



#DIYmushrooms

D.I.Y COFFEE BAG EXPERIMENT v1.2 November 2016 #McrCoffeeFest

Ingredients:

- 1 Growbag with air filter
- approx. 500g Fresh Coffee Grounds (may contain filters)
- 50g Blue Grey Oyster Mushroom Spawn

INSTRUCTIONS

- 1 Keep your bag in a warm, dark place (an airing cupboard is ideal) for around 6-8 weeks, away from any direct heat source (e.g. radiator or boiler) which might dry out the bag.
- 2 When the bag turns completely white and feels firm, cut a 5cm cross, where indicated, into the bag. Soak the bag overnight in water (e.g. bucket or bowl) with the cross fully under water. Drain afterwards.
- 3 Move the bag to an area with indirect light (e.g. shaded windowsill or bookshelf), again, away from any direct heat source that might dry the bag out.
- 4 Spray the bag with water twice every day to keep from drying out. Repeat daily until your mushrooms fruit and are ready to harvest.
- 5 Your mushrooms will fruit within 7-14 days. When the mushroom caps start to flatten out, harvest them by cutting the stem as close to the bag as possible. Re-spray for a second flush.
- 6 A simple recipe is to slice up your mushrooms and cook them with butter, salt and pepper in a frying pan. Remove the plastic bag and discard the waste grounds into food waste or compost.

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