

Important: Prep Every Time.



Work as clean and sterile as possible every time.

Clean the table and wash your hands thoroughly (ideally elbow high and with antibacterial soap) every time you handle your grow kit.

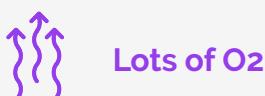
Ideal Growing Conditions



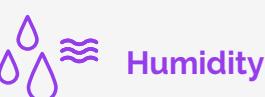
Room temperature and indirect sunlight.



Place at approx. 160-200 cm height (like a bookshelf).



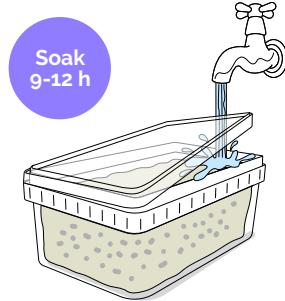
Once micro mushrooms start forming.



Optimal relative humidity (RH) should be at 85-95%.

Step 1 **Soak**

- Open the corner of the lid and fill the growkit with cold tapwater until it's full.
- Close the lid and let it soak in a cold place (preferable the refrigerator) for 9-12 hours.

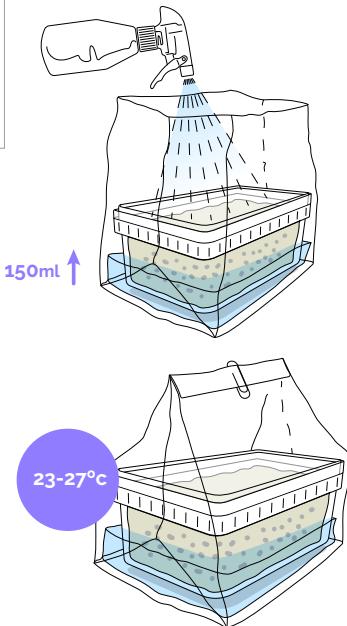


⌚ 9-12 hours til the next step

Step 2 **Bag**

*Reminder Filter Bag with holes

If you receive a perforated bag at the bottom, **DO NOT FILL** the bag with water. Please skip steps 2 and 3 from this section and simply spray the sides of the bag every so often. The natural action of the mycelium will help to increase humidity.

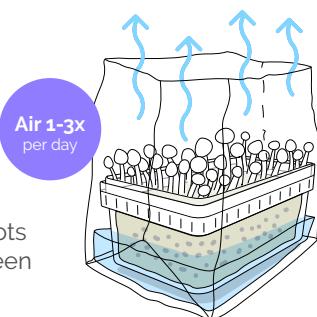


- Open the corner of the lid and drain all the excess water out of the kit.
- Pour approx. 150 mL of clean tapwater in the filter bag.
- Place the growkit in the filter bag on top of the water and remove the lid (keep the lid for the next flushes!).
- Spray water on the side of the bag, fold the top and close with the clip. **Open everyday and repeat spraying the sides.**
- Place the bag with growkit in a bright place with indirect daylight (never in direct sunlight) with temperatures between 23 - 27 °C. (Temperatures vary by strain. Please consult the table on the next page.)

⌚ 2-4 weeks til the next step

Step 3 **Breathe**

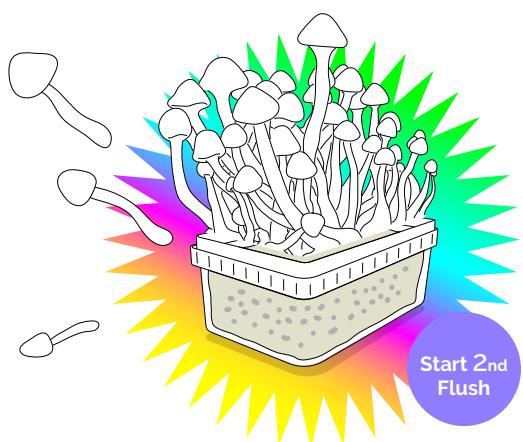
- Once micro mushrooms appear, refresh the air 1-3 times a day by opening (letting the CO₂ out) and closing the bag with lots of fresh air, trapped inside. Ideal fruiting temperatures vary between 23 - 30 °C depending on strain. (Please consult the table on the next page.)



⌚ 1-2 weeks til the next step

Step 4 **Harvest**

- Harvest the mushrooms once the cap of the mushrooms are almost fully open.
- Pluck them with a slight twist.
- When everything is plucked you can start with the second flush! See step 1 and repeat.



Note: depending on the growing conditions and the strain type, you can have several flushes.

Growing Info

Per Strain

Strain:	Colonization Time:	Colonization Temperature:	Fruiting Time:	Fruiting Temperature:
Amazonian PES <i>Pacific Exotica Spora</i>	10 - 12 days	28° - 30° C	12 - 21 days	23° - 27° C
B+ <i>Psilocybe Cubensis B+</i>	8 - 10 days	28° - 30° C	8 - 21 days	23° - 26° C
Cambodia <i>Psilocybe Cubensis Cambodian</i>	10 - 12 days	+30° C	10 - 24 days	+27° C
Golden Teacher <i>Psilocybe Cubensis Golden Teacher</i>	12 - 14 days	28° - 30° C	14 - 21 days	23° - 26° C
Hawaiian PES <i>Pacific Exotica Spora</i>	8 - 10 days	28° - 30° C	10 - 18 days	23° - 26° C
Mazatapec <i>Psilocybe Cubensis Mazatapec</i>	10 - 13 days	28° - 30° C	14- 21 days	23° - 26° C
Mckennaii <i>Psilocybe Mckennaii</i>	12 - 14 days	28° - 30° C	14- 21 days	18° - 27° C
Mexicana <i>Psilocybe Mexicana</i>	10 - 14 days	28° - 30° C	14 - 21 days	18° - 27° C
Thai <i>Ban Huan Thai</i>	12 - 14 days	28° - 30° C	14- 21 days	23° - 26° C