

Grow your own fresh Shiitake mushrooms with: Marlborough Mushrooms' Second Flush Shiitake Mushroom Blocks

High quality commercial Shiitake Mushroom fruiting blocks – now available for the enthusiastic amateur!!



These blocks have been fruited once in our growing rooms, so we know they work! Given the right conditions and a bit of TLC, the block will fruit again up to three times providing you with your own fresh top quality Shiitake mushrooms.

- First of all, pierce the outside crust of the block 8 times with a screwdriver or similar implement to help the water soak in.
- Then, soak the block thoroughly by immersing it in cold water for up to 24 hours. You will need to put a weight on top of it such as a brick to ensure it stays under water. **Keep a close eye on it.** It should feel heavy but firm enough to handle gently, don't let it get soggy.
- Next, take the block out of the water and put it on a trivet or a rack.
- Place it in a cool, well ventilated environment, with natural light but out of direct sunlight eg on shelves in a lean to structure, or a shed/outbuilding or garage or perhaps a cool utility room. A cold greenhouse works well in the winter. **Good ventilation is key.**

- In the warmer spring and summer months the block may prefer a shady spot outside – keep off the ground and watch out for slugs, they love mushrooms!
- If you feel the surface is getting crusty rather than damp, mist spray it with a 50/50 water/vinegar mix.
- If you see any signs of blue/green mould, improve ventilation and mist spray with the 50/50 water/vinegar mix.
- In few days you should see small popcorn like swellings on the block. These are the mushrooms developing. Stop using any water and vinegar at this point.
- About 2 weeks later the mushrooms should be ready to harvest. Wait until the caps are fully open. Scissors are the easiest for cutting them off the block.
- Once the block has finished fruiting let it dry out fully for at least a month before re-soaking – a conservatory or a greenhouse would be ideal for this, finishing off in the airing cupboard maybe
- This process can be repeated as many times as the block stays firm.

DISPOSAL OF BLOCKS

After the block has been exhausted, dispose of it in an environmentally friendly way eg as compost or mulch or dry thoroughly and use as fuel in a wood burner. The compost or mulch may produce fungi which may or may not be Shiitake, so AVOID!

**Any problems, ring Dewi on
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