

# Growkit instructions

Your step-by-step grow guide



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# Introduction

Embrace the joy of mushroom cultivation with our easy-to-use GO Microdose Growkits. These kits come with a fully colonized substrate devoid of fillers, making the cultivation process extremely straightforward and virtually maintenance-free. There's little you need to do to yield your first mushroom flush. All you have to do is follow the simple instructions outlined below.

## How to store your growkit

- This is a fresh product, and therefore it is highly recommended to start cultivating as soon as you receive the kit. Storing it is not advised, unless you have no other choice.
- The viability of your kit can be maintained if you store it in the refrigerator at a temperature of 3-5°C. You can then store the set for a maximum of 4 weeks, but we cannot provide guarantees.
- Store the kit in a sealed, clean plastic bag to minimize the risk of contamination.



# Step-by-step plan

## Important

- **Don't** soak or spray them, you can leave them in the bag without opening it.
- **Don't** use aluminum foil when growing mushrooms; it's not needed with these kits.
- **Don't** breathe into the bag.
- **Always** wash your hands before working with the grow kit.
- **Don't** harvest too late: Harvest your mushrooms when their veils just begin to break.
- **Don't** Use direct sunlight for lighting: While mushrooms do need light to trigger fruiting, they don't have the same light requirements as plants
- These kits are **100% ready to grow**.



### STEP 01

## Unpacking

Remove the kit, the plastic bag and the paperclip from the box. Remove the lid of the growkit (keep the lid in a safe place). Rinse the lid under running water. You will need it again later.

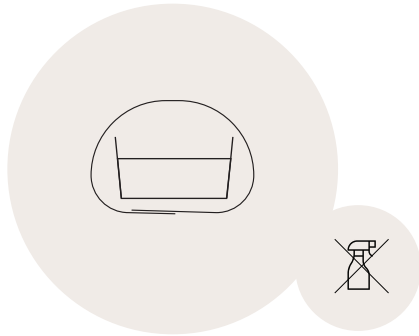


### STEP 02

## Lightly moisten

Lightly moisten the surface by sprinkling some water on it. You can achieve this by briefly placing it under the tap. Ensure that the kit is adequately moistened but avoid over-saturating it. It should not be soaking wet. After this, don't add any more water.

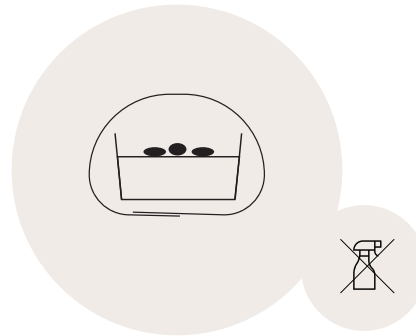
If a heating mat is being used, keep it on for two days, then lightly sprinkle some water over it again.



#### STEP 03

### Position the bag

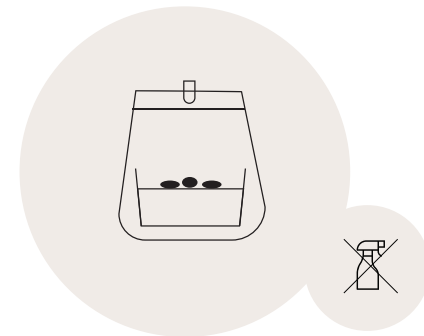
Situate the lid-less growkit within the provided plastic bag. Position the bag's opening underneath its bottom side, ensuring the micro-perforation is facing upwards. The bag's opening will now be mostly sealed, but there's no need for concern about air circulation.



#### STEP 04

### The emergence

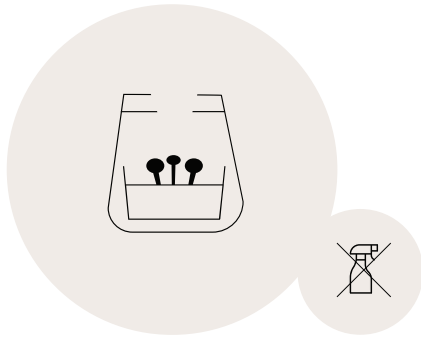
As soon as tiny bulb-like growths begin to appear, you can transition the bag to an upright position. Avoid adding any water at this stage. The emergence of the first mushrooms should be noticeable approximately one week from this point.



