

LET'S EAT!

Oh Yum!

Wash and cook thoroughly before eating.
Find these recipes and more at
backtotheroots.com/recipes

Pan Fried Mushrooms
with Rosemary



Mushroom Gruyere Quiche



Mushrooms, Spinach
& Basil Pizza



Remember: This Kit is 100% Guaranteed to Grow! If you have any questions, reach out to us and we'll get you growing.
contact@backtotheroots.com | 510.922.9758

KEEP THE FUN GOING!

Reuse & Grow a Bonus Crop! Repeat the setup instructions for the other side of your substrate bag and try growing a bonus crop!

Upcycle your kit! Your mushroom journey isn't over after you harvest and eat your delicious oyster mushrooms.

Go to backtotheroots.com/sculpture to find out what you can do with your spent mushroom log after harvesting.

EXPERIENCE THE MAGIC OF GARDENING!

Try our other indoor kits, or grow outside with our 100% organic seeds, soils, and plant food.
backtotheroots.com



FUN-gus Trivia!

- 1 How many varieties of edible mushrooms are there?
A. 100 B. 500 C. 1,000 D. 10,000
- 2 **True or False?** Mushrooms breathe like humans, taking in oxygen and emitting carbon dioxide.
- 3 Mushrooms are one of the few natural sources of _____, which works with calcium to build strong bones and teeth.
A. Vitamin D B. Vitamin B12 C. Sugar D. Protein
- 4 In addition to salty, sweet, bitter, and sour, there is a lesser known fifth primary taste that mushrooms possess. What is it called?
A. Savory B. Oily C. Burnt D. Umami
- 5 What US state is known as America's mushroom capital?
A. California B. Pennsylvania C. Idaho D. Texas
- 6 Which of the following items use fungi when they are being made?
A. Bread B. Beer C. Cheese D. All of the Above
- 7 Which family of mushrooms is known to be the most rare and expensive? Hint: they can cost up to \$3,000 per pound!!
A. Shiitake B. Morel C. Truffle D. Pioppini

1) 10,000 • 2) True • 3) Vitamin D • 4) Umami • 5) Pennsylvania • 6) All of the above • 7) Truffle

**BACK TO THE
ROOTS**



ORGANIC MUSHROOM GROW KIT

Discovery Booklet

For All Oyster Mushroom Grow Kits

NO GREEN THUMB? NO PROBLEM!

Text Mushroom to 55490 and we'll send you helpful reminders and tips throughout your mushroom growing journey!

*standard msg & data rates apply

DAY 1: INSTRUCTIONS TO GET YOUR MUSHROOMS GROWING

START

Give Them Light

Remove your kit's perforated panel and cut an 'X' into the substrate bag.

Scrape Them Awake

Lift the plastic flaps (don't cut them off) and lightly scratch away some of the white layer with a fork.

Give Them a Bath

Remove the substrate bag from the box and soak it face down in a bowl of water overnight (6–10 hours). The bag will float and don't worry if some substrate falls out.

Find a Cozy Home

Now that you've woken up your organic mushrooms, shake off excess water from the bag and place it back in the box. Mushrooms will grow best in a spot with indirect sunlight — facing away from a window is perfect! It'll take up to 1 week for your mushrooms to start growing.

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DAY 2–6: WATER & LEARN!

Keep Them Hydrated!

Twice a day, lift the plastic flaps and use your spray bottle to mist the substrate (7–8 sprays each time is enough).

While you wait for your organic mushrooms to start growing, there's so much to discover! Check off all the challenges below to become a true mushroom guru.

- ☐ Read through our online mushroom curriculum at backtotheroots.com/curriculum.
- ☐ Take a walk around your neighborhood and spot some mushrooms grown in the wild ... but don't eat them!
- ☐ Head to your local grocery store to pick up additional ingredients for your favorite mushroom recipe! If you need help choosing, a few of ours are on the back.
- ☐ Visit your local farmer's market and talk to a mushroom farmer about how and what they grow — they're experts!

Watch For Pinning!



Your mushrooms will start growing ("pinning") in ~1 week. Look for little white bumps that begin to stick out from where you scratched the substrate. Once you spot them, it's time for **Decision Day!**

DAY 7: DECISION DAY (EXACT DAYS MAY VARY WITH CLIMATE)

Congrats! Your mushrooms have started growing. The conditions you choose now will affect how your mushrooms look. Leave your kit by your window for normal growth, or start experimenting with the conditions below if you want to fine-tune your mushroom growing skills!

78° Higher temperatures make your mushrooms grow faster and lighter in color!



Lower temperatures make them grow slower and darker in color.



More light makes your organic mushrooms more vibrant!



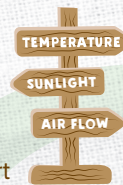
Less light makes them more gray.



Regular air flow (like on your counter) makes your organic mushrooms have big caps!



No air flow (like in a cabinet) makes them thin and lanky.



DAY 10: SHARE A PIC, HARVEST & ENJOY!

GROW ONE, GIVE ONE

Help us make gardening a part of every school curriculum. Share a photo of your growing mushrooms and we'll donate a kit & STEM curriculum to an elementary school classroom of your choice!

TAG:

@backtotheroots
#GrowOneGiveOne



Te'Lario II

Harvest Time!

When your mushroom caps are 1–2" wide, harvest by gently twisting them off at the base of the stem. Wash and cook thoroughly before eating. 😊

