

# Mycelio's METHOD

Grow Your Own Shrooms!

## What You'll Need:

- A 54qt Monotub
- A Mycelio Spawn Bag
- A Mycelio Substrate Bag
- Plastic Sheeting For Liner
- 70% Isopropyl Alcohol
- Nitrile Gloves
- Genetics From Our Partners
- Lots of Patience



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## SANITIZE YOUR WORKSPACE

Before inoculating your spawn bag, thoroughly clean your hands, tools, and workspace with 70% isopropyl alcohol. Be sure to wipe down the your Mycelio Spawn Bag, and wear nitrile gloves to further minimize risk of contamination.

## PREPARE THE INJECTION PORT

Locate the injection port on the spawn bag. Clean the area with alcohol to minimize contamination. This step is crucial for a successful inoculation.

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## FLAME STERILIZE & INOCULATE

Carefully flame sterilize the needle of your chosen genetics syringe until it glows red, then let it cool briefly. Be careful not to melt the plastic. Insert the syringe into the injection port and inject 3-5 ml of solution. After injecting, withdraw the needle and carefully place the cap back on the needle.

## IDEAL STORAGE CONDITIONS

After inoculating, store the bag in a dark location at room temperature. A closet or bookshelf in a bedroom where there is minimal sunlight and foot traffic is recommended for home-growers. Monitor the bag regularly, but avoid unnecessary handling, which can cause the mycelium growth to slow or even stall.

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## THE BREAK N' SHAKE

Don't rush this. When the bag reaches 30-40% colonization, gently massage it to break up the colonized grains and mix the contents thoroughly. Allow the grains to settle back at the bottom, then return the bag to its storage location.

## SPAWN TO BULK SUBSTRATE

Once the spawn bag is fully colonized and appears white and healthy, it's time to mix with a bulk substrate. Start by cutting a liner from a roll of plastic sheeting using the lid of your monotub as a template—leaving an extra 2 inches on each side. Place the liner inside the tub to help prevent side pinning. Carefully break up the colonized grains inside the bag by gently massaging it, then transfer the contents to the tub with your Mycelio substrate bag or other prepared substrate. Mix evenly, leaving enough substrate to create a thin casing layer over the top, which will help protect the colonized grain from contamination.

7.

## SET & FORGET - DO NOT OPEN

Once your monotub is set up, resist the urge to open it frequently—keeping it closed is essential to maintaining the right conditions and preventing contamination. If all steps are followed correctly, this becomes a true "set-and-forget" process, requiring minimal effort from here on out. With patience and careful observation from the outside, you'll soon be rewarded with a healthy flush.

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