



## SHII-TAKE

### Cultural Instructions for the Shii-Take Set

The bag contains a culture which has already been prepared for you on a growing medium of sawdust. If you should detect whitish-brown growths, don't worry, even if they don't look very nice. These growths are the heralds of the future mushrooms. They will produce the delicious Shii-Take mushrooms. Begin the culture as follows:

1. Make a few holes in the plastic of the set and place the set in daylight for a few weeks. An ideal place is a north-facing window-sill. Leave the set undisturbed until it begins to turn brown over approx. 50% of the surface.
2. After this period the plastic bag should be removed.
3. Now immerse the set in a bucket of cold tap water (for 48 hours). Place a heavy object on top of the set to keep it completely immersed.
4. Take the set out of the water and place it on a tray. Then place the set again in daylight at a temperature of 15 degrees C. Not in direct sunlight but, for example, on a north-facing window-sill. To prevent drying out, ensure that there is 2-3 cm of water in the tray and moisten the set with a plant sprayer 2-3 times a day. If the growing medium seems to dry out too much, it is advisable to place a transparent plastic bag - in which you have cut 4 round holes with a diameter of 2-3 cm - upside down over the set, thus forming a kind of cloche.
5. The harvesting period lasts about 1 week. The diameter of the caps of full-grown mushrooms is 4-8 cm.
6. After a harvest the set needs a dormant period of at least 2 weeks. Remove the set from the window-sill and keep it in a not too dry and not too warm spot, preferably in a cellar (without plastic).
7. After these 2 weeks (or later) repeat from point 3. The second harvesting period will be after 5-10 days. For up to 6 months you will be able to harvest 5 to 8 times.

WE WISH YOU LOTS OF SUCCESS WITH  
THIS PERFECT AND, ACCORDING TO  
THE CHINESE, MEDICINAL MUSHROOMS.