#### STEP 05

### Optimal environment

Situate the growkit in an environment that offers ample daylight and maintains a temperature between 18 °C and 28 °C. It's essential to NEVER expose the growkit to direct sunlight. While mushrooms can grow at virtually any temperature above 15 °C, the optimum temperature for a thriving harvest is 23 °C. To ensure this specific temperature without the necessity to heat the entire room, specialized heat mats are available for your convenience.



#### STEP 06

### Maximum yield

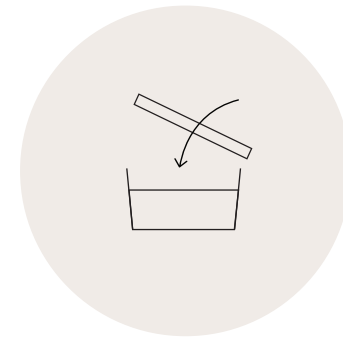
At this stage allow the bag to remain slightly open continuously to let some moisture escape. Excess moisture can be detrimental. Approximately a week after the first bulbs appear, you can anticipate your initial harvest. Ensure that you harvest prior to the first spores beginning to fall.



#### STEP 07

### Revitalize and regrow

These kits produce multiple mushroom harvests. To do this, after the first harvest, fill the kit with clean tap water. This process is known as cold-shock and breathes new life into the mycelium and ensures that there is enough moisture for the mushrooms to grow.



#### STEP 08

### Reset and reuse

Reposition the lid of the growkit onto the kit. Let the kit rest for a period of 12 hours. Afterward, open a corner of the lid to drain any excess water. From this point, you can resume following the instructions provided in step 1. This entire process can be executed several times over.



## INFORMATION

# Harvesting

The mushrooms in your growkit will typically be ready to harvest approximately 1-2 weeks after the first signs of growth, although this can vary depending on specific growing conditions.

You'll know they're ready to be harvested when the veils under the caps begin to tear. The veil is a thin, web-like material that connects the stem and cap. If the veil tears and the caps open fully, the mushrooms will begin to release spores, which is generally considered past the optimal point of harvest.

Remember, every mushroom grows at its own pace, so you'll likely be harvesting them over several days, not all at once. Always handle your mushrooms with clean hands to avoid contaminating the growkit.

Please remember that growing mushrooms can be a complex process and it's essential to follow the instructions provided with your growkit carefully for the best results.



HOW TO..

# Harvest

- Cleanliness is crucial when harvesting your growkit.  
Make sure you thoroughly wash your hands and forearms with disinfectant soap and wear sterile gloves when it's time to harvest.
- It is imperative that you harvest your mushrooms before the veils under the caps tear. If you don't, the kit will likely not produce any more flushes!
- Grab the base of the stem and twist and pull the mushroom away with a gentle motion. It's important that you twist and don't just pull, as you can damage the mycelium, which may have negative consequences for your next flush.
- After harvesting, the stems can develop a bluish tint. This phenomenon is known as "bruising," but there's no need to worry about it. It actually proves the strength of the flesh of the gods!





HOW TO..

# Dry the harvested mushrooms

One of the essential steps after harvesting your mushrooms is drying them. The drying process is crucial because it preserves the mushrooms' quality, extends their shelf life, and most importantly, stabilizes their psychoactive compounds. Moisture is the enemy of both storage and potency. Wet mushrooms can develop mold, which will ruin their taste, texture, and efficacy. Moreover, psilocybin, the psychoactive compound in magic mushrooms, degrades slowly in the presence of heat and humidity. Therefore, appropriate drying methods help retain the potency of the mushrooms, ensuring you get the most out of your harvest. Here are the expanded methods:

## Air Drying

The simplest method involves spreading the mushrooms on an absorbent surface, like a paper towel, in a warm room with good air circulation. It's best to keep them in a room where the temperature is consistent and not too humid. It's important to turn the mushrooms occasionally, ensuring they dry evenly. However, it's worth noting that while convenient, this method might not fully dry the mushrooms, which can affect their storage and potency.

## Desiccant Drying

Desiccants, substances that absorb moisture, are extremely useful for drying mushrooms. Common desiccants include silica gel, which can often be found in craft or hobby stores. First, pre-dry your mushrooms using the air-drying method for about 24 hours. Then, place a layer of desiccant in an airtight container, followed by a layer of breathable material, such as a paper towel or mesh, and then place your mushrooms on top. The breathable layer ensures your mushrooms don't directly touch the desiccant, which could damage them.

## Food Dehydrator

A food dehydrator offers the most efficient drying method, but it also requires an upfront investment. After setting the temperature to around 35-40°C (95-104°F), spread your mushrooms out on the trays, making sure they don't overlap. Your mushrooms should be dry in 4-8 hours. The goal is for them to be "cracker-dry," meaning they snap easily and no moisture remains.

