

Magic Mushroom Grow Kit Manual

Psilocybe cubensis



**Dutch
Headshop**



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Psilocybe cubensis

Psilocybe cubensis is an easy to grow type of magic mushrooms, because the method is standardized in such a way that anyone can grow magic mushrooms with these instructions. Some well-known *cubensis* varieties or strains are Golden Teacher, McKennaii, Ecuador and B+. Follow this manual carefully and you will be rewarded with a nice yield of home-grown magic mushrooms. NB. This manual is only for the "bin in the bag" growing method *Psilocybe cubensis*.

Some well-known *cubensis* strains:

Mexican, Thai, Treasure Coast, Golden Teacher, McKennaii, Ecuador, Albino, B+, Hawaiian PES, Penis Envy, Mazatapec, Colombian, Cambodian.



Supplies

- ✓ Magic Mushroom Grow Kit with included
 - ✓ Plastic container containing the "cake"
 - ✓ Breathable pocket
 - ✓ Paperclips
- ✓ A clean fork
- ✓ A waterboiler
- ✓ Water. Boiled and cooled to room temperature

Recommended:

- ✓ Gloves
- ✓ Mondmasker
- ✓ Infrared heat mat
- ✓ Towel
- ✓ Rubbing alcohol



Growing Magic Mushrooms 101

This is how you grow magic mushrooms yourself with the all-in-one grow kit

Open, Clean and Prepare

1. Start early in the morning or just before going to bed. Put on about two liters of water and let it boil and let the water cool to room temperature. Clean the environment in which you work. Disinfect your counter top or table. Magic mushrooms are particularly sensitive to pollution.
2. Remove the items from the Dutch Headshop box. Open the box of the magic mushroom grow kit and take out all the stuff. Sometimes you have to look for the paperclips. Keep the box.
3. Wash your hands and forearms as if you were going to do an operation: very thoroughly! Preferably wear sterile gloves.
4. Carefully open the grow kit, then rinse the loosened lid with the now cooled boiled water and place the lid back in the box, because you will need it again later.
5. Run boiling water over a clean fork or hold it in the flame of the gas stove for 5 seconds, let the fork cool in your hand and poke several rows of holes in the "cake" about 2 centimeters deep.
6. Before you continue, it is important that the boiled water is really back to room temperature. Definitely not above 30°C. Fill the container with that water to the rim of the container, take the lid and close the container.
7. Let the tray soak for 8 to 12 hours at room temperature.
8. That evening or the next morning, remove the lid (again sterile) and let the container drain completely. Keep the lid, because you will need it again for the next grow.
9. Stand the plastic grow bag upright on your clean surface. Fill the bag with tap water until there is 2 to 4 inches of water in the bag.
10. Place the container in the bag and make sure that the water does not spill over the edge of the container into the sealant. Do you have too much water? Drain the bag first.
11. Fold the top of the bag over twice and close with the paperclips.



During breeding

Preferably place the mushrooms in a warm, light place but out of direct sunlight. Preferably between 20°C and 25°C, but not above 30°C or below 20°C. Do you grow magic mushrooms in the winter and is it cold in the house? Then use an infrared heat mat. This raises the temperature a few degrees to just above room temperature. Fold a towel in half and place it between the heat mat and the bag containing the grow box. Stand the bag upright. Do not use a heat mat when the temperature in the room is 20°C or higher.

Optimale parameters

For the fanatic, we have listed the optimal conditions for you here:

- **Relative air humidity:** 95-100%.
- **Air temperature:** 23-25,5 °C.
- **cake temperature:** 25-30°C - But definitely not higher than 30°C. Growth decreases sharply above that temperature. The mycelium dies at 41°C.
- **CO2:** Less than 5000 ppm. Magic mushrooms breathe in oxygen and exhale carbon dioxide just like we do. By changing the air you automatically provide enough oxygen and less CO2.
- **Fresh air:** 1-3 times per hour is optimal. Practically speaking, opening the bag 2 to 3 times a day is sufficient.
- **light:** 12 to 16 hours per day diffused light. Preferably blue in color (480 nm).

The moment the first mushrooms can be seen, the humidity can be reduced to 85-92%.



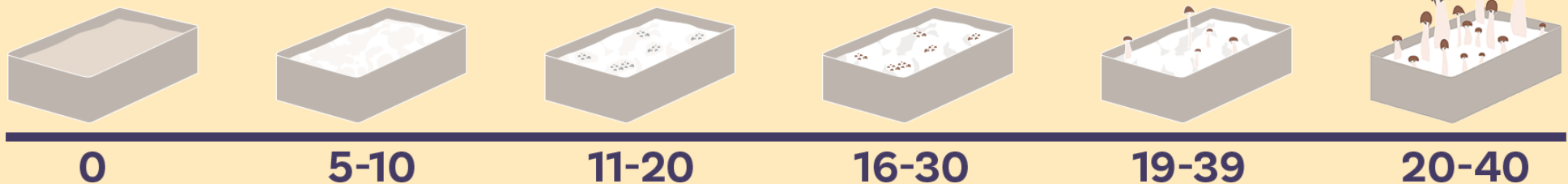
Condens

Make sure there is condensation on the inside of the bag at all times. Don't see any condensation? Then spray the inside of the bag moist with the mist setting of a plant sprayer. Just never spray water directly on the cake. At Dutch Headshop we advise to spray every day if there is no condensation on the inside of the bag. As long as you see condensation, do not spray again.

