

DAY 1: INSTRUCTIONS TO GET YOUR MUSHROOMS GROWING

START

1 Give Them Light

Remove your kit's perforated panel and cut an 'X' into the substrate bag.



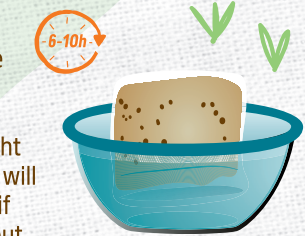
2 Scrape Them Awake

Lift the plastic flaps and lightly scratch away some of the white layer with a fork.



3 Give Them a Bath

Remove the substrate bag from the box and soak it face down in a bowl of water overnight (6-10 hours). The bag will float and don't worry if some substrate falls out.



4 Find a Cozy Home

Now that you've woken up your organic mushrooms, shake off excess water from the bag and place it back in the box. Mushrooms will grow best in a spot with indirect sunlight — facing away from a window is perfect! It'll take up to 1 week for your mushrooms to start growing.



DAY 2-6: WATER & LEARN!

Keep Them Hydrated!

Twice a day, lift the plastic flaps and use your spray bottle to mist the substrate (7-8 sprays each time is enough).



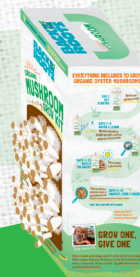
While you wait for your organic mushrooms to start growing, there's so much to discover! Check off all the challenges below to become a true mushroom guru.

- Complete the word search and mushroom quiz on the reverse side of the book.
- Read through our online mushroom curriculum at backtotheroots.com/curriculum.
- Take a walk around your neighborhood and spot some mushrooms grown in the wild ... but don't eat them!
- Head to your local grocery store to pick up additional ingredients for your favorite mushroom recipe! If you need help choosing, a few of ours are on the back.
- Visit your local farmer's market and talk to a mushroom farmer about how and what they grow — they're experts!



Watch For Pinning!

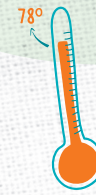
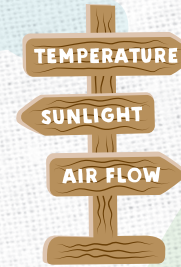
Your organic mushrooms will pin in ~1 week! Be on the lookout for tiny little white dots that stick out a little from the box like this. Once you spot them, it's time for Decision Day!



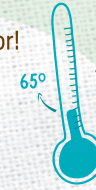
DAY 7: DECISION DAY

(EXACT DAYS MAY VARY WITH CLIMATE)

The growing conditions you choose now will affect how your organic mushrooms look. Leave your kit by your window for normal growth, or start experimenting with the conditions below if you want to become an all-star mushroom grower!



Higher temperatures make your mushrooms grow faster and lighter in color!



Lower temperatures make them grow slower and darker in color.



More light makes your organic mushrooms more vibrant!



Less light makes them more gray.



Regular air flow (like on your counter) makes your organic mushrooms have big caps!



No air flow (like in a cabinet) makes them thin and lanky.



Watch Your Mushrooms Grow!

After mushrooms pin, they go through a few days of rapid growth — as much as DOUBLING each day! Use the ruler to keep track of their size & don't forget to keep misting with your spray bottle 2x day!

DAY 10: SHARE A PIC, HARVEST & ENJOY!

GROW ONE, GIVE ONE

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

TAG:

@backtotheroots

#GrowOneGiveOne



Te'Lario II — Blacklick, Ohio

FINISH

Harvest Time!

When most of your organic mushroom caps are 1-2" wide, grab a hold right where they come out of the substrate, and gently pull and twist to remove.



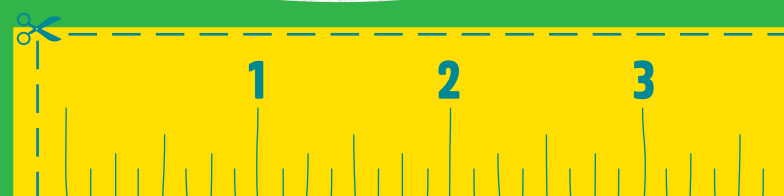
What's next?

Try one of our delicious recipes with your harvested organic mushrooms!

1

2

3



LET'S EAT!

Oh Yum!

Find these recipes and more at backtotheroots.com

Mushroom Gruyere Quiche



Pan Fried Mushrooms with Rosemary



Mushrooms, Spinach & Basil Pizza



DON'T FORGET TO UPCYCLE!

Reuse & Grow a Bonus Crop:

Want to test if you're a real mushroom guru? Repeat the setup instructions on the other side of your substrate bag and try growing a bonus crop!

Repurpose into a Soil Amendment:

Do you have potted plants or a backyard garden? Your substrate block makes a great soil amendment for your other plants! Simply crumble up the block and mix it into the top 2" of soil for a nutrient boost!

Revamp into Fun Mushroom Clay:

Feeling crafty? Mix your crumbled substrate block with craft glue and cornstarch to create your very own mushroom clay! Full instructions at backtotheroots.com/sculpture.



Experience the Magic of Gardening!

Try our other indoor kits, or grow outside with our 100% USA seeds, raised beds, and potting mixes. backtotheroots.com



ACTIVITIES!

Fungus Among Us Word Search:

Can you find the fungi words below?



FUNGUS	K	S	U	G	N	U	F	P
PIN	W	O	R	G	G	B	M	I
SPORES	S	P	O	R	E	S	Q	N
CAPS	M	Y	C	E	L	I	U	M
MYCELIUM	Y	A	P	A	S	T	E	M
MUSHROOM	M	Y	U	F	P	W	N	H
STEM	M	O	O	R	H	S	U	M
GROW	M	O	O	R	H	S	U	M

FUN-gus Trivia!

- How many varieties of edible mushrooms are there?
A. 100 B. 500 C. 1,000 D. 10,000
- True or False? Mushrooms breath like humans, taking in oxygen and emitting carbon dioxide.
- Mushrooms are one of the few natural sources of _____, which works with Calcium to build strong bones and teeth.
A. Vitamin D B. Vitamin B12 C. Sugar D. Protein
- In addition to salty, sweet, bitter, and sour, there is a lesser known fifth primary taste that mushrooms possess. What is it called?
A. Savory B. Oily C. Burnt D. Umami
- What US state is known as America's mushroom capital?
A. California B. Pennsylvania C. South Carolina D. Texas
- Which of the following items use fungi when they are being made?
A. Bread B. Beer C. Cheese D. All of the Above
- Which family of mushrooms is known to be the most rare and expensive? Hint: they can cost up to \$3,000 per pound!!
A. Shiitake B. Morel C. Truffle D. Pioppini

BACK TO THE ROOTS

100%
Guaranteed
TO GROW

ORGANIC MUSHROOM GROW KIT

Discovery Booklet

For All Oyster Mushroom Grow Kits



START

FINISH

Inside: Instructions, Activities, and Recipes 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 | 510.922.9758

Trivia Answer Key: 1) 10,000 2) True, 3) Vitamin D 4) Umami 5) B. Pennsylvania 6) D. All of the above 7) C. Truffle

Check your answers on the recipes panel!