**Log Inoculation Cheat Sheet**

A bag of spawn (inoculated substrate) is usually fairly solid/dense upon arrival

(Fig. 1).

**Step 1**

The first step towards inoculation is to break up this tightly-knit material. This can be done in the bag without ever opening by kneading the substrate, opening the bag and kneading in-place or into a (clean) large bowl, or by using a (clean) food processor/blender.

Note: keep cleanliness in mind, additional precautions might include using sterile gloves and cleaning equipment with isopropyl alcohol.

**Step 2**

Choose your method:

Spawn-disk or totem.

While there are other methods, these are two that FMGA primarily use.

The totem method (Fig. 2) is useful for larger diameter logs where forming a large enough disk in advance might be difficult (larger than 10” diameter), while the spawn-disk (Fig. 3) method is appealing for smaller diameter logs for ease-of-application.

Neither of these methods

2.1 Spawn-disk

Required materials:

* Aluminum foil (preferably heavy-duty)
* Loosened spawn
* disk-shaped object such as a clean salsa top (optional)