

The Mavis Institute



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Oyster Mushroom Kits



Blue Oyster Mushrooms



Pleurotus ostreatus, the blue oyster mushroom, is a lovely mushroom to watch grow and to eat. The blue oyster mushroom grows in large clusters and takes on the typical shelf like shape of the *Pleurotus* species. Grown in a high CO₂ environment, the Blue Oyster mushroom will have a long and thick stems with small caps. The mushroom clusters start out with deep blue coloring and eventually turn grey as they age. The fruit is usually thick and meaty and very versatile for culinary uses.

Natural Habitat:

Found on hardwood logs trees and stumps, living, dying and decaying. Common throughout North America. Found in the spring and the fall.

Growing Parameters

Spawn Run

Incubate at room temperature for 14 -21 days. Watch for water pooling in the spawn, or "sweating".

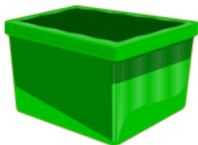
Initiate Pinning:

Drop temperature to 15C/60F. Increase humidity to 95%. Should start to pin in less than 7 days.

Fruit Development:

Humidity at 85%. Temperature at 15-20C/60-68F. Grow fast, should produce harvestable fruits in 5 days or less.

Material Check List



Mushroom Kit Supplies

To make your mushroom kit, you will need the following supplies:

> 4 cups of dechlorinated water

> 4 cups of Yesterday's News Pellets

> 1 cup of Oyster Mushroom Grain Spawn

> ½ cup alfalfa pellets

Plastic Mushroom bag

Plastic mixing bin



How to Make a Mushroom Kit

Step 1

Combine the newspaper pellets and water in the plastic mixing bin and let them sit for 5-10 minutes until they absorb all the water (no pooling)

Mix the soaked mixture to fluff it up a little, then add the alfalfa pellets (optional) and 1 cup grain spawn. (Soaking alfalfa pellets in water really helps them breakdown faster)

Mix well, then fill the mushroom bag with this mixture (you'll be using your hands – make sure they're clean)

Pack down gently to remove air pockets, then close off the end of the bag.

Step 2

Cut 4 slits about 1" long in the plastic bag. Place kit in a dimly lit or dark, cool area (60-70 degrees F). Mark with the date.

After 2.5-4 weeks, the bag should be filled with white mycelium. At this point, move the mushroom kit to a cool, well-lit room but keep it out of direct sunlight (not on a windowsill).

Inspect daily for signs of baby mushrooms (primordia) growing at "slits or elsewhere. Cut more holes in the bag if necessary to free the growing mushrooms. Use dechlorinated cool water to mist mushrooms several times a day, as evaporation stimulates growth, but do not" soak or over-wet.

Mushrooms should double in size every day. Pick whole clusters when each mushroom is about 2" in diameter. Cook in your favorite mushroom dish and enjoy!

Step 3

Once this first fruiting is over, you can return the kit to a cool, dark place for another 2-3 weeks and repeat the whole process a second time. Once you are done with the kit, you can break it up and use 1 cup of the material as the "mushroom spawn" ingredient for a new kit (so maybe make 5 new kits out of one spent one?), or break up and add to your garden soil or compost pile as a soil amendment.



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