



BIO SHIITAKE – LENTINULA EDODES – INDOOR SPAWN-BAG FRUITING IN A FILTER BAG

For their growth, mushrooms require the right temperature, relatively high humidity, sufficient oxygen, and only a little light. A grow kit (approximately 3 kg of substrate) produces up to 1.5 kg of fruiting bodies over 3 to 5 harvest waves. The fruiting cycle proceeds as follows, with the timeframes subject to the usual fluctuations found in living organisms – therefore, please check your mushrooms daily.

PHASE 1: PREPARATION

Place the Shiitake grow kit in a windless but well-ventilated location where the most suitable temperature conditions prevail (around 15°C).

It should receive light but should not be kept completely in the dark; however, avoid direct sunlight. Keep the Shiitake in the bag it was delivered in.



PHASE 2: UNPACKING / FRUITING PHASE

Only when the first primordia (or “pinheads” = small “mini mushrooms”) form, the finished culture is unpacked and placed on a clean surface (e.g. plate or tray).

The side on which more primordia have formed should be facing upwards. To protect the mushrooms from drying out, place the empty filter bag provided (this bag has several thin white filter strips) over the spawn-bag. If necessary (low humidity), spray into the bag with a spray bottle filled with drinking water without spraying onto the mushrooms! Remove the bag beforehand.



PHASE 3: FRUITING & HARVESTING

The mushroom now needs around 4 to 10 days for the fruiting body to mature ripening. Shiitake mushrooms are ready to harvest as soon as the mushroom caps begin to bulge upwards. To harvest, cut the shiitake as close as possible to the substrate block. It is important that you remove any remaining stalks in the substrate, as these can otherwise be attacked by midges, bacteria or mold.



PHASE 4: RESTING PHASE (START IMMEDIATELY AFTER HARVESTING!)

After harvesting all the mushrooms, place the grow kit in a dry location with suitable temperatures (18 to 21°C) without the filter bag and let it dry out completely for 7 to 10 days.



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PHASE 5: WATERING

After this 7-10 day resting phase, submerge the grow kit overnight in a container filled with cold water (tub, bucket, etc.). Weigh the grow kit down with a grid or a kitchen pot filled with water to ensure it stays submerged. After a few hours, refill any absorbed water. For a good yield, it is important that the grow kit remains completely underwater during soaking.



PHASE 6: SETTING UP FOR THE 2ND HARVEST WAVE

After soaking for 6 to 12 hours, remove the grow kit from the water and let it drain well. Then, place the Shiitake back in the filter bag as described in phase 2. You can repeat this cycle 3 to 5 times. Under optimal conditions, the mushroom will continue to produce fruiting bodies until it has consumed all the nutrients from the substrate.



STORAGE OF THE HARVESTED MUSHROOMS:

Fresh Shiitake mushrooms can be stored in the refrigerator (+4°C) for about 10 days. For longer storage, the mushrooms can be dried, frozen, or preserved. To dry them, it is best to slice the Shiitake into 5 mm thick slices and lay them out in a well-ventilated and dry place. Hot air drying devices can also be used, but do not dry Shiitake at temperatures higher than 40°C, as too many valuable vitamins and nutrients will be lost. For freezing, the mushrooms should also be sliced. When cooking, frozen mushrooms can be added directly to the hot pan without thawing.



RECYCLING OF THE FERTILIZED FINISHED CROP:

The indoor spawn bag can be disposed of in organic waste after the final harvest wave. Please dispose of the plastic bag separately in the residual waste collection. If you have a garden, you can add the spent substrate to a compost heap. While the substrate is being broken down by natural soil organisms into valuable plant fertilizer, with a bit of luck (especially in the summer months), you may be able to harvest a few more mushrooms.

