

Your Grow Bag: Step by Step

You've got a grow bag full of living mushroom mycelium. Here's how to turn it into fresh gourmet mushrooms at home. It's simple, forgiving, and you'll usually get more than one harvest from a single bag.

The six steps

- 1. Find the right spot** — Put the bag somewhere with indirect light and fresh air - a kitchen windowsill, bathroom or shaded corner is ideal. Keep it out of direct sunlight.
- 2. Open the bag** — When the substrate is fully covered in white mycelium, make a few small slits or holes in the bag where you'd like the mushrooms to grow.
- 3. Mist 2-3 times a day** — Spray the exposed area with water 2-3 times a day. Keep it moist but not waterlogged. A simple spray bottle is all you need.
- 4. Watch for pins** — Within a few days to a week you'll see tiny mushroom pins forming. They grow surprisingly quickly - sometimes within days.
- 5. Harvest** — When the caps start to flatten out, grab the cluster at the base and gently twist and pull it away. Harvest before the edges curl upwards, when they're at their prime.
- 6. Grow again** — Keep misting between harvests - you should get several flushes from one bag. When it's finished, the spent substrate is brilliant for gardens and compost.

A few tips

- Keep things clean but you're not working in a lab - a tidy kitchen is fine.
- If a flush doesn't appear, it's usually moisture or air. Mist a little more and give it time.
- If anything ever looks or smells wrong, don't eat it - compost it and start again. Only ever eat mushrooms you're sure of.
- Every grow is a learning moment. Have fun with it.

More guides, grow kits and workshops: adisurbanmushrooms.co.uk/cultivation-guides

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