

# Mushroom Growing Instructions

<b>Equipment:</b> Measuring jug Measuring scales Mixing bowl Rubber gloves (if wanted) Masking tape Surgical tape Permanent marker Plastic food bag	<b>Ingredients:</b> 40 grams of mushroom spawn 400g substrate (paper kitty litter) 600 ml water and lime mix (½ teaspoon builders lime mixed with 1 litre of hot water cooled) 2 x weetbix or equivalent coffee grounds
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## What to do:

1. In a large bowl measure substrate (paper kitty litter)
2. Crumble weetbix very finely into the cardboard pellets.
3. Add 600ml water mixed with lime.
4. Add mushroom spawn, break up and mix well with hands.
5. Fill plastic food bag with the mixture.
6. Fold corners in and tape to create a cube bundle.
7. Poke 4 holes in one side and cover with surgical tape.
8. Write type of mushroom, date, temperature the mushroom thrives.
9. Place in cardboard box with the holes facing up.