

Grow Your Own Mushrooms Workshop

Reference Document

Inoculation Steps for Peroxide Method:

1. Mix 1 part 3% Hydrogen Peroxide solution with 10 parts cold water (thus giving a 0.3% hydrogen peroxide solution)
2. Soak materials (straw, cardboard, paper, etc.) in solution for 24h (ideally). If you will soak less time increase slightly the concentration (you can use up to the original 3% hydrogen peroxide solution, but normally it is not made this strong. Note that you can reuse the peroxide solution if you have a lot of material to process.
3. Pour off extra liquid
4. Rinse materials (ideally) and allow to drain
5. Mix spawn in evenly with the materials on a sterile surface (new plastic, or other clean surface sterilized with straight 3% hydrogen peroxide).
6. Pack into your grow bag or grow container (8L minimum)

Inoculation Steps for Hot Water Method:

1. Heat water to 71 C
2. Add materials into water and allow them to soak for 1 hour. Make sure to keep the temperature around 71 C for that time. (85 C MAX)
3. Pour off water and lay out on a sterile surface (new plastic, or other clean surface sterilized with straight 3% hydrogen peroxide) to cool until body temperature.
4. Mix spawn in evenly with the materials
5. Pack into your grow bag or grow container (8L minimum)

Management post inoculation:

A. Spawn run (colonization) phase (until it gets solid fluffy white and holds together as solid block)

- Make sure you have poked a few holes in the bag to allow extra moisture to drain out and allow air exchange (2-4 holes)\
- Keep the kit in very warm temperatures. Around 30 C is ideal; 35 C MAX 16 C MIN. I recommend anywhere up high closer to the ceiling and on top of the fridge near the back (where radiation grill is)
- Observe and wait

B. Fruiting phase (Only once spawn run is complete...after it gets solid fluffy white and holds together as solid block)

1. Soak the block in cold water either by placing it in another clean bag and pouring in the water or by removing it from that bag and soaking in another clean (ideally sterile) container
2. Allow to soak for 2-24 hours...it should be heavier
3. Drain out the excess water and return it to the original bag (if you opted to remove it for soaking)
4. Place it immediately in the refrigerator for 24 hours.
5. Remove it from the fridge and add another 10 or so holes (pencil size)
6. Create a very humid environment for it. The easiest way is to place it inside another larger plastic bag (i.e. clear recycling bag) on a plate (so it is not directly in contact with the water. Pour a little water around the plate or place a bowl of water in the bag. Make sure you keep the bag closed on top so it gets very humid but do make sure to poke some holes in this bag, as well, for air exchange.
7. This should be set up in a warm area (doesn't need to be as warm as for spawn run (so 16C to 25 C).
8. Wait for the mushrooms to grow (Should be within two weeks)
9. Harvest once they are unfurled and fully grown (but don't wait until the edges start yellowing)
10. Once you have completed the first harvest, wait minimum 6 weeks before attempting to get it to produce again
11. After minimum 6 weeks repeat steps 1-9 (of the fruiting phase only!)
12. Once you have completed your 2nd harvest and waited another 6 weeks minimum, you can try for a 3rd harvest....again steps 1-9.
13. When you are done the 3rd harvest or if you tried and waited 3-4 weeks but the 3rd harvest never happened, compost the kit.

References:

Books:

Mycelium Running: How mushrooms can help save the world by Paul Stamets (General cultivation and fantastic info all about the world of fungi)

Growing Gourmet and Medicinal Mushrooms by Paul Stamets (for specific growing techniques for a large variety of mushrooms)=...the grower's bible)

Growing Shiitake Mushrooms in a continental climate by Mary Ellen Kozak and Joe Krawczyk (If you get into growing shiitake on logs....)

Edible and medicinal Mushrooms of New England and Eastern Canada by David Spahr (amazing first wild mushroom foraging book)

Mycoboutique - a wonderful boutique on St. Denis where everything mushrooms. A great place to get spawn, books, etc. etc.

CMM -Cercle de mycologues de Montreal (Our local mushroom group based out of the botanical gardens. Lots of wonderful ppl. and great way to learn about mushrooms, esp. identifying wild ones on their Lundi Mycologiques (Monday evenings when everyone brings their finds from weekend foraging)

Other mushrooms I recommend trying to grow:

Wine-cap Stropharia (*Stropharia rugosa annulata*) (great in gardens on wood chips)
Shiitake (on logs)

More workshops:

Come take my full day workshop at Terra Perma if you want to learn in depth about shiitakes on logs and wine cap stropharia on wood chips, straw bales)

I am also offering other workshops including wild foraging walks for edible wild plants and mushrooms at Terra Perma (the best way, I think, to jump into foraging wild food)...

We also offer lots of natural building workshops...!

Also check out about volunteering/ woofing/ internships with me, also on my website!