

This box is filled with a special growing medium that is designed for home cultivation of oyster mushrooms. The process is simple and requires minimal day to day care. Store this kit in the fridge as soon as you are able to, to prevent contamination and prolong shelf life.



## What you will need

- Mushroom cultivator starter (kit)
- A clean 1 gallon or bigger container with a lid (glass and plastic are ok to use)
- Spent coffee grounds
- Sprayer bottle with fine mist is preferred
- Water



## Method

- Collect fresh, damp, spent coffee grounds, and store them in the freezer, until you have enough to fill your container. Freezing temperatures will help to eliminate any molds that could contaminate the coffee grounds. You may freeze the filters as well. They too will be used as a food source.
- French press coffee grounds are too wet and need to be strained, so that they are damp, and not soaked, to prevent the mushroom starter from drowning.

## Steps

- In your container, add a one inch thick layer of spent coffee grounds.
- Sprinkle a thin layer of the the mushroom starter, then another one inch thick layer of coffee grounds.
- Repeat this until you have used up both the culture and the coffee grounds, leaving an inch of space on top.
- The mushroom starter produces white strands called mycelium, which will spread throughout the coffee grounds.



- The mycelium needs to breathe. Give it air by cracking the lid slightly once a day. This might cause the surface of your cultivator to dry out. Keep it hydrated by misting lightly.
- Once all the coffee grounds are colonized and the mycelium has run out of food, mushrooms will begin to form.
- It is important not to let the mycelium or baby mushrooms dry out, while you wait for the mushrooms to form and grow. Oyster mushrooms like bright, indirect light, and double in size every day.

- Remove the lid to allow mushrooms to grow. Be sure to mist at least twice a day. Pooling water in your kit can promote unwanted bacterial growth. Don't over mist.
- Harvest the mushrooms when the growth of the caps slows down. Pick the entire mushroom without leaving any remnants in the container so it does not spoil and cause contamination. You can store the fresh mushrooms in a brown paper bag, in the refrigerator for up to a week.

### The Next Flush

Now it is time for your mushroom cultivator to rest. Keep the kit covered with the lid for two weeks. Do not mist. This is a resting period, as the mycelium is recharging its battery. After the two weeks resting period you can start watering your cultivator again, as outlined in previous steps.

### Troubleshooting

Since this is not a sterile culture, and mold spores are floating in and around your home, your mushroom cultivator may get contaminated with the common green mold.

Please be aware that this mold is not harmful to your health, but do get rid of it ASAP, as it is competing for the food source with your blue oyster culture.

Scoop out the green mold carefully, taking care not to waft the spores around. Wash your hands afterwards. Mix 1 part bleach with 10 parts water in a spray bottle, and spray the area where you found the green mold every day. Keep spraying the area until the mold is no longer there. Do not spray the bleach solution on your mushrooms.

### Oyster Mushroom Fries

Tear mushrooms along the gills. Soak them in a salty milk solution for 20 minutes. Roll in egg wash, flour, and deep fry in olive or coconut oil. Serve with aioli and enjoy!



### Coffee Grounds Mushroom Cultivator

*Pleurotus Ostreatus*

Growing oyster mushrooms on spent coffee grounds is a fun and educational way to recycle at home or in your office.