



All-In-One Wood Lovers Step-By-Step Inoculation & Fruiting Guide – Bag Tek

At-Home Mushroom Cultivation Made Easy

Cultivating your mushrooms from the comfort of your own home with ease has become a reality with our all-in-one mycelium grow bags. These pre-sterilized bags contain a grain and substrate mix specifically formulated for optimal growth of your favorite wood-loving mushrooms. Prior mushroom cultivation experience is not required! Simply follow the provided instructions, and a bountiful mushroom harvest will ensue. The Mycelium All-In-One grow bag functions as a self-contained fruiting chamber but can also be integrated with our Mycelium Grow Chamber system or Mycelium Grow Tent for our more advanced growers to ensure enhanced control over temperature and humidity.

Benefits of Mycelium All-In-One Grow Bags

Mycelium All-In-One grow bags eliminate the need for complicated and tedious substrate preparation and expensive sterilization equipment. They contain all the necessary ingredients to cultivate wood-loving mushrooms, pre-sterilized for your convenience. Simply introduce your cultured medium (agar, liquid culture) into the bag, wait for complete mycelial colonization, create a fresh air exchange opening, and witness your mushrooms fruit! Mycelium All-In-One grow bags offer peace of mind through their convenience, reduced contamination risk, controlled environment, and ease of use for home mushroom cultivation, all backed by our Mycelium Guarantee.

Utilizing Your Mycelium Grow Bag

Your Mycelium All-In-One grow bag is effortless to use and needs minimal upkeep. However, it is crucial to thoroughly review the provided instructions to gain a comprehensive understanding of the entire process, from inoculation to fruiting. This will ensure a bountiful harvest and minimize contamination risks associated with at home cultivation.

MATERIALS REQUIRED:

- Nitrile or latex laboratory gloves
- Spray bottle containing 70% isopropyl alcohol
- Spray bottle containing previously boiled or distilled water
- Scissors or a sterile utility knife or scalpel
- Mycelium Myco bands
- Liquid culture syringe (If refrigerated, allow to return to room temperature pre-inoculation)
- Paper towels
- Alcohol wipes (provided with each All-In-One Bag)
- Alcohol burner (optional)
- Flow hood or still air box (recommended)



STERILIZATION PROCEDURES & WORKSPACE SANITATION

1. Meticulously sanitize your workspace and all materials. You can't see bacteria, but it is present everywhere. Practicing aseptic techniques will minimize risk of contamination during the inoculation process.
2. For optimal results, utilize a still air box or a laminar flow hood (with horizontal flow). In their absence, any thoroughly cleaned area can be used; however, the risk of contamination increases. Choose a location with minimal air movement. Shut windows and doors, deactivate heating or cooling units, and select a hard, smooth surface that can be sanitized with isopropyl alcohol.
3. Disinfect the mycelium grow bag using 70% isopropyl alcohol. Let the bag rest on the surface until dry or for several seconds before wiping it dry with a clean paper towel.
4. Put on gloves and sanitize them with isopropyl alcohol. Let air dry.

MYCELIUM GROW BAG INOCULATION

Always check for any holes, punctures, or signs of contamination upon arrival of your grow bag. **Be assured that your purchase is backed by the Mycelium Guarantee. If your bag is compromised, Mycelium will replace it at no cost.** Simply fill out the online form and follow instructions.

1. Prepare your liquid culture syringe. With sterile gloves on, remove sterile needle from sterile packaging. Unscrew cap from luer lock on syringe, and engage sterile needle into syringe luer lock. Ensure a secure connection to prevent any leaking from the connection site.

Note: The needle is sterile upon purchase, but subsequent use of the culture syringe requires needle sterilization as well. Sterilize the needle with alcohol or a flame from an alcohol burner. If using a flame for sterilization, heat the needle's tip until it glows red, then allow it to cool before injection. **Do not use an open flame or alcohol burner inside a still air box.*

2. Re-sanitize the injection point with 70% isopropyl alcohol or an alcohol wipe.
3. If the culture appears uneven or concentrated in one area, shake and swirl it gently for a few seconds to disperse the mycelium.
4. Remove the needle cap and carefully insert the sterile needle through the designated injection port. Introduce the recommended amount into the mycelium grow bag. Mycelium recommends 5-10ml per 3 pounds of sterile substrate and grain mix.

STORAGE & COLONIZATION

1. Store your bag undisturbed and away from direct sunlight. The ideal incubation temperature range is between 65 and 80 degrees Fahrenheit, depending on your chosen species (higher temperatures promote faster colonization).



2. Once the mycelium has grown for 2-3 weeks or visibly colonized at least 30% of the bag, gently break up the colonized substrate without opening the bag and distribute it throughout the uncolonized substrate. This significantly accelerates mycelial growth by increasing nucleation points. (Due to variation in liquid culture injection and genetics, growth may not be immediately visible, but instead growing in center of bag. Do not worry, simply break up contents of bag and growth will become visible.)

FRUITING YOUR MYCELIUM ALL-IN-ONE GROW BAG: WITNESSING THE MAGIC

Once your mycelium bag is fully colonized with white growth, it's time to create the perfect environment for your mushrooms to fruit! Here's a step-by-step guide:

1. **Prep Time:** Before diving in, ensure your workspace, scissors/utility knife, and the mycelium bag are thoroughly sanitized with 70% isopropyl alcohol. Let the bag air dry for a few seconds before wiping it clean with a paper towel. Finally, put on gloves and sanitize them with alcohol as well. Let air dry.
2. **Fresh Air Exchange:** Now that everything is sterile, locate the fully colonized block within the bag. Place a Mycelium Anti-Side Pinning Band around it, roughly an inch below the surface. Aim to push any air pockets below the band upwards, above the band to create a snug fit around the block's bottom. This band restricts oxygen flow to the lower region, helping prevent unwanted "side pins" from forming. Carefully cut a 1-2" slit at the top of the bag, allowing air in and giving space for the mushrooms to grow within the bag. Reseal with tape or a Mycelium clip.
3. **Patience is Key:** Let the bag rest undisturbed. Within a week (or sometimes longer depending on conditions), you should see tiny white bumps (primordia) forming on the block's surface – these are your baby mushrooms!

Harvesting Your Bounty!

Once the mushrooms reach maturity it's time to enjoy your harvest! Mushrooms are at their prime flavor and texture just before their caps change shape. The general rule is to harvest before the caps flatten out or become concave. Simply cut the bag across the top, creating an opening for harvesting. When harvesting, we recommend using a sharp knife or scissors to cleanly remove the mushroom, which allows a clean cut that fully removes all growth from the myceliated block. Alternatively, gently twist the base of the mushroom cluster between your fingers. This twisting motion should be sufficient to detach the mushrooms from the colonized block. Full removal of fruiting body promotes a clean and healthy environment for future flushes, preventing rot and potential contamination.

4. **Multiple Flushes:** Your mycelium bag can produce multiple flushes of mushrooms! To encourage a second flush, here's what to do:
 - a. Gradually increase humidity by misting the sides of the open bag several times over a few hours. This allows for proper moisture absorption instead of pooling at the



bottom. Gently fold and secure top of bag to close it, or use a Mycelium clip to reestablish a proper growing environment.

- b. Repeat steps 3-4 until your block is depleted and no longer produces mushrooms. Since the hood is already cut, simply adjust its position to allow for more air exchange as your mushrooms grow, instead of making additional cuts.

By following these steps and maintaining proper environmental conditions, you'll be well on your way to cultivating delicious and rewarding mushrooms from your very own Mycelium All-In-One grow bag!