



How to grow mushrooms indoors

Instructions:

(difficulty level = easy)

Wood pellets used in stoves (available at hardware stores)

Clear plastic bags (able to hold 4 gallons and withstand boiling water)

2 medium size pots

Water

Hydrated lime (Ca(OH)₂) (available at building supply like Home Depot)

Dried, non-fat milk

Hydrogen peroxide (3%) (available at pharmacy and grocery stores)

Mushroom seedlings, known as spawn (get mushroom plugs from soilcube.com)

Spray bottle with water

- 1** Measure out 1 quart of stove pellets and put them in the clear plastic bag.
- 2** Boil two separate pots of water with 3 1/2 cups of water in each. Carefully pour one pot of water into the bag of pellets. Close the bag, and allow it to cool. The pellets will expand significantly.
- 3** Add 1 tablespoon of hydrated lime and 3 tablespoons of dried, non-fat milk to the bag.
When the second pot of boiled water has cooled, add 2 tablespoons of hydrogen peroxide solution to it, and pour it into the bag of pellets. Allow the bag of pellets to cool.
- 4** Open the bag and gently mix in the mushroom spawn. Seal the bag with a twist tie, and place it in a pan. Store the pan in a dark, cool room.
- 5** Move the bag to a place with dim light after 2 weeks. Once you notice the mushroom "bumps" about to appear, open the bag and leave it open to encourage air circulation. Spray the mix with some water twice a day. Harvest the mushrooms when they have reached full size, and the caps begins to separate from the stems.