



# MUSHROOM GROWTH CALENDAR

## How To Grow

Place in coolest area of the house. Do not place in direct sunlight.

First 7 days ~ LEAVE LID ON except to water.

Day 1-7 ~ Sprinkle one (1) 250 ml (8 oz) glass of water evenly over the surface of the peat moss EACH DAY.

Day 8 ~ REMOVE THE LID and let the MYCYLIUM grow for 10 days.

Day 19 ~ You will see little pinheads start to form, this is the beginning of the mushroom FRUITING BODY.

Day 21- 25 ~ You will see mushrooms growing. This is called the FIRST BREAK. If your ROOM IS DRY you will want to MIST THE MUSHROOMS with water 2-3 times a day to keep the mushrooms smooth. This is not necessary for the growth of the mushrooms but will make them look better. (Use a squirt bottle to mist.)

**\*\*Harvest Instructions** ~ As you remove the mushroom from the surface give a half twist as you pull. Cut the peat moss off with a knife (the stump) and place in compost or garbage.

After the third harvest you can try for more breaks by repeating the processes again. If a green mold starts to grow (like on old bread) you should recycle the mycelium (see tip below).

**Storing** ~ Always keep your mushrooms in the refrigerator, in a brown paper bag. Mushrooms can be kept for up to one week.

**Preparing** ~ To clean, wipe mushrooms with a damp cloth or rinse in cold water and pat dry with paper towels. Do not clean mushrooms until you are ready to use them.

## Great Tip

The spent material is great for gardens or flower beds; just spread over the surface and work it into the soil. This will give the soil some nice organic matter and nutrients. The styrofoam container can also be reused.

What did one mushroom say to the other? You're one fungi to be with!

## ASK the GROWER?

If you have any questions, or need additional teaching resources such as step-by-step slideshows, nutritional information, recipes, FAQ's, or to reorder a kit, send an email to: [mushroomfarm@whitecrest.com](mailto:mushroomfarm@whitecrest.com) or visit: [www.whitecrestmushrooms.ca](http://www.whitecrestmushrooms.ca)



Track the progress of your farm and record when you will need to water or harvest your crimini, portobellini or portobello mushrooms. Take turns watering and caring for the farm. Write the day you start in the space by Day 1, and record whose turn it is to care for your farm. Have fun growing!

**START DAY**  
Write start date on this line: \_\_\_\_\_ Day 1

- Unwrap... plastic and fold over edges of farm container.
- Water... one (1) 8 oz glass of water over the entire surface.
- Replace Lid

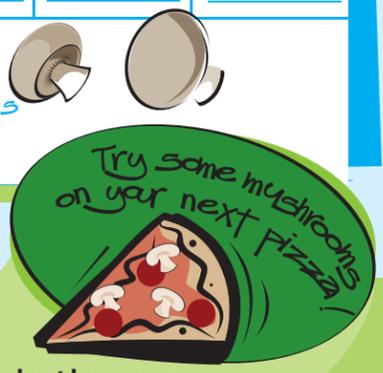
Caretaker \_\_\_\_\_

Green indicates active days

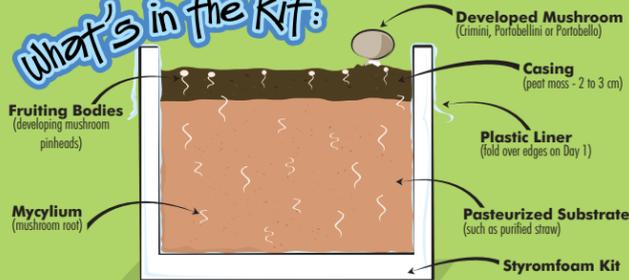
Blue indicates dormant days

Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8*
<input type="checkbox"/> Water <input type="checkbox"/> Replace Lid Caretaker	<input type="checkbox"/> Water <input type="checkbox"/> Replace Lid Caretaker	<input type="checkbox"/> Water <input type="checkbox"/> Replace Lid Caretaker	<input type="checkbox"/> Water <input type="checkbox"/> *Remove Lid Caretaker			
Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22
WRITE DOWN YOUR OBSERVATIONS	WRITE DOWN YOUR OBSERVATIONS	WRITE DOWN YOUR OBSERVATIONS	Pinheads forming (FRUITING BODY) Count the number of Fruiting Bodies	WRITE DOWN YOUR OBSERVATIONS	WRITE DOWN YOUR OBSERVATIONS	Mushrooms start to grow Count the number of mushrooms
Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29
WRITE DOWN YOUR OBSERVATIONS	WRITE DOWN YOUR OBSERVATIONS	WRITE DOWN YOUR OBSERVATIONS	Harvesting begins See growth chart on side of kit: when mushrooms reach the size you want to eat them at, you can begin to harvest them (see instructions*) How many did you harvest?	Harvesting How many did you harvest?	Harvesting How many did you harvest?	Harvesting How many did you harvest?
Day 30	Day 30	Day 31	Day 32	Day 33	Day 32	Day 35
Harvesting How many did you harvest?	Harvesting How many did you harvest?	Harvesting How many did you harvest?	Water After all the mushrooms are harvested, sprinkle 2 cups (500ml or 1.6oz) of water on the surface. Caretaker	Water Sprinkle 2 more cups of water on the surface. Caretaker	Pinheads forming again/ This is the SECOND BREAK Count the number of Fruiting Bodies	WRITE DOWN YOUR OBSERVATIONS
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
WRITE DOWN YOUR OBSERVATIONS	WRITE DOWN YOUR OBSERVATIONS	Mushrooms start to grow Count the number of mushrooms	Harvesting How many did you harvest?	Harvesting How many did you harvest?	Harvesting How many did you harvest?	Harvesting How many did you harvest?

Once the mushrooms are harvested again, repeat the process of watering as on day 32. You will see small pinheads forming again. This will bring on the THIRD BREAK!



## What's in the Kit:



To find out how you can use mushrooms with your favourite food visit:

[www.mushrooms.ca](http://www.mushrooms.ca)

While you're there make sure to check out all the childrens' activities available for you to print out and enjoy.

