

Coconut Coir

Another option for a fruiting substrate is coconut coir. It is the natural fibre that is extracted from the outer husk of the coconut. Especially for the cultivation of *Psilocybe Cubensis*, the following «Bucket Tek» has proven highly productive. Bucket Tek has been introduced to the online forum shroomery.org by a user named «Damion5050» and further developed by another user called «boddhisatta». Bods iteration of the protocol is part of his «Easy As Fuck Tek» list, a great source for many other protocols. (Damion5050, 2012) (boddhisatta, 2013)

650 grams coco coir is mixed with two litres vermiculite, a cup of gypsum in a bucket. 4.5 to 5 litres of water are boiled and added to the bucket. The bucket is closed tightly with the lid and left to soak for 30 – 60 minutes until the coir block has completely dissolved. The substrate mix is then mixed thoroughly.