

# Lion's Mane

## (*Hericium erinaceus*)

Welcome to the wonderful world of fungi! This instruction manual is intended to help guide you through your mushroom growing adventure, and if followed correctly will help you produce mushrooms worthy of any meal. So, you have your fruiting block full my mycelium. Now what?

### 1. Location

- a. Plan to put your mushroom block in an area you will remember to check every day. Lion's mane will fruit between the temperatures of around 18C - 24C, so keep this in mind. This block should be placed in an area that receives **indirect light**. This is needed to initiate the pinning process. Do not place in direct sunlight.

### 2. Preparation

- a. Place your kit on a plate, or something that can catch the dripping water (that will inevitably occur when taking care of your mushrooms throughout this process). Using clean/sanitized scissors (or knife) cut a small "X" in one side of your bag (this is where the mushrooms will appear). We recommend cutting the "X" about 1-2 inches long. Note that pins may grow elsewhere, this is normal. You do not need to do anything if they are growing places besides where you put the "X". Sooner or later they will either abort, or find the way out.

### 3. Growing and Maintaining

- a. Mushrooms need a humid environment in order to thrive and produce fruit. This must be provided in order for your block to produce a "flush" of Lion's Mane. If you purchased a humidity tent with your kit, roll the bottom of the tent 2-3 times and fold out the top. The tent should now be capable of standing over top of your fruiting block. Be sure to leave space for your mushrooms to grow (where the cut "X" is). If you did not purchase a tent, you will need to find a way to maintain humidity, while allowing air exchange (very important). There are many ideas, and how-to videos online, using things such as totes, plastic, etc. to create an environment required for the mushrooms to thrive.
- b. To maintain humidity, spray the inside of the humidity tent 2-4 times a day (or as much as necessary). **DO NOT SPRAY THE MUSHROOM.** Lion's Mane is very sensitive to standing water on the fruiting body, and may suffer damage

or stop growing if it gets sprayed directly. If you don't have a spray bottle, place a container of water inside of the tent (not as effective, but better than nothing). Non-chlorinated water is ideal (chlorine can mostly be removed from tap water by letting it sit for 24 hours, or boiling it then letting cool).

- c. If you can keep the humidity up, your mushrooms should start emerging from the "X" within weeks. Remember, it is important to spray daily and ensure that the mushrooms get an adequate amount of fresh air. Lion's Mane mushrooms need a fair amount of air and humidity. You can tell what they are lacking by how they grow in the environment you have provided. Growing mushrooms is a fine balance of maintaining relative humidity, while providing enough oxygen for the mushroom to flourish.

#### 4. Harvest

- a. Once your mushrooms start pinning, they should be ready for harvest within a week. Lion's Mane are ready for harvest when the dangling "spines" are several millimetres long. If the colour begins to turn off-white or brown, it should be harvested regardless of the spine length.
- b. Harvest by grabbing the base of the mushroom, and give it a twisting motion while gently pulling away from the block. You can also cut the base with a knife. Enjoy for your dinner immediately, or store in a paper bag in the fridge. These mushrooms should last about a week, so be sure to use them before then. **Always cook your mushrooms.** Dehydration is also a great option for long term storage.

#### 5. Second Flush

- a. After your first harvest, continue to maintain humidity for your fruiting block. After a few weeks, a new mushroom should grow through the "X" you initially provided. Some prefer to tape up the initial "X", and put another opening on the opposite side of the bag. These are both acceptable methods.
- b. If you notice your kit is very light, and no mushrooms have emerged after a few weeks, you may need to soak the mushroom block. Do this by submerging it (in the bag is fine) in non-chlorinated water. Weigh it down as best as you can. After a few hours, remove and drain all excess water. Water pooling in the bag can cause contamination, so poking holes to remove is also acceptable.
- c. Place back under the humidity tent (or whatever you have decided to use) and refer to Section 3.

The mycelium in the block will consume all the available resources before it stops fruiting. It is common to have two flushes of mushrooms, and is possible to have even more. The more flushes you achieve, the smaller the mushrooms will be each time (typically).

Once your bag has stopped producing, it is time to recycle the bag and compost the block. Spent blocks make an excellent addition to your garden soil, so don't be afraid to break it up and mix it in.

We hope you have enjoyed your mushroom growing experience. If you had fun and want to try it again, we invite you to grow our other available gourmet species, like Blue Oyster; or watch for other oyster species (as they come in an array of colors).

### **Questions?**

If you can't find what you're looking for on our FAQ section of the website, please feel free to email us with concerns, so we may address them. We also love to see what you have grown from our kits, so please feel free to share!

Good luck growing!



Thank God It's Fungi

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\*Be sure to check out our FB page for sales of fresh gourmet mushrooms!