



LINDALE GOURMET MUSHROOMS

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Mycobio Ltd trading as

Lindale Gourmet Mushrooms

Caring for your mini Oyster mushroom farm

This little bag of goodness is fully inoculated and ready to go. We've done all the hard work, so you can pretty much just sit back, relax and watch the magic happen. However here's some tips to help you farm like a pro.

Quick notes:

- While the bag is in this 'vegetative state' (before it starts pinning), it is fairly robust, so will be okay with a bit of rough handling. As long as it doesn't get too hot and subject to excessive knocks, it should travel well in the boot of your car or even in a suitcase!
- Everything the mushroom wants is in the bag, including all the water it needs. All you need to do is provide the conditions for optimal results.
- We recommend keeping it inside. You might have fungus gnats about, one of the few pests that will wreak havoc.
- Keep the plastic on, the mushrooms will grow out the holes that are in the bag. You will not need to make any more holes.
- Keep an eye on these holes, this is where the little mushrooms will appear. They will be looking for air and look like little pins or matchsticks.
- Once the bag starts pinning it will need more humidity, see below.

Quick tips:

- Growing healthy mushrooms is about managing water loss. So keep it out of direct sun, and drafts etc.
- Unlike plants they breathe oxygen, like we do. So make sure they have access to plenty of fresh air, but don't let that dry them out.
- Once it starts pinning, treat it like a tropical house plant.

Frequently asked questions

How do I store the bag?

You can do what we do, and hang it from something. However, it can just as easily sit on a table or level surface. You can lay it flat or sit it on its bum. It won't care.

When will my bag pin?

The bag is sold in an advanced stage of colonisation, so should start pinning in a week or so. If it doesn't, be patient and try some of the tips below. It may even pin sooner, so be on the lookout. Once it starts pinning you need to increase care.

What does pinning look like?

You will notice extra activity and growth around the holes. A thickening of the mycelium and tiny little white matchstick or pin shapes forming. This is the mushroom primordia.

What if my bag doesn't pin?

If you think it's taking a while and the bag is looking fully colonized, trick it into thinking it's autumn.

- Give it a shock by raising or lowering the temp by 5 or so degrees. For instance leaving it outside overnight if it's cool, or into a warmer room
- Increase the humidity and fresh air.
- If you are still unsure, call Brent on the emergency mushroom hotline: 0204 098 5657

Does it need darkness?

No. Naturally these mushrooms grow in the deep shade of a forest, so normal inside light is about right.

When should I harvest?

- For the Phoenix: Best time is as the cap flattens or when you start to see the gills under the cap. As the cap starts pointing upward it will start to spore.
- For Pinks, it's a little harder to tell as the caps are already upturned. Once you see spore, make a note of what they look like, like how big they are or have changed, and harvest them. Use this knowledge to guide you for later harvests.
- If you see mushrooms spore, then harvest them, else they will make a mess and the fruit may deteriorate more quickly. They are still good to eat, but kind of like overripe fruit, they will deteriorate more quickly and the flavour may be affected.

How do I harvest?

Oyster mushrooms often grow in dense clusters. I gently pull off the entire cluster with my hand, when a bunch of individual mushrooms in the cluster look ready. Just slide your fingers behind the cluster, palm out, and gently pry off.

Other clusters may not be ready so pick these later. This way you can harvest the bag over several days.

Sometimes you can carefully cut individual mushrooms off if the rest of the cluster is not looking ready.

What temperature is best?

They like a temperature similar to you. So if you are feeling comfortable, your mushrooms will be happy. However they also prefer the climate to be humid, and the Pinks prefer it tropical, so think shorts and tee shirt weather.

How can I manage humidity?

The simplest is mist using a misting spray bottle. Mist, not soak. Do this several times a day. If you really want to get into it you could make a humidity dome out of a very large plastic bag to trap some evaporation and raise the humidity. However make sure it's still getting plenty of fresh air. Also try looking on YouTube, you will find all sorts of innovative ways to improve humidity.

Can I grow it outside?

Yeah... nah! It will grow, but the fruiting will not be great as it's harder to control the conditions. You will also have to deal with pests and risk other critters getting to the deliciousness first.

Where should I grow it?

The best room is probably the bathroom (close to the shower) however any room is fine. A garage might be okay.

How many mushrooms can I expect?

A 5kg mini farm should produce about 700g on the first 'flush', 500g on second and 200g on the third... But your mileage may vary. You will get several harvests (pickings) per flush.

What should I do after its fully harvested?

After picking off, or harvesting, all the mushrooms from the 'flush' the bag will need to rest. This resting might be for a few days or a week then it will start pinning again. While it's resting it's back into a vegetative state so can be treated as you did when you first got the bag.

How long will the bag last?

Sadly all good things must come to an end. The mini-farm should last about 3 or 4 flushes over a period of between 4 to 6 weeks.

You may notice the bag get a lot lighter with each flush. This is due to the water, the mushrooms are using to grow, and evaporation through the holes. You could try reviving the bag and going for another flush, by soaking it for an hour in cold water.###What do I do with the bag when it's spent?

Chuck it in the compost, or break it up into mulch for the garden.

How long will the picked mushrooms keep?

Pop them into a brown paper bag, and put in the fridge (as soon as possible) they should last well over a week.

How do I increase their vitamin D content?

Simply put freshly harvested mushrooms in direct sunlight for an hour ... wham vitamin D explosion. But keep them as cool as possible.

What should I do if some contaminant like mold appears?

If something does inadvertently creep in, the mycelium should be healthy enough to deal with it. In which case you may witness a time-old battle of nature and see the mushroom secrete metabolites, which look like a brown stain. This is the mushrooms immune system and also a property that is bio-available to us and boosts our own immune system and is used in medicine like antibiotics.

Mould will not effect the quality of the fruit. It will stay within the bag, and not the actually mushroom itself.

However, the mushroom will expend some energy fighting the invader, so may yield slightly less.

Mold is perhaps the most pervasive organism on the planet, and the mini-mushroom farm the tastiest place in town. After all, it's technically a fungus farm!

What's in the bag?

Depending on what you purchased your bag will be inoculated with either the cultured mycelium of...

- Grey or Phoenix Oyster Mushroom aka pleurotus pulmonarius
- Pink or Flamingo Oyster Mushroom aka pleurotus djamor (available in summer only)

This is mixed with untreated sawdust, a mix of oak and pine; some soy hull (for additional nutrition); and an equal part water. We also use lime to through the PH out, which retards and mold until the mushroom mycelium has grown and can deal with invaders.

We use the same ingredients and technique as we do in our commercial operation. Some people grow these mushrooms on just about any media (substrate). For instance old coffee grounds or straw.

In nature, these mushrooms grow on decaying trees, so we use wood and try to simulate the tree with the bag. This is more natural and produces consistent and higher yields.

What it doesn't contain...

- Chemicals or other nasty stuff.

We keep everything clean and use organic materials whenever possible. There are absolutely no pesticides or herbicides.

What to do next

Take photos and post to Instagram and Facebook to show your friends the success you're having in your new job as a farmer. You could also change your LinkedIn profile to note your new job title and profession.

Please also remember to tag us @mycobio so we can share your mushroom growing journey. We would also be thrilled if you could write a testimonial on our Facebook page.

Wishing you much success

Brent and Jude

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