

IMPORTANT: PREP EVERY TIME

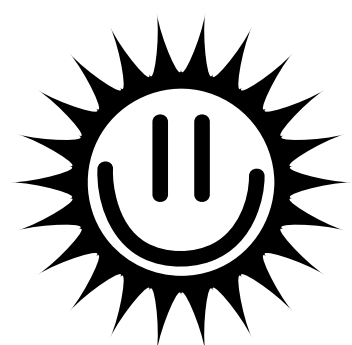


clean & sterile

Work as **clean and sterile** as possible every time before touching the grow kit.

Clean the table and wash your hands thoroughly (ideally elbow high and with antibacterial soap).

IDEAL GROWING CONDITIONS



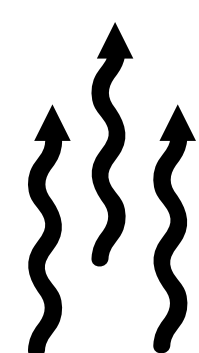
23-27 °C

room temperature and indirect sunlight



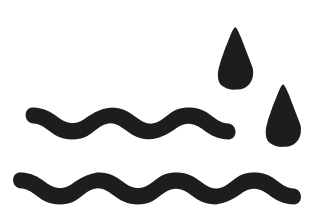
160-200 cm

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



Lots of O2

once micro mushrooms start forming



Humidity

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

S T E P 1

SOAK

- Open the corner of the lid and fill the grow kit 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.

