Thank You for your Purchase! If you are happy with your order please take the time to leave feedback.

This mycelium is alive so use it as soon as possible, or keep it in fridge no longer than one month at 2-5 C.

**What Is Lion Mane Mushroom?**

Lion’s Mane Mushroom have a unique appearance. You will easily recognize them when you find one in the woods. Lion’s mane mushrooms don’t have a stem and a cap. They normally form a snowball-like formation. They have elongated teeth with a spongy texture. These mushrooms can be large. Some of them even weigh over one pound.

Lion’s Mane Mushrooms have a seafood-like flavour when cooked. Some liken their taste to lobster or shrimp. This unique taste makes 5them a favourite among vegetarians or people allergic to shellfish.

Health benefits. Lion’s Mane Mushrooms also have medical benefits. In traditional Chinese medicine, they are commonly used for stomach problems and issues in the digestive organs. There are also various researches suggesting that they have anti-inflammatory and antibacterial properties. They also support the immune system.

**Materials in Growing Lion’s Mane Mushrooms**

* Lion’s Mane Spawn
* Substrate (option include hardwood or softwood sawdust, straw or another substrate rich in cellulose)
* Big bucket
* Small jars / polypropylene bag / polypropylene plastic
* Pressure cooker

1. **Sterilizing the substrate**

Lion Mane Mushroom are difficult to grow when the substrate is not sterilized. To do this, fill the bucket with a substrate. Soak it with hot water for at least 2 hours. After 2 hours, drain the excess water. Leave it again for another half an hour and then drain the excess water. Note that any excess water will cause contamination. This will hinder the growth of mushrooms. Let the substrate cool for about 6 hours.

1. **Transferring the substrate to small jars / plastic bags**

Transfer the substrate to jars or plastic bags. Make sure not to overfill. Also, ensure that you have a clean working area to avoid contaminating the substrate. During this process, it is important that the jars is loosely folded over.

1. **Planting the Spawn**

After sterilizing the substrate, turn off the heat. Let the substrate be cool for 6 hours inside the pressure cooker. While waiting for the substrate to cool prepare your working area. Make sure that it is thoroughly clean. Also, without opening your spawn pack, gently crush and separate spawn. This will make it easier for you to mix the spawn with the substrate later.

When your substrate is ready, wash your hands and prepare for planting. Remove substrate from the pressure cooker and add spawn to substrate later.

Shake jar or bag to mix the substrate and spawn.

1. **Waiting Period**

Leave jar or plastic bag in a room that is not directly exposed to the sun for about 3 weeks. The temperature in the room should be between 18 to 25 degrees Celsius. After 3 weeks, the substrate should already be fully colonized. This happens when the substrate is covered with the whitest fungi.

When the substrate is fully colonized, you should transfer jars to an airy location with traces of light. Make tiny holes in the jar cover or plastic bag. The holes should be about 5 mm in diameter. The mushrooms will grow through these tiny holes.

High humidity is essential for growing Lion’s Mane Mushroom. To increase humidity, you can put jars or plastic bags inside a water proof container. Just partially cover the top. Spray water on the substrate twice a day. Make sure just to make substrate moist but not wet.

1. **Harvesting**

In a few weeks, you should see Lion’s Mane Mushroom growing through the holes. Make sure to harvest mushrooms before they start turning pink.

When harvesting, cut the “snowball” close to the bag using a sharp knife. Be careful not to damage the spine. It is said that this mushroom will store longer in the fridge when handled properly. Subsequent flushes will occur. The fruits will normally develop at the sites of previous fruits

**Tips and Tricks in Growing Lion’s Mane Mushroom**

* **Where Lion’s Mane Mushroom grows best**

Lion’s Mane Mushroom grow best on a supplemented hardwood substrate. With this, you can add wheat bran and 10 to 20% as a supplement.

* **Holes in the jar / bag**

More holes in the jar cover or plastic bag will result in smaller fruit. Fewer holes normally result to fewer but larger snowballs.

* **Light Quality**

Light quality is vital to growing Lion’s Mane Mushroom. The best option is natural light from the sun. You can put your growing near a bright window with the indirect exposure to the sun. As an alternative, you could also use florescent or LED lights. The brighter light, the better.

* **Storage**

Freshly harvested Lion’s Mane Mushroom can be stored in a fridge at (+4 °C) They normally stay fresh from 2 to 3 days. For extended storage time, you could use deep freezing, drying, or jarring techniques.