



Kit Instructions

Chestnut Mushroom

Pholiota adiposa

All ingredients are natural and organic

Growing mushrooms is fun, easy, and a delicious source of healthy, fresh nutrients! Chestnut mushrooms have a delicate nutty flavor and a crunchy texture. Directions for growing, harvesting, cooking and preserving are below. If you have questions, please call or email us at the farm.

Grow them...

- The kit should be started within 2 days of purchasing it by following the easy directions below.
- This mushroom kit requires 4 main criteria to grow successfully: a specific temperature range, light, humidity and oxygen.
- Chestnut Mushrooms prefer temperatures between 50-80 degrees. Generally keeping the kit inside your house is best but it can be kept anywhere if the temperature is ideal
- The mushrooms require light which helps them grow properly. The light can be natural sunlight or from a lightbulb. It is best to expose them to at least 8 hours of light each day. The light does not have to be bright, indirect light or low lighting works fine.
- When you get the grow kit home simply cut the top of the bag off about ½ inch under the seal so that the bag is open at the top. This will allow the mushrooms to access adequate oxygen. Mushrooms absorb oxygen and emit CO₂, just like we do! Do not fold the sides of the bag down, keep them up to retain a humid environment inside the bag.
- Once a day (or twice a day if your environment is dry) lightly spray the top of the sawdust block and the inside of the plastic bag with water using a spray bottle. You can also use a garden hose nozzle on the mist setting. You should see moderate water condensation on the sawdust block and on the sides of the bag. Make sure not to over water, if puddles are forming that's too much water. If using a spray bottle 3 squirts should be plenty of water. Make sure to start misting the day you cut the top of the bag off.
- Mushrooms should start to form between 5-21 days. They usually grow in clusters and can take up to a week to grow to maturity. Great places to keep your kit are in the kitchen, the living room, in a bathroom

(which is generally a humid environment) ... Just make sure not to keep the kit next to a heat source which will dry it out.

Harvest them...

- Once the mushrooms start growing check on them twice a day because they grow very fast. The mushrooms are best harvested when the mushroom caps are still umbrella shaped but are starting to flatten out. Harvest them before the caps become completely flat as they will have a better texture. The photo on the front page of these instructions shows the perfect size mushrooms to harvest. As the mushrooms grow larger they will deposit a thick cinnamon colored spore deposit on the mushrooms below. This is normal and the spores are harmless and flavorless.
- Harvest the mushrooms by pulling the mushrooms off the block. Do not cut the mushrooms off the block. You can roll the sides of the bag down to access the mushrooms easier. 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 3-5 days.

Grow them again...

- After you harvest the mushrooms take out any mushroom debris left on the block, fold the top of the bag over and flip the bag upside down. Keep the kit in a dark place with a temperature between 50-80 degrees, a closet/ pantry/ cupboard works well. You will incubate the block for 2 weeks and during this 2-week incubation period do not mist the kit with water.
- After 2 weeks set your kit upright, pull the sides of the bag up and follow the directions for growing your mushrooms just as you did for the first crop. Start misting everyday and make sure your kit has access to light. Within a few weeks you will get another crop.
- It is possible to get a third crop of mushrooms though sometimes the mushrooms will not grow again. After you harvest your second crop of mushrooms incubate your block for 2 weeks then follow the directions for growing them.
- When you are done growing your chestnut kit you can mulch the kit around your favorite plant or compost it.

Cooking with Chestnut Mushrooms

I grew them, now what do I do with them?

Chestnut mushrooms can be stored in the refrigerator, in a paper bag, for up to 5 days. You can also dry them by placing them in a dehydrator or next to a heat source until they are “cracker” dry. Dried mushrooms should be stored in a sealed container and kept away from light. They can be kept for at least one year. They can also be sautéed and frozen for up to 3 months.

Chestnut mushrooms are a popular cultivated mushroom in Japan. They have a mild nutty flavor that pairs with any dish and they have a firm, crisp texture when cooked. The stems are the best part so don't discard them! Our favorite dishes to add them to are stir-fry, pizza, pasta sauces, egg dishes or simmered in soups (especially miso) and sauces.

We generally like to cook chestnut mushrooms between 10-15 minutes.