

## MUSHROOM GROWING INSTRUCTIONS

### PFU01 OYSTER MUSHROOM

Use a very clean corner in a cool, dark room. Spread clean cardboard on the floor, dampen and sprinkle with mycelium. Cover with a first layer of poplar logs, place other logs, more mycelium and so on up to a maximum of 5 layers. On the final layer distribute more mycelium and cover with cardboard. Cover the entire mass with clean cloth, dampen and then cover again with a sheet of polyethylene without sealing it. During the incubation stage (2-3 months at a temperature between 20-28 c.), the logs will be covered in a white, pleasant smelling patina. Carry the sown logs to the chosen site for production (garden, fields, undergrowth, etc.) and bury them 2/3 of the way down in a sheltered place. Keep the logs damp and they will produce the following autumn until spring for the next 3 years.

### PFU02 BUTTON/FIELD MUSHROOM

The ideal substratum in which to grow the Field Mushroom is mature horse manure previously mixed with 20% of straw. Use it to form mounds 15 cm. high and wide and as long as is necessary. Sprinkle the crumbled mycelium over the mound (approximately 2 l per q of mixture obtained in this way), then press it in deeply. Keep the mound with an internal temperature of 16-20 c. After two weeks cover it with 4-5 cm. of soil. Keep the soil damp and after approximately 20-30 days after covering, you will see the first fungi grow. After the first harvest, water less frequently between the following harvests at 8-10 day intervals.

### PFU03 POPLAR MUSHROOM

Use a very clean corner in a cool, dark room. Spread clean cardboard on the floor, dampen and sprinkle with mycelium. Cover with a first layer of poplar logs, place other logs, more mycelium and so on up to a maximum of 5 layers. On the final layer distribute more mycelium and cover with cardboard. Cover the entire mass with clean cloth, dampen and then cover again with a sheet of polyethylene without sealing it. During the incubation stage (2-3 months at a temperature between 20-28 c.), the logs will be covered in a white, pleasant smelling patina. Carry the sown logs to the chosen site for production (garden, fields, undergrowth, etc.) and bury them 2/3 of the way down in a sheltered place. Keep the logs damp and they will produce the following autumn until spring for the next 3 years.

### PFU05 OYSTER ERYNGII/OAK MUSHROOM

Get some good quality, golden, wheat straw without any mould or rot of any kind. Cut into pieces 2-3 cm long. Water for 3-4 days until it is all equally wet. Get some plastic bags approximately 5-10 l. in size. Mix the wet straw with the mycelium and fill the bag. Close the top of the bag with a piece of foam rubber in-between so that the mucelium can breathe and develop. Keep the bags with the sown mixture at 25-28 c. for thirty to forty days until all the straw is covered with a white, pleasant smelling mould. Take the mixture into the garden and bury it almost entirely in a sheltered spot and cover it with a fine layer of soil: keep the soil damp and within 15-20 days the first fungi will begin to grow. The ideal temperature for them to develop is between 10-20 c.

### PFU6 GOLDEN MUSHROOM

Get some good quality, golden, wheat straw. Cut into pieces 2-3cm long. Water for 1-2 days until it is all equally wet. Get some plastic bags approximately 5-10 l. in size. Mix the wet straw with the mycelium and fill the bag. Fold and close the top of the bag without sealing it so that the mycelium can breathe and develop. Keep the bags at 25-28 c. for 30-40 days until all the straw is covered with a white, pleasant smelling mould. Cut the top fo the bag and open it as far as the mixture. Then cover it with 2 cm. of soil and keep it damp: the first fungi will begin to grow after approximately 15-20 days from the time the bag was opened. The ideal temperature for them to develop is between 15-25 c.