



# SPORADICAL CITY MUSHROOMS

## GROW KIT INSTRUCTIONS

1

When you get them home pop your mushroom bucket in a place where you can check in everyday and watch them grow - its an exciting process and can happen very quickly once they start. Oyster mushrooms need light to grow but need to be kept away from direct sunlight so they don't dry out.

2

When you have chosen a home for your mushrooms, \*note If there is tape over the holes on you buckets peel it away carefully so the holes are open fill up a spray bottle with water and lightly mist the sides of the mushroom buckets 2-3 times a day. Don't fret if you forget a day ...

3

The mushroom buckets should start fruiting between 2.5 - 3.5 weeks after the bucket was prepared (although remember, this might speed up or slow down depending on how hot or cold it is). Pink oyster mushrooms (*Pleurotus Ostreatus Djamor*) love warm weather and can start fruiting in just 10 days in the right conditions.

*TIP! If you keep them where you can see them it's easy to remember. Keep misting even after you have harvested them and they should keep fruiting.*

*Remember the kit is full of living mycelium - every bucket will produce slightly different results. Watch and learn and enjoy the process....and your mushrooms ;-)*

Did you know??

Different types of mushrooms need different temperatures but as a rule most oyster mushrooms grow well between 16 - 24 degrees



They grow more slowly in cold weather and speed up as it gets warmer.

The mushrooms naturally know to fruit through the holes in the bucket because they need oxygen and light to trigger them to fruit.

<https://www.sporadicalcitymushrooms.com.au/>



# FAQ

## How many mushrooms will I grow?

You can't be sure but in the right environment you should get 2 - 3 crops out of every bucket. They will 'flush' (a fancy word for fruiting) every 10 day - 2 weeks. The yield will be less each time as they consume their food source. Each bucket might grow between 1- 2 kg of mushrooms in total.

## When do I know when to harvest my mushrooms?

Oyster mushrooms mature very quickly and develop from when they first appear as little (baby mushroom) 'pins' poking through the hole to when they are ready to pick in just 2- 4 days. The best time to harvest your mushrooms is when the caps are still curved down over the gills but are beginning to flatten out. You can still eat mushrooms if they have flattened out or turned up completely; they just don't store as long because they have released their spores and might begin to dry out .

## How do I pick my mushrooms?

Gently put your hand around the mushrooms and hold on to the base of the stem at the hole. Twist and pull and the mushrooms should disconnect - if you find there is still a bit of straw attached to the mushrooms just slice it off before eating. It is better not to use a knife to harvest the mushrooms as it affects the amount they fruit in the future.

## How do I store my mushrooms?

Mushrooms keep best when they are picked in their prime and stored in the fridge in an open container under a damp cloth or in a paper bag. But you can't beat eating them fresh!



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# FAQ

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### What do I do if my bucket doesn't fruit at all?

Be patient - but if your bucket hasn't fruited in 4 weeks please shoot us a picture and a message via email or on socials and we will do all we can to help troubleshoot. If for some reason you don't get any mushrooms at all - we will happily replace your bucket :-)

### How do I cook oyster mushrooms?

Oyster mushrooms go great in all mushroom dishes. Their delicate, slightly sweet, nutty flavour is a great addition to risottos, in pasta, on pizza or just on their own - we love them fried up in a hot pan with olive oil until they go crispy and seasoned with just salt and pepper.

If you find yourself with too many mushrooms they can be dried up for later (if you dry them in the sun they absorb vitamin D which is great for building strong bones and muscle development and overall health) - or if you are feeling adventurous here is a great recipe for mushroom pate. We make big batches and then store them in the fridge (but they don't last long).

<https://itdoesnttastelikechicken.com/vegan-mushroom-walnut-pate/>

### Why is the bucket a little irregular?

Sporadical City Mushrooms is a 'zero waste' urban farm in Melbourne so we repurpose used food grade buckets for our mushroom kits. These buckets were destined for landfill but are now your own little mushroom farm. They might have old stickers or writing on them - this does not affect your mushrooms. Please feel free to return the buckets to SCM for a discount on your next kit so they can be used again and again and again.....

For any other questions or queries please reach out to us at [info@sporadicalcitymushrooms.com.au](mailto:info@sporadicalcitymushrooms.com.au) - we are very happy to help any way we can.



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