



Step 1

You've got the bag!



Step 2

Unfold the bag exposing the filter patch. This is where your mushrooms breath. Leave it in a spot away from direct sunlight and with high airflow. Ideally 22 degrees.



Step 3

Wait for full colonisation (the bag turning completely white).



Step 4

Let the antlers grow until it reaches the top of the bag. This may take up to 2 months.



Step 5

Clean a pair of scissors with warm soapy water.



Step 6

Cut the bag open. If you want conks to grow, cut just the top of the bag to allow fresh air in and move onto step 7. If you only want the antlers then move onto step 8.



Step 7

Leave the bag in a humid environment to let the conks grow as they will only grow in a low CO2 environemt. Opening the top of the bag allows more airflow which lowers CO2. Be aware, conks release a lot of spores.



Step 8

Harvest your antlers/ antlers with conks by cutting them at the base with a pair of scissors.



Step 9

Dry them in a dehydrator until they snap when they bend and store them in an airtight container. Throw the block away as Reishi is only good for one flush.



Reishi

Extremely Easy

23°-25°