

HOW TO GROW REISHI IN A MINI GREENHOUSE

Believe it or not, it's actually not that hard to grow your own medicinal mushrooms. Of course, it can be complicated-but I wanted to show you an easy way to grow your veritably own Reishi mushrooms using the "mini-greenhouse" system.

This system works so well because it mimics the traditional system the Reishi is grown at scale, where whole logs are invested with Reishi and placed inside large shadowed glasshouses in warm sticky climates.

For this mini hothouse, the introductory process involves taking completely settled regenerating blocks, burying them in a thin subcaste of theater soil, and also installing a mini hothouse over the blocks to help maintain moisture.

The hothouse is also covered with shade cloth- therefore making a perfect terrain for the mushrooms to thrive.

Bitsy little antlers will ultimately crop from the blocks, and after a number of weeks, they will turn into beautiful little Reishi beaks that can be gathered and enjoyed.

WHAT IS REISHI?

Reishi (aka *Ganoderma lucidum*) is a important medicinal mushroom that has lots of inconceivable benefits including vulnerable support, mislike support and further.

It's extremely woody, and extremely bitter, so it does n't have a place in the kitchen as a epicure mushroom.

Rather, Reishi is generally dried, cut into slices or pulverized, and turned into teas or tinctures.

The scientific name for Reishi is *Ganoderma lucidum*, the word "Gano derma" meaning "shiney skin" and represents the bright red varnished look that makes this mushroom so beautiful.

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It's a warm rainfall species and loves to grow in hot sticky rainfall, which is why this system I'm going to show you workshop so well.

THE NATURAL System OF CULTIVATION

Again, this system mimics the way that Reishi is grown for medicinal purposes at scale on large Reishi granges.

This is done by first enduing real hardwood logs (generally oak) with Reishi mycelium, and burying the logs under a thin subcaste of dirt. The logs are ultimately settled by the Reishi mushroom and over a period of 9 months, the Reishi antlers form and turn into big beautiful beaks. At these granges, they break off all but one of the antlers, so the mushroom can put all its energy into making just one regenerating body.

The Reishi is grown seasonally, and grows the stylish during the hot sticky summers, so if you're going to do this system, it's stylish to do it around the spring or summer, or around the same time that you would be planting a theater anyway.

STEP 1 MAKING THE BLOCKS

The first step to making the mini Reishi hothouse grow was making Reishi mushroom regenerating blocks.

For this, I just used the standard regenerating block form of castrated and doused hardwood sawdust and wheat bran, and also invested the blocks with Reishi grain generate.

Reishi is incredibly fast and will completely populate the block in about a week. After that, little fruiting bodies (else known as antlers) will start to grow inside the bag.

Now, if you want to do this but you do n't have the outfit to make your own fruiting blocks, that's completely fine.

You can always buy a Reishi mushroom “ tackle” which is basically apre-made and completely settled regenerating block. You can get these from colorful places online, just search “ mushroom grow accoutrements” and see if you can get Reishi.

I know one person who sells these accoutrements, he goes by the name MycTyson (myc for mycelium ... get it??) and he does substantially Lion's Mane accoutrements, but I've seen him vend Reishi mushroom accoutrements.

Full exposure, I've noway tried his accoutrements, but he has been in the community for a long time, lots of people use and LOVE his accoutrements. Funny story-the culture that I used to grow the Reishi in this design I actually got from MycTyson in a trade on Reddit way back in 2015.

STEP 2 “ PLANTING” THE REISHI

Once the Reishi is completely settled, you can take it out of the grow bag and “ plant it” in the soil.

We actually planted this theater on an occasion of FreshCap Friday live on Facebook, but the process was super simple.

Just take the block out of the bag and place it in the soil, covering the top with a thin subcaste. This soil was a blend of peat moss and regular theater soil, and it does n’t really count all that much what you use. You could indeed just dig a little hole and plant it in your theater, or in a farmer.

Tegan actually planted some lettuce and other sauces on one side of the theater box.