Progress of the culture

During growth, a white mold forms over the sealant for 5-10 days. That's the purpose. Depending on the strain of magic mushrooms and the temperature, the first very small balls of white mold appear 6-10 days later. Those are the primordia. Don't worry if you haven't already. Patience is a virtue. When you see those white balls, open the bag daily until harvest. A minute is enough to refresh the air. Important: do not exhale into the bag, otherwise you will contaminate the grow kit. Another 5-10 days later the first pins form. These are the growth points from which the mushrooms will grow. From then on, again depending on the circumstances, it can take another 4 days to 10 days before the mushrooms are ripe for harvest.

But be patient. **In total, it can take 20 to 40 days** before your mushrooms are ripe.





Harvest mushrooms

Magic mushrooms are ripe before the membrane under the hat starts to peel off. Harvest everything on the day when most mushrooms are ripe. Even if the mushrooms are large and the caps remain small. In any case, don't wait for the hat to start curling up. Then the magic mushrooms have already lost their strength. So do not wait too long. Mushrooms ripe?

1. Wash your hands and forearms thoroughly again and preferably wear new sterile gloves and carefully remove the kit from the bag.
2. Loosen the mushrooms by taking the base of the mushroom between your thumb and forefinger and making circular movements until the 'root' comes loose. Also remove all immature mushrooms from the container.



Early



Just right



Late



Too late

Dry magic mushrooms

Place the mushrooms on a few layers of kitchen paper in a deep dish (for example, an oven dish). Make sure the mushrooms do not touch each other. Cover the bowl with a dark cloth and make sure the cloth does not touch the mushrooms. Dutch Headshop tip: do this, for example, by placing a cup in the middle of the bowl. Make sure that the bowl is not completely closed by double folding the cloth on one corner. This way you make a small gap so that the mushrooms get enough air to dry.

Place the dish high on a kitchen cabinet, for example, where pets and children cannot reach. Let the mushrooms dry for about 5 days. Turn them over in the meantime and refresh the kitchen paper. The mushrooms are ready to use or store when they are dry and papery to the touch. Magic mushrooms lose up to 90% in moisture (and weight), but not in strength during drying. Do not use heat while drying. The air temperature may not exceed 30°C.





Again!

Mushroom grow kits can be used several times in quick succession. One harvest is called a flush. We call all flushes together the total harvest.

1. Refill the container with cooled boiled water. Rinse the outside of the container and lid to sanitize.
2. Close the lid and let the container soak for 8 to 12 hours in the refrigerator at 2 to 8°C. The combination of water and cold is called a cold shock. With this you let the mushroom grow kit know that it is time to produce mushrooms again. Then you repeat the steps from the moment you put the container in the fridge. All steps below for completeness.
3. That evening or the next morning, remove the lid (again sterile) and let the container drain completely. Keep the lid, because you will need it again for the next grow.
4. Stand the plastic grow bag upright on your clean surface. Fill the bag with tap water until there is 2 to 4 inches of water in the bag.
5. Place the container in the bag and make sure that the water does not spill over the edge of the container into the sealant. Do you have too much water? Drain the bag first.

6. Fold the top of the bag over twice and close with the paperclips.

Repeat all these steps for each subsequent flush. You can get two to four flushes out of one kit, as long as you're clean and disciplined.





Resolving problems

Green, black & gray (1)

By far the most frequently asked questions at Dutch Headshop are about green, gray or black spots on the grow kit. That is a fungus that has just become stronger than the magic mushrooms. They only arise because the work was not done cleanly enough. If this fungus is small enough and it only develops after two weeks, there is nothing to worry about. You can just continue breeding. Does the fungus appear earlier? Then there is a good chance that the mushrooms will also rot soon, if they come up at all. You can still try, but there is a good chance that you will have to throw away the grow kit. So you see that it is very important to work clean!

Dark brown, deep purple or black spots (2)

As long as the mushrooms have come up once, don't worry. Those are most likely just the spores of the most ripe magic mushrooms. They sprinkle the largest mushrooms over the smaller ones and over the cake. You do have to ask yourself if it isn't already time to harvest. Ideally, you should harvest all mushrooms from the grow kit before the cap comes off the stem and starts spreading spores.

Red-brown spots or slime (3)

If you see circular brown spots on the cake or at the bottom of the container, the cake is likely contaminated with a bacterial infection. Make sure the temperature does not get too high and work cleanly. If you see these spots, just finish the grow and see if the

mushrooms look good. If the entire kit looks like this and/or the mushrooms also look dirty or slimy, unfortunately you have to throw them away. Then don't start again with the same grow kit.

