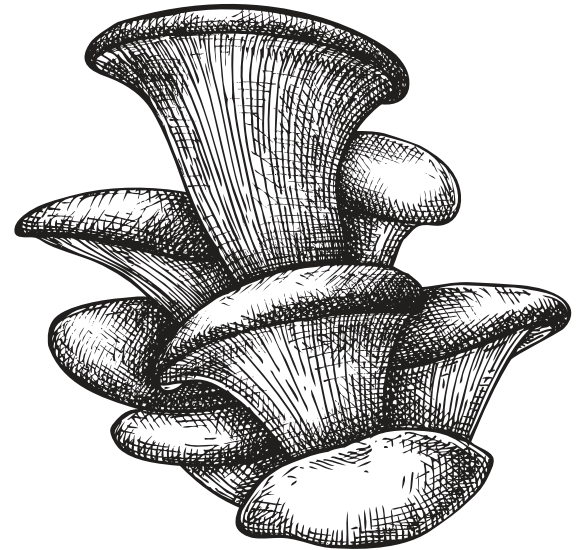


# QUICK GUIDE: Growing Oyster Mushrooms on Coffee Grounds

## Materials List:

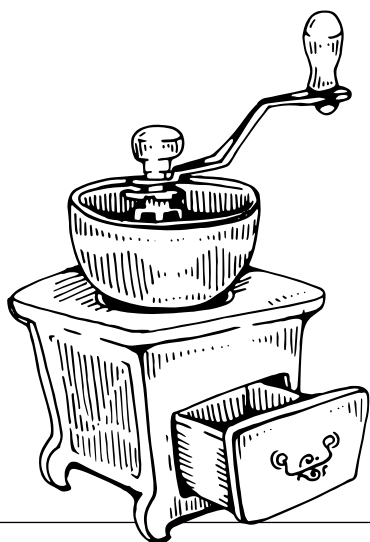
- 1-cup of Oyster Mushroom Spawn
- Mason jar & lid (1-gallon is best, 1-litre will work)
- Used coffee grounds
- 2 stainless steel spoons
- Clean surface to work on
- Plastic grocery bag
- Cleaning agents for sanitizing the table, spoons & your hands
- Oven to sanitize the mason jars



## Instructions:

1. Order your mushroom spawn and begin collecting used coffee grounds. They can be used fresh (after cooled) or stored in the freezer to use at a later date. If you use natural coffee filters, they can be left in.
2. Wash and sterilize the mason jar(s). The jars can be put in an oven at 375 f for 15min to sanitize.
3. Clean and sanitize the surface you will be working on and all tools such as the spoons. (ex: can use diluted rubbing alcohol or diluted bleach) \*\* Important, research how to use the disinfectant agents safely first.
4. Wash and sanitize your hands.

5. Use spoon #1 to layer 1" (2.5cm) of coffee grounds into the bottom of the mason jar.
6. Use spoon #2 to put approx ½ to 1 tsp of mushroom spawn on top of the coffee grounds in the mason jar.
7. Use spoon #1 to cover the mushroom spawn in the mason jar with up to 1" (2.5cm) of coffee grounds. \*\* It is ok if there is less than 1" as long as the spawn is covered.
8. Repeat the process until the jar is filled up to 1" (2.5cm) from the top of the jar. This can be done all at once or added daily until the jar is full.
9. Leave the mason jar open a crack or pop a few small holes in the lid with a nail.
10. Create a "humidity tent" by covering the jar loosely with a plastic bag and store in indirect light. Important: the tent is also used to prevent spores from spreading in your home. You should harvest your mushrooms BEFORE they go to spore.
11. Once the white mycelium has grown through all of the coffee grounds and the entire surface is white, let it rest for 2-3 weeks. Mist lightly daily. \*\* If there is any standing water on the surface or in the jar, cut back on misting
12. After 2 - 3 weeks, you should see little "pins" starting to grow up out of the jar. Take the lid off and store them in indirect natural or fluorescent light. \*\* Keep the mushrooms lightly misted while they are growing. (Keep inside the humidity tent or a mono tub)
13. Once the mushroom's growth appears to slow or stop, harvest and cook them in your favourite recipe.
14. After harvest, let the mason jar rest for 2 - 3 weeks. Do not water during this time. Place them back in the plastic bag "humidity tent" and watch for signs of them starting to grow again.
15. If the mushrooms begin to grow again, repeat steps 11 & 12. After this, the grounds likely will not produce again. Compost or feed the coffee grounds and mycelium to your vermi composters worms.



## Tips:

*If your mushrooms start to whittle or stop growing while still small, they likely need more humidity. Store them in a more humid room and mist more frequently.*

*Discard if you find signs of mold. The mycelium may look like mold, but it is white in colour.*