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## ORGANIC LIONS MANE - HERICIUM ERINACEUS - INDOOR SPAWN BAG (DIFFICULTY LEVEL 1 – BEGINNER)

For mushrooms to grow, they need the right temperature, relatively high humidity, sufficient oxygen, and only a little light. One mycelium bag (approx. 3.3 kg substrate weight) produces up to 600 g of fruit bodies in 2-3 harvest waves.

The fruiting cycle is as follows, although the times are subject to natural fluctuations in living organisms – so please check on your mushrooms daily and monitor the humidity and temperature. You will receive a ready-to-use mycelium bag.

These instructions describe the exact procedure from delivery to the finished mushroom.

### PHASE 1: PREPARING THE GREENHOUSE

Please work cleanly: thoroughly clean your hands, the work surface, and the greenhouse.

**TIP:** A chlorine-based household cleaner (e.g., Danklorix) is best suited for cleaning and disinfecting the work surface (wear gloves!) and the greenhouse, as it eliminates mold and bacteria (follow the product information!). Pour some into a household spray bottle and dilute with clean tap water according to the manufacturer's instructions. Spray the inside of the greenhouse with the chlorine solution and leave it to take effect until you can no longer smell the chlorine. If necessary, wipe with alcohol.

Perlite is required to achieve the high humidity levels necessary for fruiting in the greenhouse. Moisten it thoroughly with tap water in a sieve and allow it to drain well. Then spread it evenly over the greenhouse floor. If the perlite dries out over time (check regularly by hand), moisten it with your household spray bottle.

Place the greenhouse in a windless but ventilated location where the most suitable temperature conditions for the respective variety (depending on the growth phase; see below) prevail. Avoid direct sunlight.

### PHASE 2: SETTING UP THE MYCELIA / INITIATING FRUITING

The temperature for fruit induction for the Lion's Mane is 10–15 °C, with very high humidity (95–100%); the temperature for fruit body maturation is between 18 and 24 °C, also with comparatively high humidity (90–95%).

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Oxygen must also be supplied during both growth phases. If you see small, immature fruiting bodies on the substrate in the filter bag, cut open the top of the bag and remove them with clean, disinfected hands. Then roll up the excess plastic and secure it with a clip or similar as close to the substrate block as possible. An alternative would be to fold the plastic and secure it with tape. In any case, the 'air cushion' above the substrate should be eliminated, as otherwise the hedgehog mushroom would fruit on the entire upper surface of the block, which would make harvesting much more difficult.



Now simply cut 2-3 small slits (or X-shaped cuts) 1.5-2.5 cm long on the wide side and 1-2 on the narrower side using a clean blade, and you're done. The Lion's Mane will develop its fruiting bodies through these small openings, as the oxygen supply is optimal at these points.



Now place the fruit bag in the greenhouse and close it with the transparent lid. A ventilation flap should be slightly open (oxygen!). Spray the greenhouse lid 2 to 3 times a day from the inside with a water atomizer (clean drinking water is best). You should also check the perlite regularly.

## OPTIMAL CONDITIONS IN A PROFESSIONAL ENVIRONMENT FOR THIS PHASE:

<b>Temperature:</b>	10 - 15 °C CO2: 500 - 700 ppm
<b>Humidity:</b>	95-100% room air exchange: 5-8 per hour
<b>Duration:</b>	3-5 days Light: 500-1000 lux

As soon as a fruiting body (preliminary fruiting body or primodium) forms at the opening, the Lion's Mane requires less humidity (see below).

## PHASE 3: FRUITING AND HARVESTING

From this point on, the temperature should not fall below 18 °C or exceed 24 °C. The fungus now needs around 4 to 5 days for the fruiting bodies to mature.

To harvest, carefully cut the hedgehog mushroom at the opening as close to the substrate as possible. Be sure to remove any fruit body remnants from the substrate block, as these will otherwise be infested with mold, bacteria, or mosquitoes.

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## OPTIMAL CONDITIONS IN A PROFESSIONAL ENVIRONMENT FOR THIS PHASE:

<b>Temperature:</b>	18 – 24 °C CO2: 500 - 1000 ppm
<b>Humidity:</b>	90–95% room air exchange: 5–8 per hour
<b>Duration:</b>	Duration: 4–5 days Light: 500–1000 lux

### STORAGE OF HARVESTED MUSHROOMS:

Fresh mushrooms can be stored in the refrigerator (+4 °C) for around 2-3 days.

For longer storage, mushrooms can be dried, frozen, or preserved.

To dry mushrooms, cut them into slices approximately 5 mm thick and place them in an airy, dry place. Hot air dryers can also be used, but please do not dry mushrooms at temperatures higher than 40 °C, as this will cause too many of the valuable vitamins and nutrients to be lost.

Freezing is also a viable method of preserving mushrooms. Here, too, the fruiting bodies are sliced. When preparing frozen mushrooms, they are placed directly into the hot pan while still frozen.

### 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 even more mushrooms if the outdoor conditions are favorable.**