



GROW YOUR OWN MUSHROOMS



GREY OYSTER

Growing on Coffee:

How to grow mushrooms from used coffee grounds:

Before you start your coffee kit, you'll need to start saving your used coffee grounds. You will need 750g-1kg max.

Your kit contains:

- Grey Oyster mushroom grain spawn.
- **Keep this refrigerated until ready to use (use within one month).**
- 1 mushroom grow bag with filter patch.
- A sticker to seal your grow kit.

You will need:

- A lidded container - to collect coffee grounds, and store in your freezer.
- Used coffee grounds - either collected over time at home and stored after each brew in your freezer. Or you can ask your local coffee house. We suggest collecting 750g - 1 Kilo of used coffee grounds prior to setting up your kit.
- Mister/spray bottle - to water your kit.

PLEASE NOTE: You should freeze your coffee immediately after brewing, breaking up any large lumps with a clean spoon first. The freezing helps preserve the coffee and reduces the chance of contamination during the incubation period. Defrost on the same day you make up your kit.

If collecting from a coffee house the coffee must be freshly brewed and your kit made within 24 hours of the grounds having been brewed and collected. The brewing process pasturises and hydrates the coffee and this helps ensure there is less risk of your grounds having been contaminated.

How to get started:

Defrost your coffee grounds (allow for 6 - 8 hours). Remove your bag of spawn from the fridge and allow it to reach room temperature. Squeeze the bag to break the spawn up, keeping the bag sealed.

Wash your hands, utensils, and work surfaces to reduce the risk of contamination throughout this inoculation process.

Using a clean spoon, inside your mushroom grow bag mix your coffee and spawn together. Your spawn should smell fresh and mushroomy, and not sour. **Do not fill the bag above the bottom line of the filter patch.**

Once all the spawn is evenly distributed amongst the coffee grounds, seal your grow bag at the top. Don't compact the coffee mixture and make sure you leave a good air gap at the top.

To seal your mushroom grow bag, fold the top over a couple of times, use the sticker provided and make sure not to cover the white filter patch - spawn is a living organism and needs a good supply oxygen to thrive.

Now, place your grow bag in a dark location for 21 days until the substrate block is fully colonised. The ideal temperature for this phase is around 21°C. Once ready it will be covered in white mycelium and the block will feel firm to touch.

To initiate fruiting of your Oyster mushrooms:

Once your substrate block is mostly white and firm to the touch, pop it in to your fridge - this is to cold shock your kit into fruiting. Remove from the fridge after roughly 24 hours.

You want to introduce light, oxygen and humidity to your substrate block - with clean scissors cut a 12cm 'X' shaped opening in the front of your plastic bag and fold down the top of your bag, covering the filter patch.

Spray the opening twice a day; and more regularly in warmer weather. This keeps the opening humid and will encourage growth.

Once you start to see your Oyster mushrooms appear, they will need to be sprayed twice a day to keep them hydrated and to stop them from drying out.

Over the next week or so, you need to ensure your kit does not dry out. Any signs of your mycelium turning brown and you'll need to spray more frequently...

...A good amount of light and water throughout the day will initiate primordia growth. Once little pins (primordia) begin to show, you will see your mushrooms grow rapidly over the next 5-7 days.

When to harvest:

Your mushrooms should be ready to harvest 5-7 days after they first appear. To remove, pinch and twist close to the base of your cluster. For the perfect pick think about harvesting your Oyster mushrooms when their caps start flattening out.

Once you have harvested your Oyster mushrooms, they'll keep well inside a paper bag and stored in the fridge until you're ready to eat them.

How to get more mushrooms from your kit:

You could try for a second flush, by letting your kit rest, this gives the mycelium a chance to regrow.

After you have harvested your mushrooms, reseal the grow bag and leave to rest for 10 days somewhere dark.

To begin again:

After 10 days resting, pop your kit in the fridge for 24 hours. After this, submerge in clean water for 8-12 hours. Then repeat the growing process - keeping your kit somewhere light and well hydrated.

With each flush there are less nutrients to nourish the mycelium, so you may get fewer mushrooms, and these may take a little longer to appear, but you can keep going until there's no more output.

Once you've finished with your grow kit, you might consider crumbling your substrate block into your garden, so the mycelium can gather more nutrients and you may even grow mushrooms in your flower bed, or plant pots. Or your kit can go into your compost or be disposed of as you would your apple cores and banana skins.

Happy growing!

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