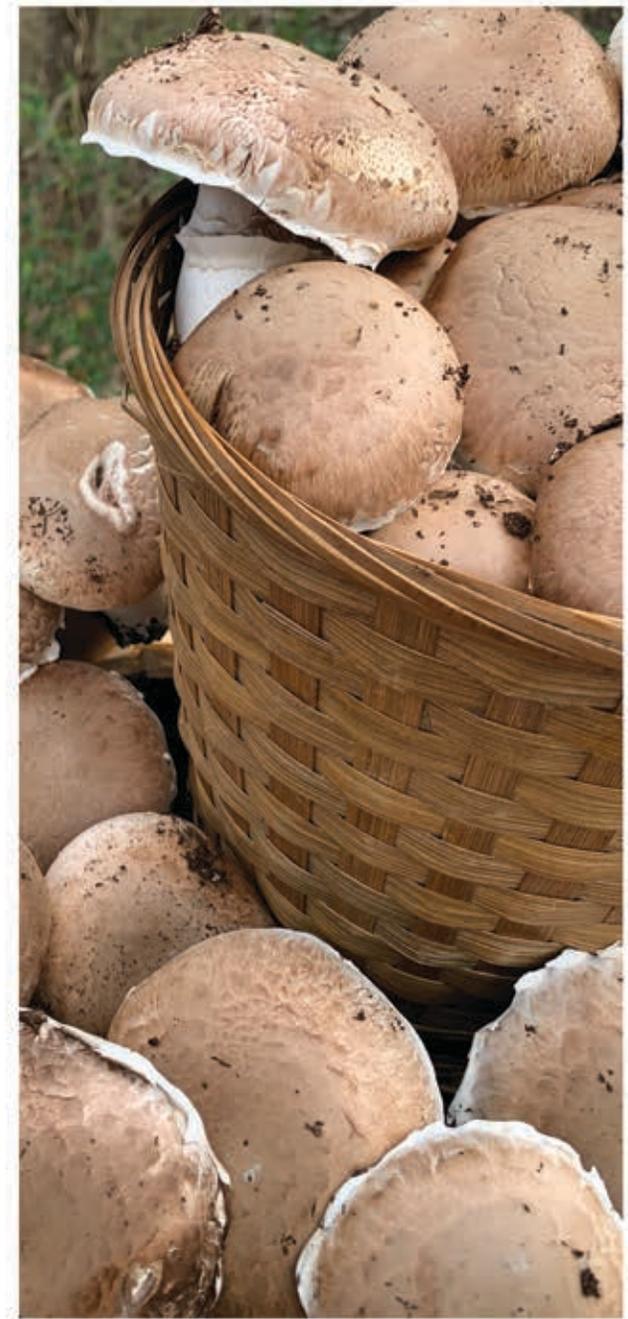


Troubleshooting

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 portabella 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.

Stuffed Portabella Caps Recipe

Rinse any dirt off the mushrooms. Pop the stems off the mushrooms, discard the very bottom and mince the rest up. In a bowl mix softened cream cheese with bacon bits, minced garlic, minced portabella stems, chopped artichoke, minced chives and Parmesan cheese. Turn the caps gill side up and add the mixture onto the gills. Arrange the caps mixture up on a baking sheet and bake at 350 °F for 30 minutes. Serve and enjoy!



Portabella Fruiting Kit

Agaricus bisporus

Portabella mushrooms are meaty with brown caps and gills that turn dark as they mature. They are low in calories and can be prepared in myriad of ways. Our favorite is to stuff the caps! Recipe is on the back of this brochure.