

INSTRUCTIONS

Growing mushrooms on coffee grounds

Required materials:

- Mushroom plugs for oyster or golden oyster mushrooms
- Disinfectant spray from the drugstore
- 2 storage jars with lids (approx. 200 ml)
- Glass or plastic container (e.g., small bucket/box)
- Regular, fresh coffee grounds
- Clean tablespoon

Good to know

Coffee grounds are susceptible to the colonization of foreign fungi. Therefore, make sure to disinfect all contact surfaces of the coffee grounds and your mushroom plugs (glasses, hands, spoons, etc.) with the spray in advance. For your mushroom cultivation to be successful, it is also important to only use coffee grounds from the same day.

Procedure:



Step 1: Clean your storage jars thoroughly in advance and disinfect them with the spray. Then spray your hands and the tablespoon. Take some coffee grounds and fill each of the two jars to a quarter full. Then press 5-10 mushroom plugs (the more the better) into each jar and fill another quarter with coffee grounds. Close the jars and place them at room temperature (no daylight necessary).



Step 2: After 7 days, the mycelium should have spread visibly as a white network in the coffee grounds. Now fill the jars completely with fresh coffee grounds. If the mycelium has not yet spread over a large area, give the mushroom spawn some more time before refilling. Only start with step 3 when at least one of the jars is well covered with mycelium.



Step 3: Now it's time to transfer your mushroom culture to the container. The larger the container, the longer it will take for your mushroom culture to reach maturity – but the more mushrooms you will be able to grow. Fill the container with roughly equal parts of mushroom-colonized and fresh coffee grounds. Mix everything together with a spoon (the mycelium coffee grounds can be crumbled). Then seal the container with a lid or cling film and give the mycelium time to grow again.



Step 4: Now add fresh coffee grounds 1-2 times a week. When your container is full, you can start the fruiting phase. To do this, remove the lid or foil (you can also cut into the side of plastic containers) and place the mushroom spawn in a location that is as humid as possible, with a temperature of 12-18°C (oyster mushrooms) or 16-24°C (golden oyster mushrooms). The first mushrooms will appear in a few weeks, often after just a few days.

Initiating new harvest waves

Since the coffee grounds still contain the most nutrients during the first harvest wave, this is usually when the largest amount of mushrooms grows. However, harvest yields often continue from subsequent growth waves.

Use a fork or chopstick to poke holes in the mushroom culture, weigh the harvest, and add the appropriate amount of water to the coffee grounds substrate (e.g., 200g harvest $\hat{=}$ 200ml water). In low to medium humidity, it is also worth spraying the mushroom culture regularly with water.

Interesting facts about cultivation

- Cultivated mushrooms need daylight to form mushrooms – avoid direct sunlight.
- The cultures only form their fruiting bodies within the specified temperature ranges. At higher temperatures, no fruiting bodies will form.
- Make sure that your mushroom culture does not dry out during the fruiting phase! Mushrooms like moisture, so spray your coffee grounds if necessary.
- You can recognize mold by its color—white fluff is always the mycelium of the cultivated mushroom. This is not only normal, but also a good sign!

Working with two mushroom spawn jars has two advantages: on the one hand, it shortens the time until the first harvest, and on the other hand, you are on the safe side if one culture fails. Of course, you can also start with just one jar or, if you like, even with several jars at the same time.

Do you have questions about mushroom cultivation or our product range?

Feel free to take a look at our online instructions or send us an email at info@pilzbrut.de.

Online
instructions



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