

## COOK THOROUGHLY BEFORE EATING

Consider making shiitake “bacon” or adding them to your favorite soup or pasta. Discover more recipe ideas at [backtotheroots.com/recipes](http://backtotheroots.com/recipes)

### SHIITAKE NOODLE SOUP



## TRY FOR A BONUS CROP!

After harvesting, remove any leftover stems and let your log rest for 7-10 days in a dark, cool place. Then, soak the log in cold water overnight and place it back in the bag you saved. Store again in a dark, cool place for a few days. Next, move the log (in the bag) back near a window and spray twice a day as before. Once you see your new shiitakes growing, follow the same instructions from your first grow.

When finished with your log, you can upcycle it into a great soil amendment for potted plants or a backyard garden. Just crumble the block and mix it into the top 2" of soil for a nutrient boost!

## Experience the Magic of Gardening!

Try our other indoor kits, or grow outside with our seeds, raised beds, and soils: [backtotheroots.com](http://backtotheroots.com)



# BACK TO THE ROOTS



# ORGANIC MUSHROOM GROW KIT

Start Me Soon – I’m Ready to Grow!

Start right away or place the entire kit in the fridge until you are ready.

## Discovery Booklet

For Shiitake Mushroom Grow Kits



Instructions and Information to Guide You on Your Mushroom Growing Adventure!



Remember: This Kit is 100% Guaranteed to Grow! If you have any questions, reach out to us and we'll get you growing. [contact@backtotheroots.com](mailto:contact@backtotheroots.com)

\*when used as directed

# Our Roots:

While seniors in college, we became curious about a fact we learned in class — gourmet mushrooms could grow on spent coffee grounds — and fell in love with the adventure of growing our own food. Now, we're on a mission to help every family and classroom experience the magic of growing — no big backyard or green thumb needed! We hope you join our journey to grow, together.

Much Love,

**Alejandro & Nikhil**  
Co-Founders

## Let's Get Growing!

### 1 GIVE IT A SOAK

Remove your shiitake log from the box, and soak it in your sink or a large container for ~12 hours. The log will float, but you can use a weight to keep it submerged for best results. If you don't have a bin big enough to soak the log in its entirety, you can place it in a pot and flip the side in the water halfway through the submersion time. It is normal for some of the substrates to fall off.



### 2 PLACE IN THE HUMIDITY BAG

After soaking, place the log with the divots facing upwards inside the plastic humidity bag — it should fit loosely (think baggy jeans), allowing air to move in between the log and bag. The small holes on the bag should also be facing upwards. Do not seal the bag.



### 3 MOVE TO A TRAY OR PLATE

Place the log on a baking pan, sheet of foil, or a shallow tray to keep your surface clean. Keep your log anywhere in your kitchen that



doesn't expose the log to direct sunlight or drafts as you want to maintain a humid environment. A kitchen table or near (but not in front of) a closed window can work great.

### 4 WATER

Twice a day, give your log ~10 sprays with the included mister (more is okay — the goal is to keep humidity high). Mist **inside the bag** on top of the log. Baby mushrooms will begin appearing in 1-2 weeks — this is called "pinning."



### 5 REMOVE THE BAG

Once you see pinning, remove your bag (save it for future grows). Keep spraying at least twice a day while the mushrooms continue to mature. This generally takes ~7 days.



### 6 SHARE A PIC, HARVEST & ENJOY!

Once the caps are about 1-2" wide, pull the mushrooms out completely from the root base by hand. Pick them before your caps start to flatten. Be sure to wash and cook thoroughly before eating.



## GROW ONE, GIVE ONE

### Share a Pic!

Help us make gardening a part of every school curriculum. Just share a photo of your growing mushrooms and we'll donate a kit & STEM curriculum to an elementary school classroom of your choice!



Te'Lario II — Blacklick, Ohio

TAG:

@backtotheroots  
#GrowOneGiveOne



## DID YOU KNOW?

- Shiitake mushrooms are high in Vitamin D (rare for vegetables).
- They are low in sodium, fat-free, and a good source of fiber.
- Traditional Chinese and Japanese medicines have taken advantage of the health benefits of shiitakes for centuries.