



ORGANIC REISHI - GANODERMA LUCIDUM - INDOOR SPAWN BAG (DIFFICULTY LEVEL 1 – BEGINNER)

One mycelium bag (approx. 3.3 kg substrate weight) of this variety produces up to 400 g of fruit bodies in approx. 60 - 90 days. You will receive a ready-to-use mycelium bag.
These instructions describe the exact procedure from delivery to the finished mushroom.

FRUITING IN THE BAG

The substrate bag is equipped with a special microfilter that allows the fungus to breathe but prevents moisture loss or contamination.

It is possible to let the Reishi fruit in this bag!

Simply place it in a room at a suitable temperature (around 18-27°C), open the bag after about 2-3 months and harvest. The Reishi grows in the bag in a stag-like shape. The Reishi is fully grown when the light tips turn reddish brown.

Please do not open the fruiting bag until harvest time, otherwise the mushroom will dry out!

It can happen that the reishi grows through the filter to the outside, where it will develop a cap due to the lower CO₂ concentration and then release large amounts of spores (recognizable as a thin film of fine brown powder).

This process can of course be stopped by removing the cap.

If you leave the filter undamaged, the reishi can continue to grow or will try to form a cap again.

STORAGE OF HARVESTED MUSHROOMS

Fresh Reishi mushrooms are not suitable for direct consumption due to their tough consistency.

It is known that indigenous peoples like to use small pieces as chewing gum.

Reishi mushrooms can be dried in an airy, dry place.

Hot air dryers can also be used, but please do not dry the mushrooms at temperatures higher than 40 °C, as this will cause too many of the valuable vitamins and nutrients to be lost.



Dried, crushed Ganoderma lucidum fruit bodies are suitable for making tea or for external use as a bath additive.

RECYCLING OF SPENT MYCELIUM

The mycelium blocks can be disposed of in organic waste after the last harvest.

Please dispose of the plastic bag separately with the residual waste.

If you have a garden, you can pile up the used mycelium in a compost heap where the substrate will be processed by natural soil organisms into valuable plant fertilizer. With a little luck, you can harvest more mushrooms if the outdoor conditions are favorable.