



Blue Oyster

Kit Instructions

Pleurotus ostreatus var. columbinus



Growing mushrooms is fun, easy, and a delicious source of healthy nutrients! Blue Oysters have an all-purpose flavor, meaty texture and are rich in protein and potassium, and they contain lovastatin, which reduces cholesterol. Directions for growing, harvesting, cooking and preserving are below. If you have questions or concerns please contact us. *All ingredients are natural and organic. The kit contains following ingredients: hardwood sawdust, nitrogen supplement, grain spawn and mushroom mycelium. The mushrooms are 100% gluten-free.*

Grow them...

- It is important to not open the bag. Within a few days of receiving the kit, cut 1 slit in the bag, about 2" long. See blue line in photo for proper placement of the slit. Use a clean knife to cut the slit. It is okay to cut into the substrate in the bag. The Blue Oysters will grow out of this slit.
- Keep the excess plastic bag tucked under the kit just like in the photo. You do not want to have any air space inside the bag. There may be premature oyster mushrooms already growing on the top of your block. Do not worry about these, they will die off.
- Place the mushroom kit indoors and out of the direct path of a heat source so the kit does not dry out. A corner in your kitchen, living room, bathroom, laundry room... usually works well.



Four environmental factors your mushroom kit will need maintained to thrive are humidity, light, temperature, oxygen.

Humidity

The ideal humidity range to grow mushrooms is 75% - 95%. An easy way to keep the kit in its ideal humidity range is to fill the bottom of a plastic tote with a few inches of perlite and add water $\frac{3}{4}$ of the way up the perlite. *Perlite is a natural volcanic mineral that will retain water which will slowly evaporate over time, creating humidity.* Place the kit on top of the perlite. A lid can be placed $\frac{1}{3}$ of the way on the tote, but not more than that or the kit will not receive enough oxygen. Mist the kit and the inside of the tote 2 times a day. Also make sure to add water to the perlite as need to keep it moist.

*A hygrometer can be used to measure the humidity. If you use one make sure it measures up to 95% humidity. Hygrometers used in humidors can accurately measure high humidity levels.

*A humidifier or fogger can also be used but you must make sure to monitor



Mushroom kit on top of perlite inside a tote



2 types of spray bottles, both work great!

the amount of humidity closely because too much moisture can cause bacterial infections and mushroom rot.

Light

Oysters need at least 8 hours of light daily, either artificial or natural light. This can usually be accomplished by having the kit anywhere in your home where it is not in total darkness. There is no need to set up special lighting for your kit. *Some fungi contain photoreceptors that are primarily active during the fruiting body stage.*

Temperature

Blue Oysters prefer temperatures between 55°F and 75°F.

Oxygen

Blue Oyster mushrooms also need oxygen; they absorb oxygen and emit CO₂. Make sure the kit is not placed in an area with limited oxygen or sealed in a tote or it will not be able to grow.



Battery operated Hygrometer



Hygrometer that regulates power to a humidifier



Small indoor greenhouse being used as a fruiting chamber instead of a tote

Harvest them...

- The time it takes for the mushrooms to start growing and the time it takes between crops depends on the growing conditions – mainly temperature. You will have 3 crops of mushrooms generally 7–28 days apart. The first crop should start growing within 2 weeks.
- The mushrooms are ready to harvest when their edges flatten out. Harvest by pulling out the whole cluster. Do not cut the mushrooms or leave a stem butt behind. Continue keeping the humidity, light, temperature and oxygen regulated between crops.
- Store fresh mushrooms in a paper bag in your refrigerator. Fresh oyster mushrooms will usually keep up to 5 days.



Oysters not ready to harvest, their edges are still curled under



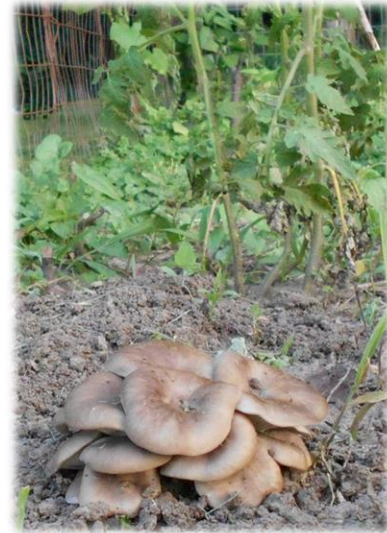
Ready to harvest, edges have flattened out

...And then keep on using the kit

When the Blue Oyster mushrooms have stopped growing, you can create an outdoor mushroom patch during the spring, summer and fall by mixing the contents of the bag with materials such as straw, leaves, coffee grounds or hardwood sawdust/chips. Water the mushroom patch every few days. The patch may fruit again during warmer seasons. When our oyster blocks are done growing indoors we like to add the oyster blocks to our garden which



helps break up clay soil and adds nitrogen, as a mulch around our fruit trees and as a top dressing in our potted plants to help with moisture retention



Enjoy them...

