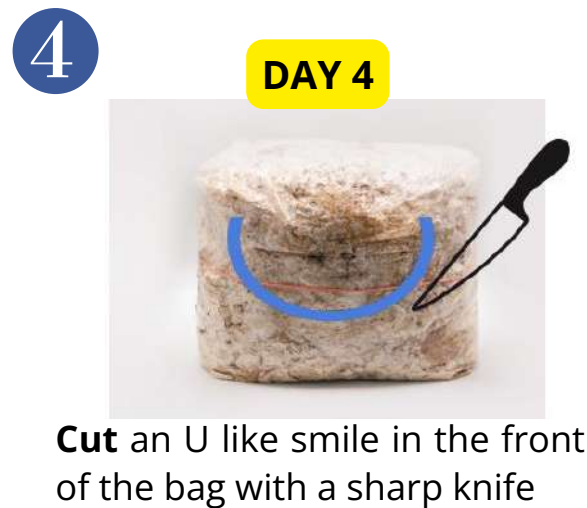
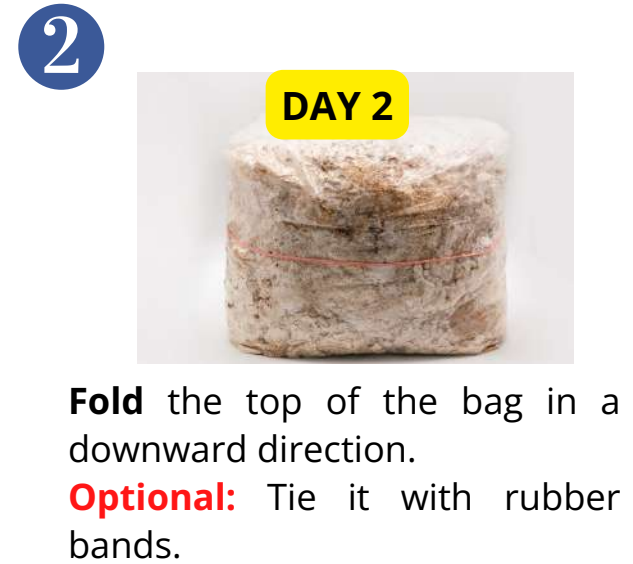
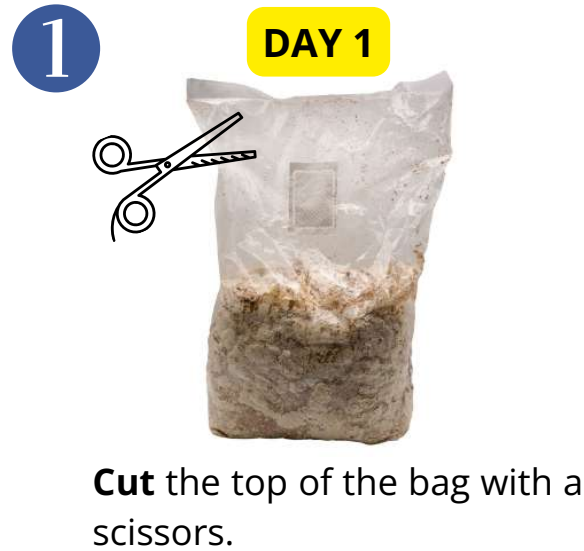


GROW YOUR OWN MUSHROOMS



6



Within 1 to 3 weeks, you may notice early mushroom growth or small pins forming. To maintain proper humidity, use a plastic bag to create a dome over the block and place a bowl of water inside to help keep it moist.



7



After the first pins appear, mushrooms typically take about 2 to 3 weeks to fully mature. Once they reach full size, you can begin harvesting.

8

Harvest all mushrooms, including smaller ones, once they reach approximately 20 cm in size, regardless of the time, clean everything properly, and continue flushing to repeat the growing cycle.

 The harvest cycle (flush) can occur up to 3 times!! 



Recommendations

- Leave your grow kit in a place with **indirect sunlight**, such as the kitchen.
- The perfect **temperature** for mushroom growth is 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!
- Growth time may vary depending on temperature, humidity, light, and airflow.

Take a taste of your new mushrooms!



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

Pulled "Pork" Mushroom.

Ingredients:

- 4 cups shredded fresh mushrooms.
- 2 cloves of minced garlic.
- 2 tablespoons of extra virgin olive oil.
- 1 teaspoon paprika.
- ¼ teaspoon salt and cayenne pepper
- ¼ teaspoon BBQ sauce.

Intructions:

1. Preheat the oven to 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.



Tacos Mushroom Carnita

Ingredients:

- 1 tsp ground cumin.
- 1 sliced small onion.
- 1 pound Oyster mushrooms.
- 4 cloves of minced garlic.
- 2 tbs olive oil.
- 1 tsp of worcestershire sauce.
- ½ cup of orange juice.
- Corn tortillas.
- 1 diced jalapeño.
- Salt and pepper.

Intructions:

1. Preheat the oven to 400°F and toss the mushrooms with cumin, salt, pepper, and olive oil.
2. Bake for 20 minutes, stirring halfway, until chewy and crispy. Sauté onion, garlic, and jalapeño in oil over low heat until soft.
3. Add the baked mushrooms, orange juice, Worcestershire sauce, salt, and pepper, and cook until the liquid is absorbed.
4. Serve in tortillas and enjoy.



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!



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



These dishes are extra spicy, so we recommend going light on the cayenne pepper.