



**MERRYHILL
MUSHROOMS**

REISHI GROW-AT-HOME KIT

You are now the owner of a ready to fruit Reishi kit, a great way to grow and these wonderful mushrooms. You will grow the antler form and these will be ready to harvest in 8 to 12 weeks. All you need to do is follow the steps in this guide. **Steps are specific for Reishi so please follow carefully.**

KIT CONTENTS

- Ready to fruit block
- Instructions

WARNING

- Take care with plastic bags around children & pets
- The growing medium contains Wheat bran
- If you are pregnant or have underlying health conditions consult your herbalist or doctor about taking Reishi mushrooms

How to grow

OPTION 1 - Grow them inside the sealed bag. This is the simplest way. This kit is designed to grow the antler form of Reishi and the antlers grow in high CO2 environments. To achieve high CO2 the bag remains sealed during growth.

OPTION 1		What to do	Notes
1	The block	The block has been incubated before you receive it and may be showing signs of antler growth.	The block will change colour as it matures from white to yellow to dark orange.
2	Temp.	Reishi love warmth (18-27°C) so a nice warm sitting room, conservatory or even in a greenhouse are the perfect places to grow them.	They can still be grown when conditions are cooler but the growth will be slower.
3	Position	These kits can be grown in any location ranging from direct sunlight to shade.	Daylight is needed to help the antlers orientate their growth.
4	Growing	Remove the string (this was to help keep the block safe during transit). The antlers growing tips are white and the growths will graduate from yellow to orange and sometimes red as they mature. Reishi is slow growing and depending on conditions can take between two and four months to grow.	The antlers will grow towards light so it is a good idea to rotate your bag every so often (around once a week). As the block matures the mycelium forms a bark on the outside and will change from white to yellow to orange. This change in colour can be uneven and patchy.
5	Harvest	Once the antlers reach the top of the bag, start to grow out of the filter patch or you can't wait any longer, they are ready to be harvested. Simply cut them off at the base with scissors.	Once picked, they can be used fresh to make tea or can be dried and stored for later use. Once dried they will store in an airtight container for at least 6 months.

Step		What to do	Notes	
6	What next?	After harvesting the first batch the plastic grow bag can be removed and you can continue to grow in a sealed container. A large 60 to 80L plastic tub with a lid is perfect for this. Once transferred to the container they need a little spray with water once a week. Enough to keep the air moist but avoiding water pooling in the bottom. If it does just empty it out. One crop is guaranteed but a second crop can sometimes be achieved.	The first crop is the biggest with the second reducing in size as the mycelium uses up the nutrients in the block. The second crop may take longer to start as the mycelium likes a little rest	
	How to use	To make tea, essentially this involves boiling the mushrooms for a period of time, we suggest finding a recipe / guide online that you like the look of and following.	You will find many guides online regarding how to dry or how to make tea from your Reishi	

TROUBLE SHOOTING

The following table provides solutions to problems you may encounter. Please feel free to get in touch if you need further assistance. We are always happy to help!

Issue	How to resolve
Block was broken up on arrival	Place it unopened block somewhere warm (23°C is ideal e.g. an airing cupboard) for 7 days to allow the mycelium to rest & repair. Then follow set-up instructions as normal.
Liquid inside bag	These are metabolites produced by the mycelium and show that the kit is growing healthily / ready to produce mushrooms
Growths are forming under the plastic	No need to intervene. The mycelium block will push nutrients to the antlers at the top.
A mushroom has grown out of the filter patch	The mycelium is very fine and can get through the tiny holes in the filter patch. This means it's harvest time.
Growth not like the pictures I see on-line	They grow in many different ways so just enjoy what you are doing. Growth shape does not affect quality.
The antlers have gone yellow/orange/red	This is as expected. Only the growing tip will be white.
Lots of dust has been produced	These are the spores. Pick immediately. If needed the dust (spores) can be hoovered up easily.
Second flush takes longer to start	The second crop may take longer to start as the mycelium likes a little rest. Be patient.
How do I dispose of my spent block?	The spent block will make excellent compost or mulch for a favourite tree, bamboo or garden plant.
Can I use the spent block to grow more?	If you are keen, you could use it to 'seed' outdoor mushroom logs / totems - various techniques can be found on-line.

Growing Support

If concerned about the progress of your kit, it is important to let us know asap as we can tweak things if needed to get it back on track quickly. To do this, fill out the support form in full below.

<https://www.merryhillmushrooms.co.uk/support>

Instagram - [merryhill_mushrooms](#)

www.merryhill-mushrooms.co.uk