

Mushroom Box™ Growing Instructions:

Nameko Mushrooms

www.mushroombox.co.uk

Introduction

Nameko mushrooms have an unusual outer gelatinous coating which makes them a welcome addition to soups and stews. They are very tasty but somewhat slow to grow, requiring a period of prolonged cold to stimulate fruiting.

Growing Indoors

- 1) Select substrate. They should grow well on any hardwood substrate. Nameko will grow on straw but will have a greater tendency to contaminate when using straw. Nameko grow well on oak chips/sawdust.
- 2) Pour Boiling water into the substrate-filled myco bag filled.
- 3) Leave this to cool for several hours – until it reaches room temperatures
- 4) Pour off all of the excess water, leaving it to drain for at least 30minutes, to avoid water pooling at the bottom of the bag.
- 5) Add the mushroom spawn, mixing throughout the substrate and seal the top of the bag.
- 6) Incubate the bag at 21-28C for 25 days, during which, white fluffy mycelium will be seen growing throughout the substrate
- 7) After a further 12-14days, open the top of the bag and roll down the sides to form a wall of 150mm height around the perimeter.
- 8) Nameko mushrooms require high humidity to fruit, as well as a prolonged period of cold. You can either add approximately two inches of moist (but not wet) peat compost or garden soil (heat-treated by pouring on boiling water, and leaving to cool before adding to the mushroom block). Make sure there are no worms, woodlice or other insects. Alternatively, others have succeeded by using non-soil casings (such as vermiculite) but we find these are somewhat prone to contamination.
- 9) Nameko mushrooms can be somewhat unpredictable in their fruiting. They should eventually fruit of their own accord, but we have found that they seem to be stimulated into fruiting by long periods of cold (eg 2-3weeks outdoors with regular nighttime temperatures of 0-6C.
- 10) Twice a day, spray the top of the soil and the insides of the bag to keep the soil/substrate moist, but ensure that the soil or substrate is not allowed to get waterlogged.

- 11) The mycelium should grow up through the soil, and when it reaches the surface, with luck you should see baby mushrooms forming. It may take several weeks before the mushrooms start to appear. With luck and the right period of cold, you should be able to pick mushrooms approximately 6 weeks after adding the casing layer.
 - 12) Some growers find it easier to plant colonised nameko block in the garden or greenhouse soil (just below the surface) during autumn or winter and wait for Mother Nature to provide the right conditions for the namekos to fruit.
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You will also find growing tips, step-by-step pictorial guides, and recipes.

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