Lion’s Mane Grow Kit Guide

OWNER REVIEW DRAFT | November 7, 2026 | Prepared 4-lb grow kit

Start here

Your kit arrives already inoculated: grain spawn is mixed with hardwood substrate. **Do not add spores or liquid culture, and do not open the bag during colonization.** This is a prepared kit, not a do-it-yourself inoculation kit.

1. When your kit arrives

Check the species label and look for damage or leaking. Take a photograph and write down the arrival date. Keep the filter patch clear and the bag sealed. If it arrives torn or visibly compromised, do not open it indoors; contact the Academy with a photo.

2. Give the mycelium time to colonize

Place the sealed bag in a clean cupboard or similar spot with stable temperatures around **68–72°F (20–22°C)**, away from direct sun, heaters, and drafts. Check visually about once a week. Colonization may take **roughly 3–4 weeks or longer**; use the appearance of the block, not a fixed date, to decide when it is ready.

3. What healthy-looking growth can look like

Lion’s Mane mycelium can look fine, wispy, and less conspicuous than Blue Oyster. Our original November 3 prototype showed lighter visible growth on Day 4. Slower-looking growth alone does not mean the kit has failed.



Original Mushroom Zen Academy prototype photograph — Day 4, November 7, 2026. Appearance is an observation, not a contamination-free certification.

4. Moving into fruiting

Wait until the block looks thoroughly colonized before beginning the fruiting stage. Wash your hands, clean your work surface, and follow the final species-specific cutting instructions supplied with your kit. A small X-shaped opening at the chosen fruiting site is the intended method for these prototype kits; exact placement should be confirmed after our fruiting trials. Keep the rest of the bag intact.

5. Light, moisture, and fresh air

Provide indirect daylight or gentle room light, adequate fresh air, and high local humidity around the fruiting opening. In a dry room, a nearby humidifier may help. Mist the growing area gently as needed, avoiding waterlogging developing mushrooms. Do not keep the kit in stagnant, sealed air once fruiting has started.

6. Harvest

Harvest when the Lion's Mane fruit has developed visible hanging teeth and is still fresh-looking, before noticeable yellowing or deterioration. Use a clean knife to remove the fruit carefully.

7. If something looks wrong

Little or no visible growth: Confirm the date and temperature; some varieties look less white than others. Do not open the bag to investigate. **Dry-looking fruiting area:** Review humidity and airflow. **Unfamiliar colored growth, foul odor, or suspected mold:** Do not open the bag indoors, sniff it closely, or eat any mushrooms from it. Isolate the sealed bag and follow safe disposal guidance. A photograph alone cannot confirm whether a bag is free of contamination.

8. Questions you may have

Do I inject anything? No. The kit is already inoculated. **Should I shake it?** Not as a routine step; leave the prepared block undisturbed unless your specific kit instructions say otherwise. **Why is mine slower?** Species, temperature, and individual bags vary. **Can I fruit it after exactly four weeks?** Only when the block is ready; the calendar is a guide, not a guarantee.

Your grow log

Variety: _____ Date received: _____

Week / date: _____ Room temperature: _____ Visible changes: _____

Week / date: _____ Room temperature: _____ Visible changes: _____

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Support without the guesswork

Check this guide and its troubleshooting section first. If you still need help, send one message with your variety, arrival date, room temperature, and clear photograph. Academy support is intended for product questions; individual coaching is separate.

Owner review notes

Before publishing: verify final fruiting cut placement, shipping/storage guidance, harvest photos, contact details, and any species-specific parameters against the completed kit trials. No stock photography used.