Programming instructions:

Unfortunately for us, the microcontroller on the board comes basically empty from factory, and JLC can't program it for us. To be able to easily load code into it, we need a bootloader. You'll need an ST-Link (clones are alright, ~$3 off amazon) or an USB-TTL serial adapter. There's many ways to do this, all extensively covered online.
Instead of repeating all that here, I'll simply point you towards looking for instructions for flashing an STM32 bootloader on Maple Mini boards and their clones (such as Bluepills).
A bootloader such as this:
https://github.com/rogerclarkmelbourne/STM32duino-bootloader

And instructions like these:
https://www.visualmicro.com/page/STM32-Flashing-Bootloaders.aspx

Like I said, there's many methods, and they vary for different OSes. Perhaps in the future I'll improve documentation. The DFU pushbutton on the board is the same as BOOT0 on a Bluepill board – BL is connected to BOOT1. After that, you can easily load whatever firmware you may want on the board – be that some SCSI disk emulator firmware I haven't yet finished getting to work but should go in this repo, something of your own doing, ardSCSIno-stm32 and variants, or simply using the board as devboard if you ever get tired of SCSI. The schematics are all there.