HOW TO..

# Store the mushrooms

Storing mushrooms correctly is just as important as drying them, as improper storage conditions can significantly decrease their potency over time. Storing mushrooms properly keeps them potent, fresh, and safe to consume. The storage environment needs to be controlled because mushrooms are sensitive to light, heat, and moisture, all of which can lead to decreased potency and the potential for mold growth. Here are the best practices for storing your dried magic mushrooms:

## Proper drying

Fully dried mushrooms are less likely to develop mold, which can ruin your entire batch. Ensuring your mushrooms are "cracker-dry" before storing is crucial.

## Airtight containers

Glass containers with rubber or silicone seals, such as Mason jars, are excellent for storing mushrooms. These containers are non-reactive and can maintain a tight seal, preventing air and moisture from entering. For extra moisture protection, consider adding a small desiccant packet into the container.

## Cool, dark, dry place

To maintain the psilocybin's potency, avoid storing your container in areas with light, heat, or humidity. A kitchen cupboard, closet, or basement can provide a suitable environment.

## Freezing

If you're storing your mushrooms for extended periods (over a year), you may consider freezing them. Before doing this, ensure your mushrooms are thoroughly dry; any remaining moisture can lead to freezer burn. Use vacuum-sealed bags or airtight, freezer-safe containers to avoid any moisture or freezer odors from affecting the mushrooms.



HOW TO..

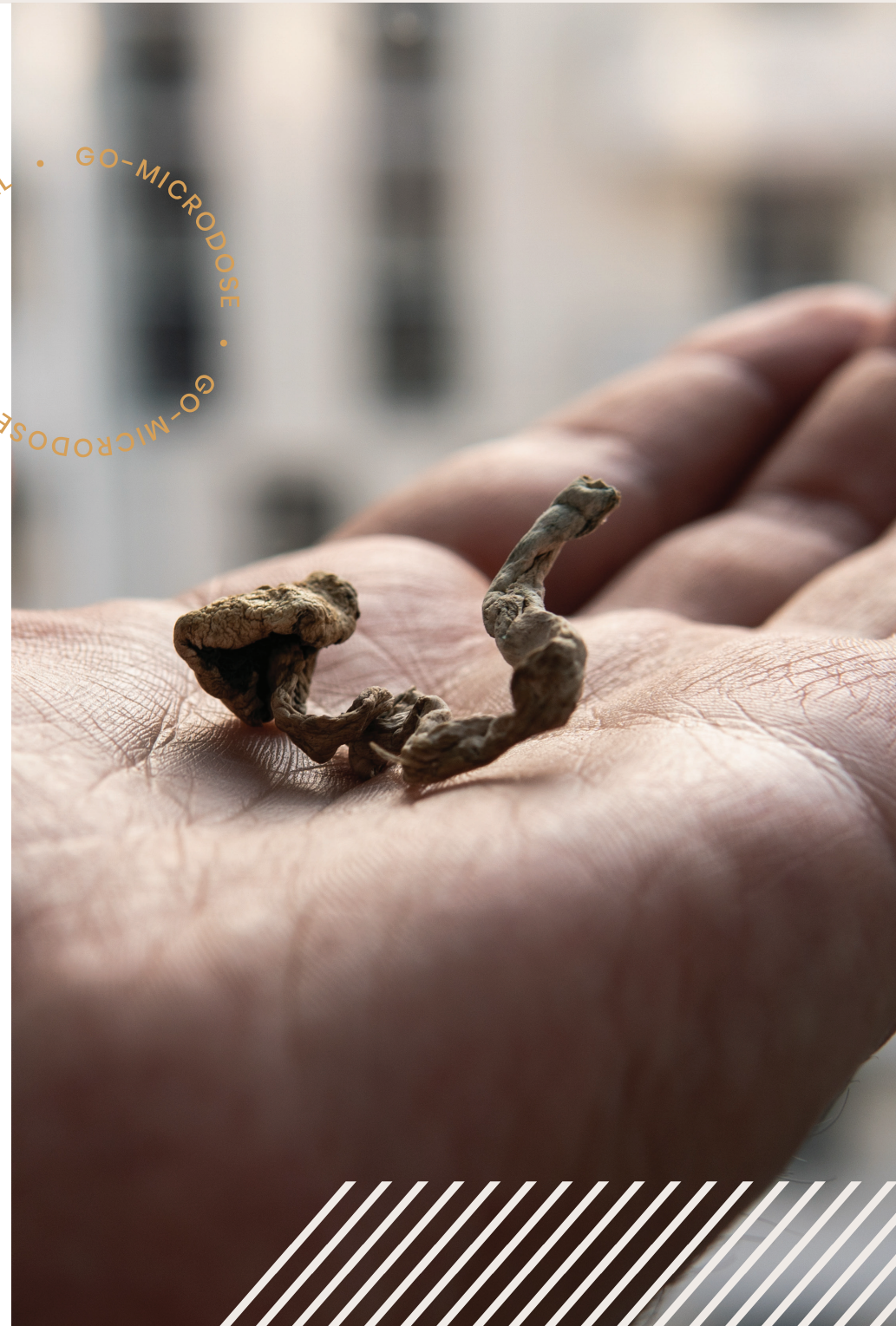
# Consume the mushrooms (part 1)

