

GROW YOUR OWN MUSHROOMS



DAY 1



Your grow kit!

Make sure to read the instructions



DAY 2-3

2



Fold the top of the bag in a downward direction.

Optional: tie it with rubber bands.

3



Give the block a light smack on each side to stimulate fruit body production.

DAY 4-7

4



Cut an X in the front of the bag with a sharp knife

5



Mist the opening with water twice a day with a spray to keep your mushrooms hydrated

1



Cut the top of the bag with a scissor.

6



At the end of the week, you might start noticing the beginning of mushroom growth

DAY 10-15

7



After 7 days of the first pin, your mushrooms will be fully grown. You can start to harvest your mushrooms!

8

Any smaller mushroom should be harvested too, clean everything. And keep on flushing to repeat the cycle.



The harvest cycle (flush) can happen 3 times!!



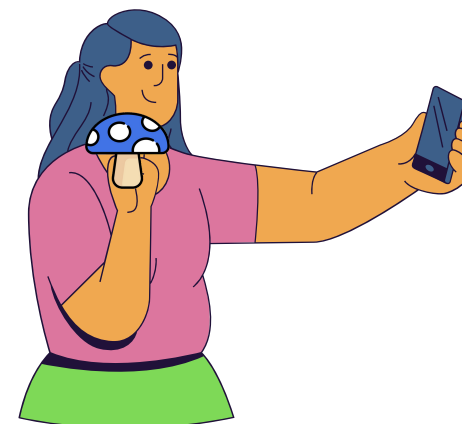
Recommendations

- Leave your grow kit in a place with **indirect sunlight**, like the kitchen.
- The perfect **temperature** for mushroom growth should be between **50-70 °F**.
- After harvest, to keep your mushrooms fresh, place them in a paper bag and they will last in the fridge for **5-7 days!**
- To keep the block moistened, you can use a plastic bag and form a dome around the block

DAY 15



Take a taste of your new mushrrroms!



Take a pic with your grown mushroom upload it on Instagram and make sure you tag us!
Loving your mushrooms? Spread the word about them and their benefits, so together we can grow a bigger community of mushroom lovers!

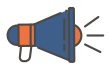
Pulled "Pork" Mushroom.

Ingredients:

- 4 cups shredded fresh mushrooms.
- 2 cloves of minced garlic.
- 2 tablespoons of extra virgin olive oil.
- 1 teaspoon paprika.
- 1/4 teaspoon salt.
- 1/4 teaspoon BBQ sauce.
- 1/4 teaspoon cayenne pepper.

Intructions:

1. Preheat the oven 400°F. Set the mushrooms on a paper-lined baking sheet.
2. Drizzle with oil, paprika, salt, garlic and cayenne. Toss around the mushrooms to coat them evenly, bake for 20 min. Heat the remaining oil in a saute pan over medium high.
3. Transfer your cooked mushrooms to the pan and add the BBQ sauce, stir and cook for 5 min until the mixture is thick.
4. Serve and enjoy!



This dish is extra spicy, we recommend going light on the cayenne pepper

Try it with cole slaw buns to make it a sandwich and fries!

Tacos Mushroom Carnita

Ingredients:

- 1 tsp ground cumin.
- 1 sliced small onion.
- 1 pound Oyster mushrooms.
- 4 cloves of minced garlic.
- 2 tbsp olive oil.
- 1 tsp of worcestershire sauce.
- 1/2 cup of orange juice.
- Corn tortillas.
- 1 diced jalapeño.
- Salt and pepper to taste.

Intructions:

1. Preheat oven 400°F. Toss the mushrooms in the cumin, salt, pepper and olive oil. Spread them evenly on a baking tray.
2. Bake for 20 min until the mushrooms are chewy with crispy ends. Stir at 10 min for even cooking.
3. Heat a large skillet over medium- low and add oil along with the onion, garlic and jalapeño. Saute them until soft and lightly caramelized approx 10 min.
4. Add the baked mushrooms, orange juice and worcestershire sauce, salt and pepper. Sauté until the juice is absorbed, stirring twice to allow the mushrooms to crisp approx 5 min.
5. Add the mix to the tortillas and enjoy!

***Keep following our journey
on our social media and
webpage!***



@setasmushrooms



Setas Mushrooms LLC



www.setasmushrooms.com



kat@setasmushrooms.com

If you have any doubts or inquiries about your grow kit, please contact us. 😊