The soil just helps to retain humidity, and isn't actually needed to grow the Reishi. All the nutrients the Reishi needs to grow nice big fruits are formerly contained in the hardwood sawdust block, although it's likely that the Reishi will also take some nutrients from the soil, so it would be an intriguing trial to see using different soil or soil emendations makes a difference in the quality of the fruits.

Once the Reishi is “ planted” we gave it a good soak with the sock to make sure it had enough humidity to not pull any water out of the blocks. Also, you need to cover it with commodity that will both retain the humidity and stop the wind from drying out your fruits, but also help to retain heat without getting any direct sun.

Still, but it would probably dry out from the wind or the sun and ultimately stop growing, If you just left it in the theater without the “ hothouse” the Reishi would might jut.

To make the mini hothouse, we just took a small piece of line fencing and cut it just long enough so that it would form a nice hothouse shape over the Reishi. We also covered the line in a piece of clear plastic sheeting that was open at both ends. The whole thing was also covered in white shade cloth.

The shade cloth allowed for some light to get through while precluding direct sun from shining on mushrooms as they're growing. We also just partake the shade cloth in and clamped it down so it did n’t blow down in the wind.

STEP 3 GROWING THE REISHI

Once the Reishi is planted and the hothouse is erected, it's really just a waiting game. The only thing I did was every couple of days I would open up the hothouse and spot it down with a spray bottle.

Again, humidity is so important for growing mushrooms, and the spray bottle just ensures that nothing is getting too dry. This is most important in the early stages of growth when the legs are starting to form.

After about a week, we started to see nice legs coming off the blocks. The legs that were formerly present when we planted the blocks substantially failed off, but the new legs came in stronger than ever.

And also the mushrooms just kept growing and growing.

When Reishi mushrooms first appear, they do so with these “cutlet like protrusions” that nearly look like delicacy sludge. Ultimately, those fritters will start to flatten out and form what are called beaks-which are the candescent red fruiting bodies with the pervious face on the bottom.

Reishi regenerating bodies grow a lot slower than other types of mushrooms. Where some mushrooms like Oysters might double in size every day, and go from nothing to crop in a week, Reishi really likes to take its time.

The progress is much longer, but still enough satisfying to watch. You can tell Reishi is in its growth phase because it'll have a white commanding edge on the end of the honker. This is one way to tell that the mushrooms are continuing to grow.

STEP 4 HARVESTING AND DRYING

Overall, from planting until the mushrooms were ready for crop took about 6 weeks.

To be honest, we presumably could have let them grow a lot longer, but it felt like it was time to gather.

First of all, the Reishi had formerly started to drop all of its spores, which signals it's getting near the end of its life cycle. These spores appear as a brown dust that covers the inside of the hothouse and settle on top of the fruiting body, turning it from a nice bright red color, to further of a dull brown color.

The other sign is that the bright white commanding edge of the mushroom starts to get lower and lower.

Gathering the mushrooms is enough easy. Reishi is really tough and woody, so the stylish way to gather it's get a saw-toothed blade (aphorism or steak cutter) and saw off the fruits, trying to get as close to the block as possible.

Overall, we gather about 650 grams of fresh Reishi mushroom from these blocks. Not an amazing yield by any means, but still a SUPER simple system that did n't really bear any special grow room outfit, and needed veritably little attention and conservation.

Reishi seems to be fairly resistant to bugs, presumably because it isn't as tender or fleshy as commodity like a king Oyster mushroom, which can be grown in the same way (burying the blocks) but needs to be gathered super beforehand before the bugs get to them!

Once the mushrooms are gathered, they can be dried, cut into slices, and made into tinctures, teas, or maquillages. You could indeed just cut up a fresh regenerating body and poach it for a number of hours to make a Reishi mushroom tea.

I've noway really had important success getting a alternate flush from Reishi mushrooms, so after they're gathered formerly, they're best suited for the compost pile. You may get another flush from them, but like I said, it's a one and done for the utmost part, so not really worth the trouble in my experience.