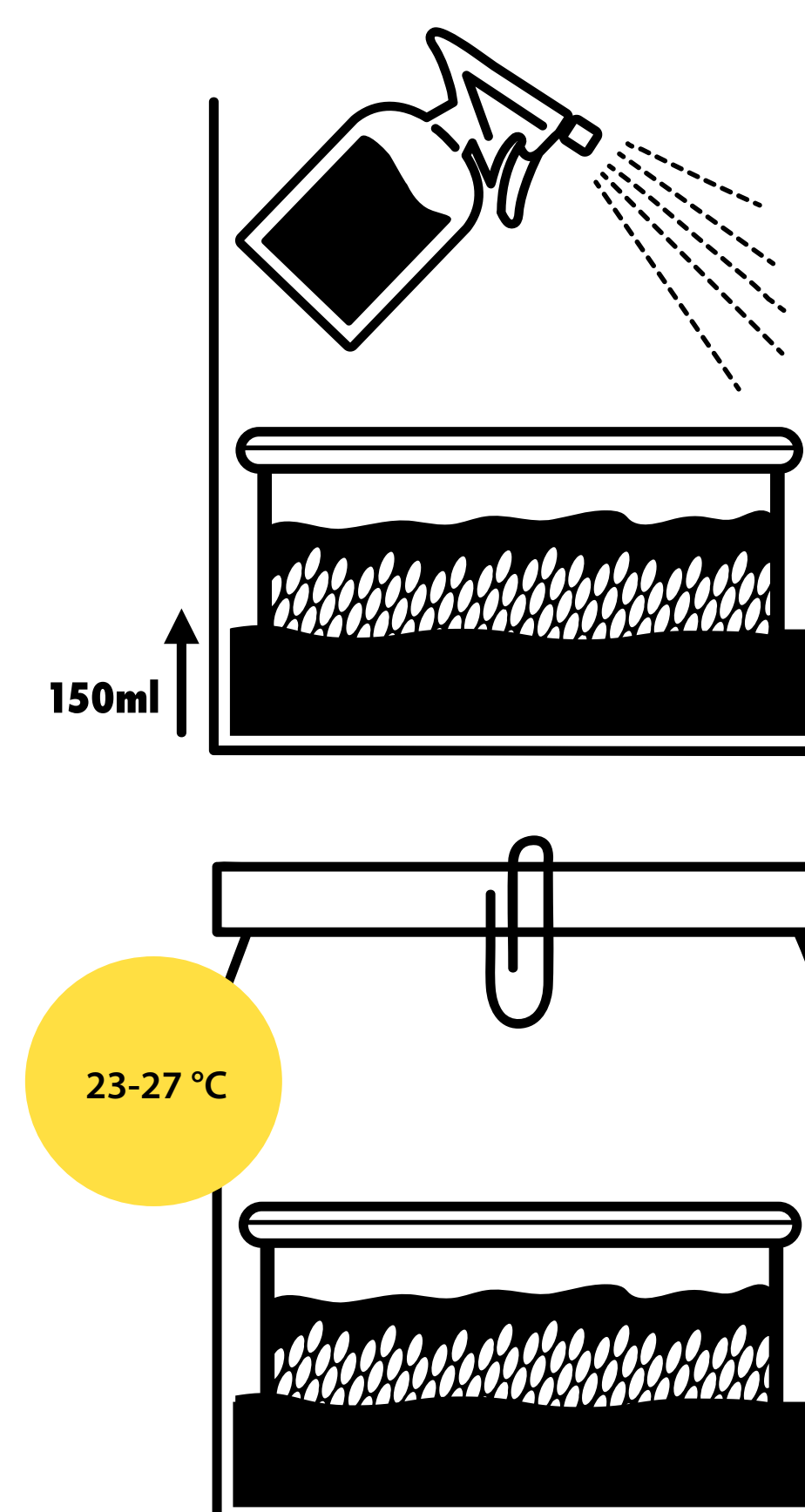


9-12 hours til the next step

S T E P 2

BAG

- 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 grow kit 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.
- Place the bag with grow kit in a bright place with indirect daylight (never in direct sunlight) with temperatures between **23 - 27 °C**.

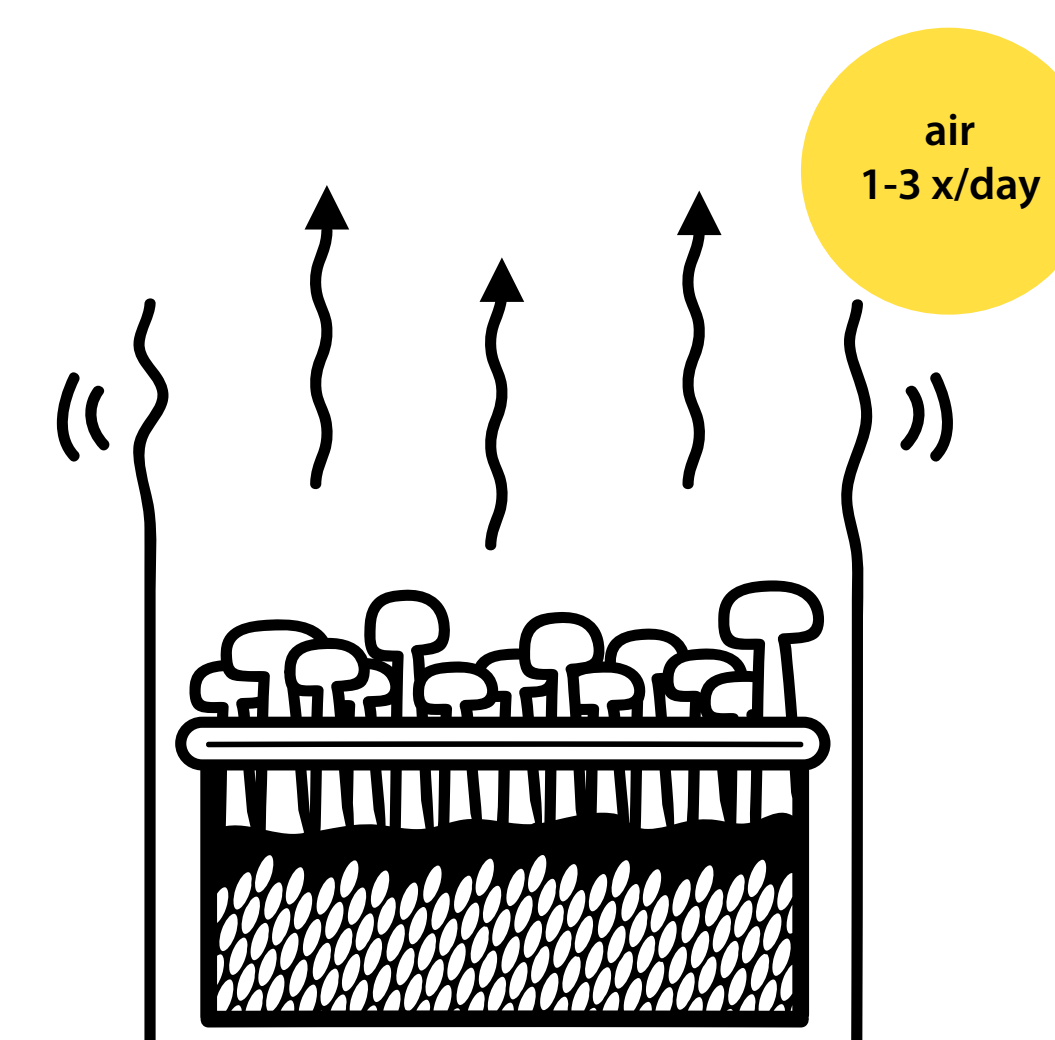


2-4 weeks til the next step

S T E P 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.

