



# All-In-One Wood Lovers Step-By-Step Inoculation & Fruiting Guide in a Controlled Environment: Monotub & Grow Tent 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
- 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)
- Mycelium Monotub
- Mycelium Grow Tent (optional)



## 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 grain.

## 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. Wipe inside of monotub and tent walls if applicable, let dry. Finally, put on gloves and sanitize them with alcohol as well. Let air dry.
2. **Increased Airflow:** Take your fully colonized block and carefully cut an "X" slit 1-2 inches wide just above the substrate, matching the filter patch's width, helping to create a proper fresh air exchange. Carefully fold the bag over the block and secure, ensuring to press out excess air. This will force the mushrooms to grow out of the "X" slit rather than inside the bag. Place the bag inside your Mycelium Grow Chamber system or Mycelium Grow Tent. This is crucial for healthy mushroom growth.
3. **Maintaining Humidity:** As your mushrooms grow beyond the pinning stage, you'll need to create a more humid microclimate. You have already created an "X" slit opening for moisture control. With your bag in a Mycelium Grow Tent or Mycelium Monotub, use a spray bottle to gently introduce humidity by spraying upwards into the tub or tent to create a misting effect. Don't worry if some droplets roll down onto the substrate, but avoid directly spraying the mushrooms themselves.

## 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. For some varieties, a thin veil hangs beneath the cap in their early stages. Harvest these mushrooms just as the veil begins to tear. 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.



5. **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 and up into the hood several times over a few hours. This allows for proper moisture absorption instead of pooling at the bottom.
  - b. Repeat steps 3-4 until your block is depleted and no longer produces mushrooms.

**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!**