GROWING PINK OYSTER MUSHROOMS AT HOME

Pink Oysters mushrooms are one of the easiest species to grow.

They're presto to populate, produce a ton of fruits and are n't at each hysterical of lower than perfect conditions.

I just lately finished a fun vicinity grow, and wanted to partake how easy it's to produce a fresh bounty of one of nature's meet fungi.

WHAT MAKES PINK OYSTERS DIFFERENT?

Pink Oysters are astoundingly beautiful, producing huge bouquets of lapping fruits that are truly (nearly surprisingly) pink.

One unique point, when compared to other types of Oysters, is that they're heat tolerant.

They can fluently be grown mid-summer, and are the oyster mushroom of choice for tillers in tropical climates.

Farther, they do n't bear nearly as important fresh air as Blue Oysters-which is one of the most grueling aspects of growing anything in the Pleurotus rubric.

There are a number of different species of Pink Oyster (like Pleurotus salmon or Pleurotus djamor) but they all partake analogous characteristics.

PREPARING THE BLOCKS

pink oyster mushroom regenerating blocks

Pink Oysters grow on a variety of substrates, including straw, hardwood, mulch, coffee grounds, soy shells, and a whole host of other organic accoutrements.

Put simply- they aren't picky eaters.

For this grow, I chose to keep it simple and use the FreshCap regenerating block form. This easy form of hardwood sawdust and bran noway fails, although I would have likely had a better crop if I had used the Master's Mix.

Each bag of substrate was castrated for 2.5 hours at 15 PSI, and also invested in front of a inflow hood with about ½ quart of Pink Oyster grain generated.

After inoculation, the bags were placed on a dark shelf at room temperature, and left to do their thing.

Pink Oyster mycelium is really presto, and the mushrooms were formerly starting to jut inside the bag within 2 weeks.

FRUITING

growing pink oyster mushrooms outdoors in a hothouse

As mentioned over, Pink Oysters aren't that picky. Still, you 'll have stylish results if you can keep them sticky and nicely warm, especially when trying to get them to leg.

To initiate regenerating, I opened the bags, folded over the covers, and cut a sliced directly across the front of the bag. This mimics the way that Oyster mushrooms grow in nature, with the plastic bag acting like the dinghy on a tree, and the tear acting like a crack in the dinghy that the mushrooms would ultimately grow through.

You can also just choose to cut little gashes where the mushrooms are formerly starting to jut. It's not as enough, but it works really well and is in fact what I ended up doing for this design after getting intolerant staying for the mushrooms to fruit exactly where I wanted them to.

I decided to fruit these blocks outdoors in a "mini-greenhouse".

This is a simple raised theater bed that has been fit with thick hand funk line, some poly sheeting and draped with shade cloth. It was easy to make and does a great job of retaining moisture.

Although this works great for Pink Oysters, it presumably would n't work all that great for other types of oysters because

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It gets warm during the day, and anynon-heat tolerant species would presumably die

. It would be tough to get enough fresh air for acceptable sized fruits (pink oysters do n't feel to mind)

Once the blocks were placed inside the hothouse, the only thing I demanded to do was insure they did n't dry out.

This was fulfilled by simply scattering down the inside of the hothouse with a sock formerly or doubly a day.

6 TIPS FOR Stater MUSHROOM GROWERS

Still, you may just be a little mystified – which is completely accessible, If so. There's a ton of information to try and digest and make sense of. Terms like inoculation, agar transfers, laminar inflow-what does all of this mean? And what of all this do I really need to know?

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I just want to grow some mushrooms!

Do n't fret-because if you really dive into the hobbyhorse of mushroom civilization, it'll each make sense before you know it. In the mean time, check out some of these great tips to you get started.

1. START WITH A MUSHROOM GROW Tackle

By far the easiest way to start growing mushrooms is to use a tackle. This will introduce you to the process, and let you get a sense for what mushrooms need in order to grow. You'll also get familiar with what healthy growth looks like, what mycelium looks like, and give you a nicely good overview of the mushroom life cycle.

