

LION'S MANE MUSHROOM GROWING KIT

Instructions

GROW YOUR OWN MUSHROOMS AT HOME

Discover the joy of growing your own fresh mushrooms at home with this ready-to-grow mycelium block. Simple, fun, and accessible, this kit turns everyday life into a true growing experience—like having a little forest garden right in your home.

In just 10 to 22 days, your first mushrooms will appear. By carefully following the steps in this guide, your block can produce up to three harvests, following a natural cycle that renews itself over time.

If you wish to start the experience later after purchasing the kit, keep the mycelium block in its packaging in the refrigerator, between 1 and 4 °C. It can be stored there for up to one week before use, without compromising the quality of the culture.

IDEAL CONDITIONS FOR YOUR MUSHROOMS

To provide your mushrooms with the perfect environment and encourage a successful harvest, make sure to follow these conditions:

Temperature

For optimal growth, the ideal temperature is between 15 and 21°C.

Humidity

Maintain 80–90% humidity by misting the block 2 to 3 per day, equivalent to the provided spray bottle.

Light

Place in a bright area, but protected from direct sunlight.

CHOOSE THE RIGHT LOCATION

Selecting the right spot is a key step to ensure healthy growth. A suitable location helps maintain the ideal conditions effortlessly and promotes optimal yields.

Ideal Spots

- A kitchen countertop
- A bathroom countertop
- A basement
- An office
- A shelf

Places to Avoid

- Areas exposed to drafts
- Areas near heat sources
- Near a window or door
- Near a baseboard heater

Warning: In winter, the air inside your home is often drier. It is recommended to place your block near a humidifier to help maintain proper humidity levels.

INSTRUCTIONS

Follow these simple steps for a successful grow, from the first action to the harvest.

Prepare the Growing Block

Open the box at the indicated spot and keep the mycelium block in its packaging. Using a clean knife, make a diagonal cut across the entire width of the opening.

Moisten and Watch Them Grow

Mist directly over the cut 2 to 3 times a day. This step, called fruiting, is essential to trigger the appearance of primordia, also known as baby mushrooms.

Once the first mushrooms become visible, continue to gently mist directly on them. Harvest usually occurs 10 to 15 days for lion's mane mushrooms.

IMPORTANT

Do not enlarge the opening. This cut is sufficient to allow the mushrooms to grow while retaining the necessary humidity and preventing the block from drying out.

Harvest and Enjoy

Harvest your lion's mane mushroom when its spines (small "hairs") are well developed and the mushroom has a uniform, bright white color. At this stage, its texture is tender and its flavor is at its best.

For optimal quality, harvest the lion's mane before it begins to yellow or brown. These color changes indicate that the mushroom is becoming more mature. Although it generally remains edible, its texture, flavor, and shelf life may be reduced.

To harvest, gently grasp the base of the mushroom and detach it from the block with a slight twisting motion. You can also use clean pruning shears to cut the base if needed.

Once harvested, simply remove any excess sawdust from the base of the stem. You can then cook it immediately or store it in the refrigerator in a paper bag or wrapping for up to 7 days.

Starting a Second Crop

The first harvest is always the most abundant, but it's possible to try a second crop.

To restart production, remove the growing bag from the cardboard packaging and place the block in a waterproof container, such as a plastic bin. Fill the container with water, then position the block with the cut facing down to encourage water absorption.

Close the container securely and place it in the refrigerator for about 12 hours. Once this step is complete, resume steps 2 and 3.

TIP

Change the water in your spray bottle daily and always mist without ever widening the cut in the bag. A block that dries out can stop growing and may require starting the process over. Proper humidity is the key to success. Your consistency makes all the difference.

INSTRUCTIONS

Follow these simple steps for a successful grow, from the first action to the harvest.

Ending the Grow and Repurposing

If you decide to end the grow, or if green or orange spots appear on the block, it is recommended to stop indoor cultivation.

Remove the plastic bag, wash it thoroughly to remove any wood residues, cut off the filter, then recycle the bag and discard the filter.

The growing block can then be repurposed in several ways:

- Place it in the garden under a mulch cover (wood chips, straw) to grow mushrooms outdoors.
- Crumble it and use it as compost in the garden.
- Add it to your home compost bin.

At Leciél, even the end of one project marks the beginning of a new cycle.

COOKING LION'S MANE

Recipe Idea

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Now that your mushrooms are freshly harvested, it's time to cook!

Lion's mane and the other mushrooms in the kit are known for their hearty texture and umami flavor, making them perfect for both simple and more creative dishes.

How to cook lion's mane :

- Grill it like a steak until golden and flavorful
- Add it to soups and pasta for an extra umami boost
- Turn it into hamburger patties
- Make delicious, crispy croquettes

FREQUENTLY ASKED QUESTIONS

We Answer Your Questions

When to harvest the mushroom?

- Lion's mane mushrooms are typically harvested 5 to 10 days after the first spines appear. Pick them while they are still white and firm, before they begin to yellow, as this can make them bitter.

What to Do If the Mushrooms Have Dried Out?

- No worries, it happens. Gently remove the small dried mushrooms, then follow step to rehydrate the block. You can then continue with steps to restart the grow.

Are Mushrooms Growing Anywhere Other Than the Cut?

- This is normal, but do not make any additional openings. No need to spread out. Creating extra holes could dry out the block and reduce your harvest yield.

Stay focused on the original cut. It's the one that will give you the maximum number of mushrooms under the best conditions.

How Many Times Can the Mushrooms Regrow?

- You can try a second harvest indoors with the same block, then aim for a third harvest outdoors, depending on the conditions.

Keep in mind that each harvest will be smaller than the previous one. To learn how to restart the grow, refer to the Starting a Second Crop step.

How to Store Freshly Harvested Mushrooms?

- Store your mushrooms in the refrigerator, ideally in a paper bag placed in the vegetable drawer. This method helps keep them fresh for longer.

For optimal quality, we recommend consuming them within 7 days of harvest.

How should I dispose of my mycelium block after use?

- After use, your mycelium block can easily be repurposed in an eco-friendly way:
 - Compost: You can place it in your home compost, where it will help enrich organic matter.
 - Garden: It can also be integrated directly into your garden beds or vegetable patch to improve soil health.

Important - Yellow Oyster Mushroom

If your block contains yellow oyster mushrooms, it is essential never to dispose of it in the forest. This variety is highly invasive and can disrupt the balance of forest ecosystems in Québec.