White fluff (4)

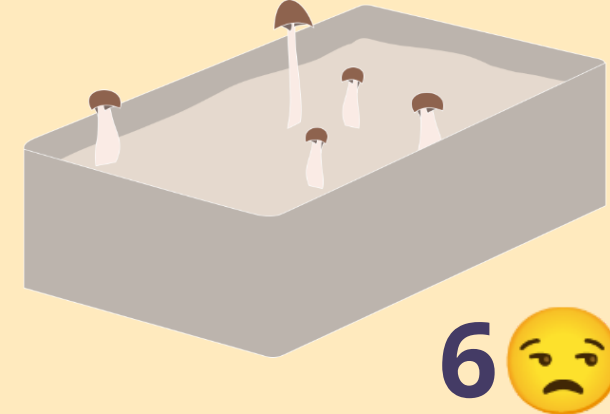
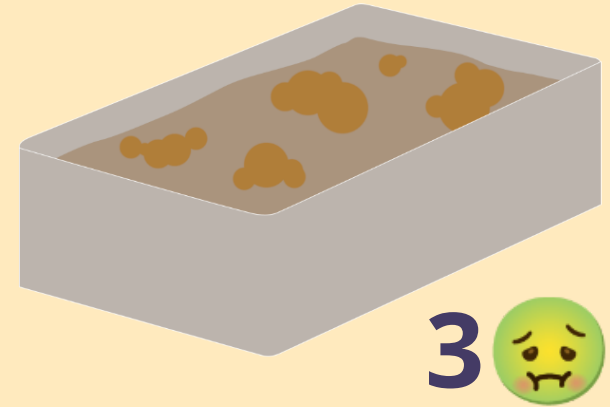
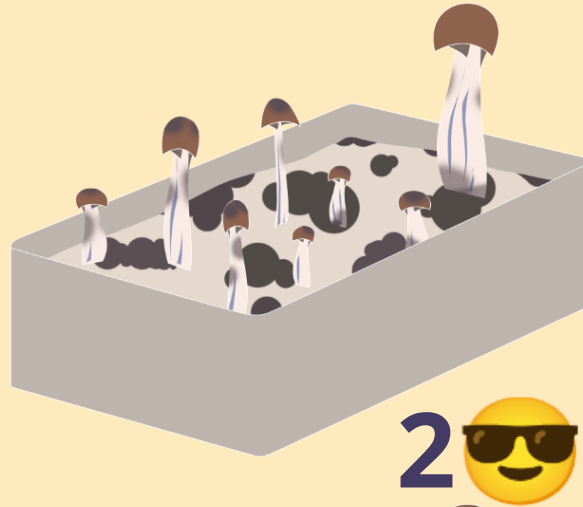
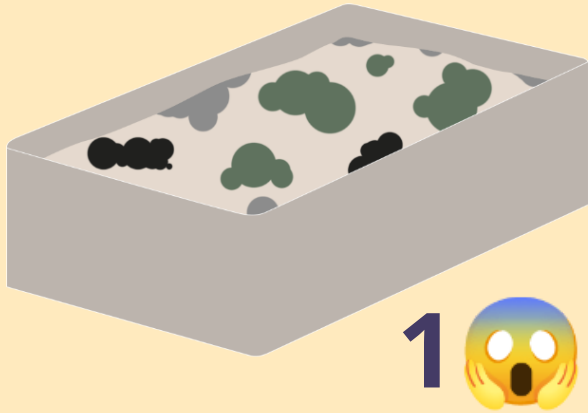
At the foot of the mushrooms and on the 'cake' (muscle) white fluff can appear. Good sign as long as it's really white. That is the mycelium from which the mushrooms grow. Your mushrooms will then grow big and strong. Is the fluff getting very thick? Then the moisture cannot evaporate properly from the surface of the cake. You then have to open the bag more often to air it out.

Blue magic mushrooms (5)

Blue stripes on the magic mushrooms indicate that psilocybin, the active substance in magic mushrooms, is or was present. So good sign. Magic mushrooms will become bluer the older they get, but they will also lose some of their strength. The key is to harvest at the right time - see the "Harvesting Magic Mushrooms" section.

Low Yield (6)

Are there still no small cups after four weeks or do you only have about five magic mushrooms? It is possible that the grow kit did not get off to a good start. Does not matter. Remove the container from the bag and harvest all the mushrooms. Also the little ones. Fill the container with cold water. Replace the lid and let the sealant sit for 12 hours. Then drain the excess water and start again. You can do this several times, as long as you work cleanly.



1. Fungal contamination. Try growing.
4. Mycelium taking over. Exchange air.

2. It's cool. Those are spores. Harvest.
5. Looks like psilocybin. Harvest.

3. Bacterial contamination. Toss it.
6. It's okay. Start a new flush!



Want to know more?



[Click here!](#)

Read all about magic mushrooms, truffles and other psychedelics here. All useful tips for growing, drying, storage and use.