

MUSHROOM KIT FAQs

ARE THEY EDIBLE? Yes. All of our kits produce edible varieties. It's always wise to try a small portion the first time you eat a new species. You may be allergic.

WHERE SHOULD I KEEP THE KIT? They produce indoors or outdoors. Keep out of direct sunlight, but indirect sunlight encourages fruiting. A shady porch, garden shed, or garage is good.

WHAT CARE DOES IT NEED? Benign neglect is best. Spritz daily with water when mushrooms appear. Don't use fluoridated water. Allow chlorinated water to sit overnight before using.

WHAT DO I LOOK FOR? The kit should turn white or yellow or pink. Small bumps (primordia) will appear at the holes in the plastic; many mature to full size mushrooms while some abort.

HOW DO I HARVEST THE MUSHROOMS? Break entire cluster off bag with a slight twisting motion.

HOW MANY MUSHROOMS WILL I GET? 4 to 4½ pounds over several fruitings. The kit will fruit, then go dormant for 10-20 days, then fruit again. Each time, fewer mushrooms form as the nutrients are used up. The cycle may occur up to 5 times.

HOW DO I USE THEM? Always cook them. Sautéing in oil or butter and garlic is good with all varieties. Then add to eggs, stroganoff, or sauces. Our favorite is deep-fried, with no batter, in olive oil...great chips!

HOW DO I STORE MUSHROOMS? Keep in a paper bag in your refrigerator for up to 4 days. They dehydrate well. Share with friends.

WHAT DO I DO WITH SPENT KITS? They make excellent mulch or bedding for red wigglers. Sometimes, they produce more mushrooms in damp conditions.

GENERAL INFORMATION

Temperatures above 80° F. or below 40°F. may cause kit to go dormant. It will still produce mushrooms when conditions moderate.

Kits attract small fungus flies which are not harmful but may be vacuumed to reduce numbers.

Mature mushrooms produce spores, a fine dust.

Mushrooms are a high fiber food. They contain up to 30% protein as well as potassium, vitamin C, niacin, and folic acid.

Rate of fruiting success averages about 95%.

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