There are a number of accoutrements available online, which are generally oyster mushrooms. I've used this bone before with enough good results! Check out the review of it then. There are also accoutrements available for other species, similar as Lions Mane or Reishi, but an Oyster mushroom tackle is presumably your stylish bet when starting out.

2. GET A GOOD BOOK ON Civilization

Perhaps this is a little old academy, but it's still hard to beat the value of a well written and comprehensive book. Learn from the trials and agonies of the civilization experts, and save yourself from pursuing growing styles and trials that just wo n't work.

Paul Stamets “ Growing Gourmet and Medicinal Mushrooms” is still the most comprehensive companion to growing mushrooms, with a focus on larger scale marketable civilization. That being said, the knowledge in this book can fluently be transferred to ways for growing at home. Learn further about the book then.

Still, I would suggest checking out “ The Essential Companion to Cultivating Mushrooms” by Stephen Russel, If you're looking for commodity a little further approachable and easier to digest. This book is well suited to new farmers looking to pick up some chops for home civilization. It has numerous step-by- step attendants and is loaded with helpful filmland.

3. JOIN A MUSHROOM GROWING COMMUNITY

You aren't alone! There are thousands of people learning to grow mushrooms at home- so why not try and connect with them? Check out some of the online groups, similar as the Mushrooms Farmers sub over at Reddit.

There are tons of helpful folks over there-from neophyte farmers to experts-who are all willing to partake. Post filmland of your grows, ask questions, and partake your gests. I guarantee it, connecting with others with really accelerate your literacy.

Another option is to look up your original mycological society. There are thousands of these groups each around the world, and veritably probably one in your area. Connecting with real people in your community can be a great way to really get into the hobbyhorse!

You should also consider joining hundreds of other farmers and subscribing up for the FreshCap mailing list. We do n't bug you too important-but will shoot out an dispatch when we've new papers, instigative news, or anything differently that we feel the community might be interested in. We also do comps from time to time, so do n't miss out.

4. GET THE RIGHT EQUIPMENT

Having the right tool for the job can make a huge difference. Growing mushrooms requires some veritably specific ways and tools which frequently just ca n't be replaced with new druthers.

Once you learn to grow and get to know what works, you can start to explore and find your own way of doing effects. When you're just starting out though-you're stylish to go with what's known to work.

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I tried it all when I first started growing. Perhaps I do n't really need a pressure cooker, and can just emasculate in a regular honeypot? (did n't work) Perhaps I can make my own agar dishes with aluminum courtesan shells and pectin? (also did n't work) The list goes on.

Getting the right outfit (and using a known fashion) will save you time, plutocrat, and a lot of frustration.

5. START WITH A Thing IN MIND

What do you want to grow? There are a lot of different roads you can take to getting a mushroom farmer. You can learn to grow outside so that you have fresh mushrooms a many times a time, or you can go full out and have a working lab and large grow room for further fresh mushrooms than you know what to do with.

Do you want to just grow for fun, or is it commodity you want to do for a business?

. Having a thing in mind sets you up for success. It helps you decide what ways you should learn and where you should spend your time and plutocrat.

Still, also I would suggest learning a complete fashion with one species of mushroom, If you have no idea.

For illustration, learning to grow oyster mushrooms on straw starting from grain generate will educate you a number of chops that you can restate into other growing styles. Learning to grow shiitake on sawdust is a little more delicate, but you'll pick up a many further chops in the process.

Start with a thing in mind and get at it!

6. GET Outdoors!

Observing the way mushrooms grow in the wild can be monstrously helpful for both neophyte farmers and experts likewise!

Utmost of the vetted civilization ways have come from mimicking the natural mushroom life cycle, and trying to optimize for certain conditions.

Mycology is a fascinating subject-and the timber is the stylish way to see it first hand. So get outside and take a look at what's going on around you. Once you really start to pay attention, you'll be amazed at just how prominent mushrooms are in the timber!

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