

# How to grow your fungus

Visit [growwilduk.com/fungusfilm](http://growwilduk.com/fungusfilm) to watch how-to videos of each step in the process  
You can download a detailed growing plan here [growwilduk.com/fungusresources](http://growwilduk.com/fungusresources)

## Step 1. Pasteurisation

(TAKE CARE! Requires adult supervision)



- Place the straw bag in a bowl or bucket
- Pour two kettles of boiling water into the bag over the straw
- Seal the bag with the first cable tie to hold the straw under the water
- Leave until cooled (overnight is recommended)

### Why are we doing this?

This process pasteurises the straw – killing any harmful organisms that could affect the successful growth of your fungus.

## Step 2. Inoculation/ mycelium dispersal

- Remove the bag tie and drain off excess water, squeezing the straw
- Break the fungal mycelium into small pieces before opening
- Sprinkle into the bag and shake to spread the mycelium
- Seal the bag with the second cable tie
- Insert the bag back in the box, with the white 'patch' facing upwards
- Remind anyone handling the fungus to wash their hands afterwards
- Place the box in a warm place out of direct sunlight and leave for **four weeks**

## Step 3. Pretend it's autumn



- Put the box in a fridge to mimic autumn

### Why are we doing this?

The cold will tell your fungus it's time to produce mushrooms.

- Remove the box from the fridge after **two days**
- Slit the bag open while still in the box; a 10cm long X shape across the top is best
- Keep in a well-lit area at between 10–21°C.

## Step 4. Hydration



- Spray with water through the slit twice daily to keep the straw moist
- Look out... your mushrooms will suddenly appear anywhere from 4–10 days later!