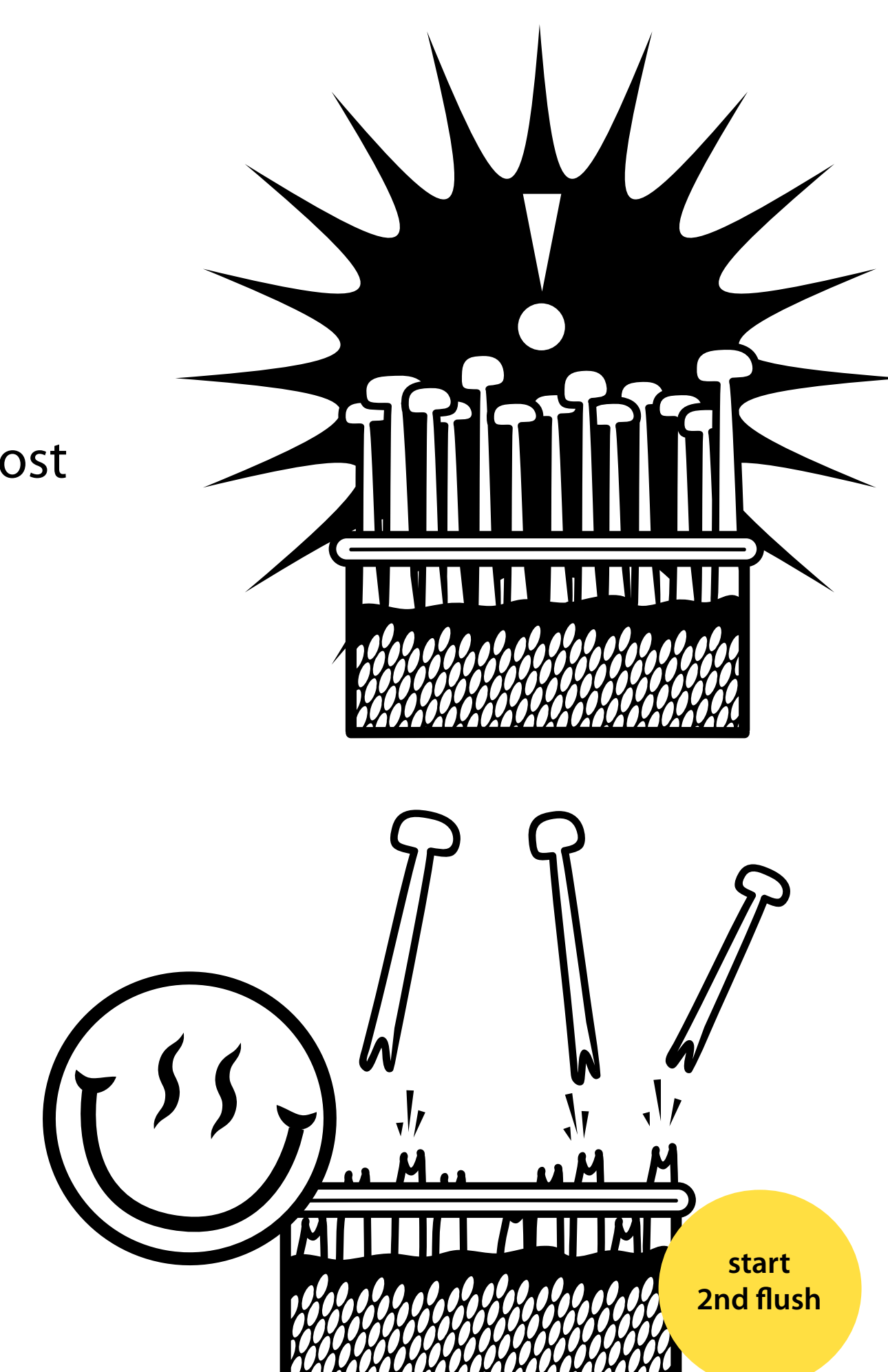


1-2 weeks til the next step

S T E P 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.