



# Instructions grow kit *Golden Teacher cubensis*

**Congratulations with the purchase of your mushroom grow kit. When you follow the instructions carefully, your kit will produce an abundance of mushrooms.**

We recommend to start the grow kit as soon as you receive it. On the label in the box you will find a number. This number stands for the week that your kit has been produced. When kept refrigerated, your kit can be preserved for

Read the information written below thoroughly before beginning. You will find that it will be easy. We hope you will enjoy growing mushrooms as much as we do! Have fun!

## Contents

- 1x growbox with substratum
- 1x transparent growbag with airfilter
- 2x paperclips

If you discover some of the items above are missing, please us as soon as possible via [support@magic-mushrooms-shop.com](mailto:support@magic-mushrooms-shop.com)

## You need

- Waterspray
- access to a running cold water tap
- a place to put the kit with a temperature between 22°C and 26°C

## Starting the process

1. Locate the plastic lid shutter clip next to one of the corners. Remove it and open the lid a little at that corner.
2. Run the coldwater tap gently and fill the growbox slowly through the open corner until the water comes to the rim. Close the lid again by pushing it. Water will come out but that's fine. Now let the substratum soak in room temperature **for 24 hours**. Light is not an important factor yet, but do not put place the growbox in direct sunlight.
3. After having soaked for 24 hours, you open the previous used corner from the lid again (but just barely!) Tilt the growbox above your sink in such a manner that the open corner is facing down and the surplus of water can run out of the kit slowly. When small bits of the substratum come out together with the water this is not a problem. After almost no water comes out you can close the lid again.
4. Make holes in the substratum with a clean fork. Do this 6 till 8 times spread over the surface of the substratum.
5. Reach for your growbag. Fill it with two cups or 0,3 liter of lukewarm water.
6. Take the growbag and put the box inside at the bottom so that the open part of the bag will point upwards. Now remove the lid from the box and take it out of the bag. Rinse the lid with water and when it's dry put it in the carton box. Press the sides of the open end of the bag against each other. Fold this over three times with 2 cm each time. Prevent that the bag opens up again by fixing the fold with the two paperclips.
7. Put the grow kit back in the carton box (with its cover open.) Store the grow kit out of reach of children and pets in a place out of direct sunlight but within a temperature range of 22°C and 26°C.
8. Spray the grow box with water every 5 days to keep the substrate moist. Also when the mushrooms are starting to show.
9. After a bit more than three weeks you will be able to harvest your first flush of mushrooms. After picking, you can repeat step 2-9.

## The harvest

After a bit more than two weeks in the optimum temperature, mushrooms will start growing out of the substratum. When the temperature has been a bit too low (or high) it can last up to three, even four weeks.

## Flushes

The mushrooms come up with a number at the time. A growth like this is called a flush. You will see that mushrooms in one flush will close to never be ripe at the same time. You can get more than one flush out of the kit.

## Picking

Pick the mushrooms that are good and let the others develop a bit more. When a mushroom that isn't ready yet grows out the stem of one that is, you should pick them both. Before picking the mushrooms wash your hands thoroughly with soap and rinse with water. Pick the mushrooms when the membrane connecting the hat and the stem starts to rip. Remove the mushrooms from the substratum by taking hold of the base of the mushroom and rotating your hand clockwise slowly until it lets go. Never pull out the mushroom! When you do this you risk damaging the mycelium and thus endangering future harvests.

## Spores

When being too late harvesting your mushrooms, they will release their spores. You will see when this has happened when there is a black layer on the smaller mushrooms, the substratum and the inside of the growbag. No harm is done. You can just continue without washing off the spores. They can be consumed without having any effect on your trip or your health.

## Mushrooms that grow from the sides

It might occur that mushrooms will grow between the sides of the plastic growbox and the substratum. Just leave them for what they are. If you try to remove them you might risk damaging the mycelium and thus endangering future harvests. You might be able to prevent this unwanted growth by covering the outside of the plastic growbox with household aluminum foil and then putting the growbox (when it's been placed in the plastic growbag) inside the carton box. This prevents the light to come through the sides and decreases the chance of mushrooms growing there.

## Be sensible

If you decide to eat the mushrooms we recommend to get well informed about the effects and their proper use. You can check our website for more information: [www.magic-mushrooms-shop.com](http://www.magic-mushrooms-shop.com)

**This kit is meant for small-scale home use only.**

## IMPORTANT INFORMATION

Do not use mushrooms when:

- Younger than 18 years old
- Drinking alcohol or using other drugs
- Pregnant or breastfeeding
- Operating (heavy) machinery
- Participating in motorized traffic
- Using anti-depressives or medicine
- When having a mental or physical illness