

Oyster Mushroom Growing Instructions

- 2 half gallon milk cartons
- Pencil
- 8 cups sawdust
- 2 cups coffee or 2 cups wheat flour
- Non-chlorinated water
- Oyster mushroom spawn
- Plastic wrap (optional)
- Cooking spray (optional)

Materials:

Step 1

Wash and Prep

Cut the tops off the milk cartons evenly around all sides and wash them thoroughly to remove milk residue. They should be 6-8 inches tall. Punch 4 to 5 holes through each side of both cartons with pencil.

Step 2

Sterilize

Put the sawdust and coffee grounds or wheat flour (substrate) into a microwave-safe bowl. Add water until the mixture has a spongy consistency. Microwave the mixture for 2 minutes until the water begins to boil off.

May need to do in batches.

Step 2 (option)

Sterilize

Boil or steam the substrate in a pot of water on the stove or over a campfire, with or without a steamer basket. After it has boiled for 2 minutes, turn off the heat, keep the substrate covered and let it return to room temperature.

Step 3

Remove and cool

Remove the substrate from the microwave or heat source and allow it to return to room temperature.

Step 4

Moisten and mix

If the mixture is dry, dampen with non-chlorinated water and mix in the oyster mushroom spawn or starter culture.

Step 5

Pack

Pack the milk cartons tightly with the substrate and spawn mixture. Punch a couple of holes in each side of the box above the sawdust mixture.

Step 6

Cover and store

Cover the carton with loose-fitting plastic wrap. Don't cover any of the holes you punched. Lay plastic wrap lightly coated with cooking spray underneath the carton to keep bugs away. Place in a dark place like a closet or garage. Ideal temperature is 55° to 65° F.

Step 7

Keep moist and wait

Keep the substrate moist by misting with non-chlorinated water for the next few weeks to months until your mushrooms are ready to be harvested.

Step 8

Harvest and enjoy

Gently twist the mushrooms to remove them. Repeat above steps to grow more mushrooms. Several harvests may occur.

Tip: mushrooms are ready to harvest when the edges of the caps are still turned down.

Step 9

Compost

Once all growth has ended, use the substrate in your garden as compost.

Substrate options:

- Sterilized or pasteurized chopped straw or wood chips
- Just coffee grounds –refrigerate to keep from molding while gathering enough
- Soak cardboard, shredded newspaper or toilet paper roll for 1.5 hours in water w/3% peroxide before planting (*1 gal. water with 1 cup peroxide*). Drain paper before inserting spawn. Full instructions can be found here: <http://www.instructables.com/id/Growing-Mushrooms/step5/Oyster-Mushrooms-Toilet-Paper-as-Growing-Media/>

Helpful hints:

- To jump start, once the mycelia colonize (the substrate turns white) put in refrigerator for 24 hours. Return to dark location with temperature between 55-65°.
- If you see mold, move the container to a cooler location.
- Completely sterile conditions are not needed.

Recipes with oyster mushrooms

Collection of recipes

<http://www.yummly.com/recipes?q=oyster+mushroom>

Roasted Oyster Mushrooms

<http://www.myrecipes.com/recipe/roasted-king-oyster-mushrooms>

Wine and mushroom risotta

<http://www.myrecipes.com/recipe/prosecco-oyster-mushroom-risotto>