Blue Oyster mushrooms have a rich mushroom flavor and firm, meaty texture. They can be diced or sliced into thin strips and sauteed for 10 minutes then added as a topping to any dish. They can also be added to your favorite dish during the last 10 minutes of cooking. Blue Oysters are excellent in soup, on pizza, risotto, with eggs, in pasta sauce... Below are a few of our favorite recipes.

If you would like to preserve the mushrooms, they can be dried by slicing into thin strips and air-drying on a screen in front of a fan or heat source or in a dehydrator. Dried mushrooms should be sealed in an airtight container and be kept in the dark. Mushrooms can also be preserved by sautéing them and sealing them in an airtight container and freezing.

Oyster Mushroom Omelete

- 2 tablespoons plus 1 teaspoon extra-virgin olive oil
- 1 shallot, minced
- ¼ pound oyster mushrooms
- Salt and pepper to taste
- 1 to 2 garlic cloves (to taste), minced
- 2 teaspoons minced flat-leaf parsley
- 4 eggs
- 1 tablespoon minced chives
- 2 teaspoons low-fat milk
- 3 tablespoons grated cheese (your choice)



Dice mushrooms. Heat a large, frying pan over medium heat, and add 1 tablespoon of the olive oil. Add the shallot, and cook, stirring, until it begins to soften, two or three minutes. Add the mushrooms, and cook, stirring, for a few minutes, until they begin to soften and sweat. Add the garlic, and cook, stirring often, until the mushrooms are tender, about 10 minutes. Stir in the parsley, season to taste with salt and pepper, and remove from the heat.

If making individual omelets: Heat an 8-inch pan over medium heat. Break 2 eggs into a bowl and beat with a fork or a whisk until frothy. Add salt and freshly ground pepper to taste, and 2 teaspoons milk. Whisk in half the chives. Add 2 teaspoons of the olive oil to the pan. When the pan is hot pour in the eggs. Tilt the pan to distribute the eggs evenly over the surface. Spread half the mushrooms down edge, on top of the eggs. Top with half the cheese. As soon as the eggs are set on the bottom (the top will still be runny), use a fork or spatula and fold over the eggs so they are covering the mushrooms. Keep warm while you repeat with the remaining eggs and herbs and serve

Oyster Mushroom Tacos

- 10oz oyster mushrooms, shredded
- 4 ½ tsp taco seasoning or:
 - 2 tsp dried oregano
 - 1 1/2 tsp dried ground cumin
 - 1 tsp ground coriander
- 2 tbsp olive oil, divided
- 1 small white onion, diced
- 4 garlic cloves, minced
- 1 tsp worcestershire sauce (optional)
- salt and pepper to taste
- 6 tortillas, heated

Toppings to choose from:

- 1/2 cup shredded cheese
- sour cream
- 1 jalapeño, diced
- salsa
- diced black olives
- shredded cabbage
- diced tomatoes
- sliced or diced avocados
- lime wedges
- fresh, chopped cilantro



In a large fry pan add 1 tablespoon olive oil. Once hot, add the mushrooms, taco seasoning (or spices), onion, garlic and worcestershire sauce (optional). Mix well. Cook until the mushrooms are browned, soft, and have given up their liquid, about 15 minutes, stirring often at first so that the mushrooms brown but do not burn. If at any point the mixture starts to become dry and stick to the bottom, splash in a little water as needed. Taste and add salt and pepper if desired.

Spoon sauteed mushrooms into warm tacos and top with the toppings of your choice. Enjoy!

THE
Mushroomery
Certified Organic
Gourmet, Medicinal &
Ethically Wild-Crafted Mushrooms



LEBANON, OREGON
THEMUSHROOMERY@GMAIL.COM
WWW.THEMUSHROOMERY.NET

