



King Oyster

Kit Instructions

Pleurotus eryngii



Growing mushrooms is fun, easy, and a delicious source of healthy nutrients! King Oysters have a rich, all-purpose mushroom flavor and meaty texture that pairs well with most meals. Their distinct shape has earned them the nicknames King Trumpet, French Horn, and Trumpet Royale. 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...

- Within a few days of receiving the kit, leave the sawdust block inside the bag and tuck the excess bag underneath the kit, pulling tight so that there is minimal airspace inside the bag. Cut a slit along the top of the bag (see photo for position and length of slit). It is alright to cut into the block, it will not harm the kit. King oysters will grow out of this slit.
- 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.
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Four environmental factors your mushroom kit will need maintained to thrive: humidity, light, temperature, oxygen.

Humidity

The ideal humidity range to grow mushrooms is 75% - 90%. 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 halfway 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 needed 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.



Mushroom kit on top of perlite inside a tote



2 types of spray bottles, both work great!

*A humidifier or fogger can also be used but you must make sure to monitor the amount of humidity closely because too much moisture can cause bacterial infections and mushroom rot.



Light

King 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

King Oysters prefer temperatures between 55°F and 75°F while they are forming primordia/pinning, growing and the time between crops..

Oxygen

Kings Oysters need oxygen; they absorb oxygen and emit CO₂ but they do not need as much oxygen as other varieties of mushrooms. Higher CO₂ environments will encourage better growth, thicker stems and tastier fruits. The ideal placement of the kit would be in a tote with the lid halfway on but make sure not to place the kit in an area with too little oxygen (like completely sealed in a tote or closet) or it will not be able to grow.



Small indoor greenhouses can be used as fruiting

Harvest them...

- You will get 2 crops of mushrooms generally 7–28 days apart. The first crop should start growing within a few weeks.
- The mushrooms are ready to harvest when their edges flatten out. It is more important to pay attention to the cap shape rather than the size of the mushrooms when determining the best time to harvest them. Harvest the mushrooms by pulling the mushrooms off the block. Do not cut the mushrooms off the block.
- Once you have harvested your mushrooms trim off the ends, which usually have sawdust on them, and store them in a paper bag in your refrigerator. They have a shelf life between 7-10 days.



King oysters not ready to harvest, their edges are still curled under



Ready to harvest, edges have flattened out

Grow them again...

- After your mushrooms have been harvested take out any mushroom debris left on the block. After your first harvest the block will rest for a few weeks before it fruits again. Continue keeping the humidity, light, temperature and oxygen regulated between crops, maintaining the kit as you did for the initial crop.
- Your king oyster kit is finished growing after 2 crops. At this point it has consumed the nutrients in the bag. You can mulch the kit around your favorite plant or compost it.

Enjoy them...

King oyster mushrooms have a rich flavor that pairs with any dish and they have a firm texture when cooked. The stems are the best part! They can be cut into thin strips or sliced into medallions. They do not shrink down much when cooked so if you are cooking them for a shorter period slice them thin. Their meaty texture allows for them to be cooked for extended periods of time like in many baked dishes and stews. Our favorite dishes to add them to are stir-fry, used as a meat substitute in sandwiches or simmered in soups and sauces. They are also great roasted, grilled, broiled or sautéed on their own and used as a topping, even on top of toast! We generally like to cook king oyster mushrooms for a minimum of 10 minutes.

King Oyster Mushroom Pulled Pork

- 1/3 pound king oyster mushrooms
- 2 Tbsp extra virgin olive oil, divided
- 1 tsp smoked paprika
- ¼ tsp salt
- ¼ tsp cayenne pepper
- 2 cloves garlic, minced
- ¼ cup BBQ sauce



- Preheat oven to 400 degrees F. Using two forks, or your fingers, shred the mushroom stems and caps. Set on a parchment paper-lined baking sheet.

- Drizzle mushrooms with 1 Tbsp of the oil, paprika, salt, cayenne, and garlic. Toss around to evenly coat the mushrooms, then bake for 20 minutes, or until mushrooms are a bit crispy and brown on the edges.

- Heat remaining 1 Tbsp oil in a large sauté pan over medium-high heat. Transfer cooked mushrooms to pan and add BBQ sauce. Stir and cook for 3 to 5 minutes, until mixture is thick and fragrant. Serve warm on sandwiches, nachos, salads, tacos...or however you like to eat pulled pork!

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