



Lion's Mane Production Block Instructions

Thank you for choosing our **Lion's Mane Production Block**! Follow these step-by-step instructions to grow and harvest fresh, gourmet Lion's Mane mushrooms.

1. Preparing Your Block

1. **Location:** Place the block in a clean, well-ventilated area with indirect light. Avoid direct sunlight. A kitchen bench is ideal.
 2. **Temperature:** Maintain a temperature of **18-24°C** for optimal growth.
 3. **Humidity:** Ensure high humidity (80-95%). Use a spray bottle to mist the block and surrounding area daily.
-

2. Initiating Fruiting

1. **Cutting the Block:**
 - Use a clean knife or scissors to make 2-3 slits (2–3 inches long) on the plastic where you want mushrooms to grow.
 - Target the areas where white mycelium is most prominent.
 2. **Hydrating:**
 - Mist the exposed areas with clean, non-chlorinated water 2-3 times daily.
-

3. Growing Mushrooms

1. **Pin Formation:**
 - Within 5-10 days, small mushroom pins will begin to form near the slits.
 - Do not spray directly onto the growing mushrooms.
 2. **Maturation:**
 - Mushrooms will grow rapidly over the next 7-14 days.
 - Increase misting frequency if the mushrooms appear dry or cracked.
-



4. Harvesting

1. When to Harvest:

- Harvest mushrooms when the spines (the “teeth” of Lion’s Mane) are visible and have grown to about ½ - 1 cm long.
- Do not wait too long, as over-mature mushrooms may lose flavour and texture.

2. How to Harvest:

- Use a clean knife or scissors to cut the mushroom close to the block surface.

3. Store Properly:

- Store harvested mushrooms in a paper bag in the refrigerator for up to a week.
-

5. Second and Third Flushes

1. Repeat:

- Allow the block to rest for a few days in a dark cupboard, then repeat the fruiting process for additional flushes.
-

Tips for Success

- **Avoid Contamination:** Keep the block and its surroundings clean.
 - **Air Circulation:** Provide gentle airflow to prevent stale conditions.
 - **Troubleshooting:**
 - **No Pins?** Ensure proper humidity and temperature.
 - **Dry Mushrooms?** Increase misting or use a humidity tent.
-

Enjoy Your Harvest!

Lion’s Mane mushrooms are perfect for cooking or drying into a powder. Enjoy the unique, seafood-like texture and brain-boosting health benefits!

Need Help? For additional tips or troubleshooting, visit our website or contact us at andrew@innerwestmushrooms.com.au.

Download this guide anytime from our product page.