The final step is consuming your harvested and dried mushrooms. The method of consumption can significantly affect your experience with magic mushrooms. Certain methods can alter the intensity and duration of the mushrooms' effects and can even enhance their flavor, making the overall experience more enjoyable. Plus, the right consumption method will depend on your personal preferences and the specific results you're looking to achieve, whether that's a full psychedelic trip or a subtle enhancement of your day-to-day mental state through microdosing. Let's delve into the most common methods of consuming dried magic mushrooms:

## Microdosing

Microdosing involves taking small amounts of psilocybin regularly (every few days) for potential cognitive and emotional benefits. Having your mushrooms dried and ground into a powder can make consistent dosing easier.

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GO-MICRODOSE



HOW TO..

# Consume the mushrooms (part 2)

## Direct ingestion

Eating dried mushrooms straight is the simplest method, but some find their earthy flavor unpalatable. If the taste is too strong, try pairing them with a flavorful snack like dark chocolate or a peanut butter sandwich to mask the flavor.

## Capsules

Capsules offer a tasteless and discreet option. Use a coffee grinder to pulverize the dried mushrooms into a fine powder, and use a capsule machine to fill empty gelatin or vegetarian capsules. This method also allows for accurate dosing, which can be particularly useful for microdosing.

## Tea

Mushroom tea offers a warm, soothing alternative. Crush the dried mushrooms and add them to hot water. Let the mixture steep for about 10-15 minutes. To enhance the effects and flavor, consider adding other ingredients like ginger (for stomach discomfort), lemon juice (for quicker onset), or honey (for taste).

## Food dehydrator

Adding dried mushrooms to meals can make ingestion more enjoyable. However, avoid cooking or baking them at high temperatures, as heat can degrade psilocybin. You might sprinkle them on a pizza after baking, mix into a pasta sauce off the heat, or incorporate into chocolate truffles.

Lastly, when consuming mushrooms, always start with a lower dose to gauge your tolerance, especially if you're new to psilocybin. While most people tolerate psilocybin well, it's important to be mindful of set (your mental and emotional state) and setting (your environment), which can greatly impact your experience. It's always wise to have a sober, trusted person present, especially for larger doses. Remember that while research into the benefits of psilocybin is ongoing, it's illegal in many places, so always stay informed about your local laws and regulations.

GET TO KNOW..

# Our products

## Golden teacher growkit

The Golden Teacher magic mushrooms are revered for their spiritual and insightful effects. They offer a gateway to knowledge, wisdom, and understanding, earning their illustrious name. This particular strain of *psilocybe cubensis* has an air of mystery due to its unknown origins but has quickly become a favorite among cultivators and psychonauts alike. With our 100% mycelium growkit, you can grow this enigmatic mushroom strain at home, promising a rich yield and multiple harvests.

### Rating:

- Visuals: ●●●○○
- Creativity: ●●●●○
- Philosophical: ●●●●●
- Intensity: ●●●●○
- Strength: ●●●○○



GET TO KNOW..

# Our products

## McKennaii growkit

The McKennaii magic mushrooms are known for their potent and transformative effects. Named in homage to the American ethnobotanist Terence McKenna, these magic mushrooms live up to their namesake's legacy by offering profound psychedelic experiences. With our 100% mycelium growkit, you can cultivate this powerful strain in the comfort of your own home, promising a substantial yield and multiple harvests.

### Rating:

Visuals: ●●●●●  
Creativity: ●●●●○  
Philosophical: ●●●●○  
Intensity: ●●●●●  
Strength: ●●●●●





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