

BEST SERVED COOKED

Consider making shiitake “bacon” or adding them to your favorite soup or pasta. Access more recipe ideas at backtotheroots.com/recipes

SHIITAKE NOODLE SOUP



TRY FOR A BONUS CROP!

After harvesting, remove any leftover stems and let your log rest for 7-10 days in a dark, cool place. Then, soak the log in cold water overnight and place it back in the bag you saved. Store again in a dark, cool place for a few days. Next, move the log (in the bag) back near a window and spray twice a day as before. Once you see your new shiitakes growing, follow the same instructions from your first grow.

When finished with your log, you can upcycle it into a great soil amendment for potted plants or a backyard garden. Just crumble the block and mix it into the top 2" of soil for a nutrient boost!

Experience the Magic of Gardening!

Try our other indoor kits, or grow outside with our seeds, raised beds, and soils: backtotheroots.com



BACK TO THE ROOTS



ORGANIC MUSHROOM GROW KIT

Start Me Soon – I’m Ready to Grow!

Discovery Booklet

For Shiitake Mushroom Grow Kits



Instructions and Information to Guide You on Your Mushroom Growing Adventure!

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

*when used as directed

Our Roots:

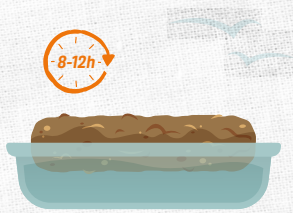
While seniors in college, we became curious about a fact we learned in class — gourmet mushrooms could grow on spent coffee grounds — and fell in love with the adventure of growing our own food. Now, we're on a mission to help every family and classroom experience the magic of growing — no big backyard or green thumb needed! We hope you join our journey to grow, together.

Much Love,
Alejandro & Nikhil
Co-Founders

Let's Get Growing!

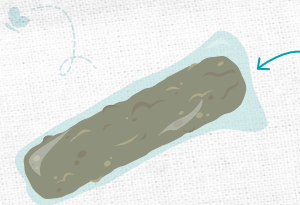
1 GIVE IT A SOAK

Take your shiitake log out of its bag (but save the bag for later!), and place it in a bowl of cold water for 8-12 hours. The log will float and don't worry if some substrate falls off.



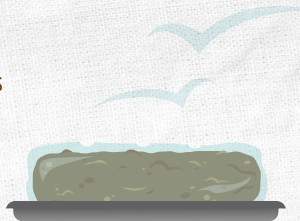
2 BACK IN THE BAG

Place the log back in its bag — it should fit loosely (think baggy jeans), allowing air to move in between log and bag.



3 PLACE ON A TRAY OR PLATE

Place your log indoors away from direct sunlight or drafts as you want to maintain a humid environment. Keep the holes facing up and set on a kitchen table or near (but not in front of) a closed window.



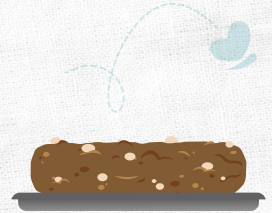
4 WATER

Twice a day, give your log ~10 sprays with the included mister (more is okay — the goal is to keep humidity high). Mist inside the bag on top of the log. Baby mushrooms will begin appearing in 1-2 weeks — this is called “pinning.”



5 REMOVE THE BAG

Once you see pinning, remove your bag (but save it for future grows). Keep spraying at least twice a day while the mushrooms continue to mature. This generally takes ~7 days.



6 SHARE A PIC, HARVEST & ENJOY!

Once the caps are about 1-2” wide, pull the mushrooms out completely from the root base by hand. Pick them before your caps start to flatten.



GROW ONE, GIVE ONE

Share a Pic!

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



Te'Lario II — Blacklick, Ohio

TAG:
@backtotheroots
#GrowOneGiveOne



DID YOU KNOW?

- Shiitake Mushrooms are high in Vitamin D (rare for vegetables).
- They are low in sodium, fat-free, and a good source of fiber.
- Traditional Chinese and Japanese medicines have taken advantage of the health benefits of shiitakes for centuries.