



### 1. Initial Inspection

Upon receiving the grow bag, carefully check for any damage, tears, or signs of contamination, such as discoloration or unusual odors. If everything looks good, proceed to the next step.

### 2. Opening the Bag

Remove the airtight clip at the top of the bag and carefully open it. Allow fresh air to flow in so that the bag slightly fills and becomes slightly inflated. This ensures adequate air circulation inside. **Note:** Never blow directly into the bag, as this can introduce bacteria or mold contamination. Then, reseal the bag with the clip. Place a rubber band around the outside of the bag at the height of the top of the substrate to reduce the chance of side pins.

### 3. Monitoring Growth

Keep a close eye on the bag as soon as the mushrooms start to grow. The first two flushes do not require additional watering. Once the caps begin to open, it's time to harvest. **Do not wait too long to harvest!** Allowing mushrooms to grow too large will cause them to extract more moisture from the substrate, which can reduce the yield of the second flush. By harvesting on time, more nutrients and moisture remain available for the next flush.

### 4. Harvesting

Ensure a clean working environment by disinfecting your hands with alcohol and preferably wearing latex gloves. To harvest, gently twist the mushrooms off in a clockwise motion. Harvest as soon as the caps start to open for optimal potency. Depending on growing conditions and the mushroom variety, the fruits will be ready for harvest within two to four weeks.

### 5. Post-Harvest Maintenance

After harvesting the second flush, add a small amount of water (approximately **1/3 of the height of the substrate** inside the bag). Reseal the bag using the clip and ensure it is airtight. Don't forget to introduce fresh air by briefly removing and reattaching the clip. Pour out any excess water if it has not been absorbed within twelve hours.

## 6. Temperature Control

Maintain a consistent temperature between **20-25°C (68-77°F)** for optimal growth. Avoid extreme temperature fluctuations.

## 7. Subsequent Flushes

Each grow bag yields at least two flushes, but three or four are also possible. After each harvest, repeat the process of adding water and resealing the bag to encourage additional flushes.

## 8. Storage

If you are not using the grow bag immediately, store it in the refrigerator at a temperature between **2 and 8°C (36-46°F)** to preserve the viability of the mycelium.

## Extra Tips & Tricks

### Working Hygienically

Hygiene is crucial when cultivating mushrooms. **Thoroughly wash your hands and forearms with soap, use disinfectant gel, and wear sterile gloves.** A face mask can help keep the environment even cleaner. Always ensure a clean space around your grow kit to prevent contamination.

### Ready to Trip?

Don't forget that you can always find a **handy dosage calculator** on our website under the corresponding product. This will help you determine the right dosage for the specific mushrooms you are growing, ensuring you are well-prepared for your next adventure!