Your step-by-step grow guide



From inoculation to harvest, one step at a time.

START CLEAN. READ FIRST.

Read the entire guide before opening sterile supplies. Clean technique at the beginning protects the whole grow.

BEFORE YOU BEGIN

Meet Your All-in-One Grow Bag

Grain, substrate, and a protected growing space in one bag.

Your All-in-One Grow Bag contains prepared grain and hydrated substrate. Keep the growing block inside the bag through colonization and fruiting. No separate tub transfer is needed.

KNOW THE PARTS

- Grain: the nutrient-rich kernels where early mycelium growth begins.
- Substrate: the growing material that holds moisture and supports the developing block.
- Black injection port: the self-healing entry point for the syringe needle.
- White filter patch: allows gas exchange while the bag remains sealed. It is never an injection site.
- Sealed top: keep this intact until the entire mixed block is colonized and ready to fruit.

SET OUT YOUR SUPPLIES

Set out your grow bag, alcohol pads, clean gloves, and mask. A compatible culinary mushroom culture and a new sterile needle must be obtained separately; neither is included. For fruiting, have clean scissors and a fine-mist bottle with clean drinking water ready. A thermometer is useful.

CHOOSE A LOCATION

Never expose the bag to direct sunlight. Use a clean shelf away from heaters, vents, pets, and large temperature swings. Leave space around the filter patch.

BEFORE STARTING

Inspect the seals and plastic. If the bag is torn, leaking, or shows suspicious growth before inoculation, keep it closed and contact Soul Mycology.

Any species-specific directions supplied with your culture take priority, especially temperature, opening method, and harvest timing. Growing conditions vary by species.

Process images are illustrative examples; bag appearance and mushroom growth will vary.

STEP 1

Prepare + Inoculate

Keep the bag sealed. Introduce the culture only through the black port.



BLACK PORT = INJECTION

WHITE PATCH = FILTER

1 CLEAN THE AREA

Close windows and switch off nearby fans. Disinfect the work surface, wash hands, and put on clean gloves and a mask. Keep movement and drafts to a minimum.

2 PREPARE THE SYRINGE

Distribute the contents gently as directed on the syringe. Fit a new sterile needle without touching its tip. If the tip touches an unclean surface, replace it.

3 DISINFECT THE PORT

Wipe the BLACK port with an alcohol pad and allow it to dry completely. Do not touch it afterward. Keep alcohol away from open flames.

4 INJECT THE CULTURE

Pass the needle through the black port and slowly inject the amount specified for your separately obtained culture and bag. Do not guess a volume or assume the entire syringe is needed.

5 LABEL AND LEAVE IT

Withdraw the needle and place it in a sharps container. Record the date and culture on the bag away from the filter. Keep upright; do not mix immediately after inoculation.

IF THE DOSE IS MISSING

Ask Soul Mycology before injecting. More liquid does not necessarily mean faster growth and can make the grain too wet.

STEP 2

Let the Mycelium Grow

Look for the first white patches spreading through the grain.



01 / PARTIAL COLONIZATION

Illustrative example: white mycelium among tan grain; the upper substrate is still separate.

A QUIET, STABLE PLACE

Keep the sealed bag upright and the filter exposed to room air. Follow your culture's temperature guidance. Avoid heating mats, heaters, and direct sunlight.

WHAT TO EXPECT

Time to visible growth varies with the culture and conditions. Mycelium can be dense or wispy. Inspect daily through the plastic without kneading or moving the bag repeatedly.

WHEN TO BREAK + SHAKE

Use the Soul Mycology checkpoint of about 25-35% colonization. In a layered bag, estimate coverage of the grain portion, not the dark substrate above it. The photo is an example, not an exact percentage reference.

LET IT GROW

Think in weeks for the full process, not days. Follow readiness rather than a promised date. Do not open, mist, add water, or reinject. Condensation alone is not a sign that more water is needed.

Before mixing: confirm spreading white growth with no suspicious color, slime, or leaking seal. If progress stalls, note when it last changed and send clear photos before altering the bag.

STEPS 3-4

Break, Mix + Recolonize

Mix through the plastic, then leave the sealed bag to recover.



02 / FULLY COLONIZED BLOCK

Illustrative example: the mixed material has recolonized into a cohesive white block.

1

LOOSEN THE GRAIN

At the checkpoint, gently massage firm grain clumps through the plastic. Do not pull on seams or squeeze the filter.

2

MIX THROUGHOUT

Knead and turn gently to distribute grain through the substrate, including corners. Avoid isolated clumps or unmixed layers.

3

RESHAPE THE BLOCK

Settle into an even block at the bottom without crushing it tightly. Keep the filter area clear and the bag upright.

4

ALLOW RECOVERY

It may look less white right after mixing. Leave sealed and undisturbed while mycelium reconnects. Avoid repeated mixing.

5

CHECK THE WHOLE BLOCK

Wait for full colonization before opening. Inspect sides and bottom for pockets of loose grain. Some dark substrate can show through thin growth.

READY MEANS MORE THAN A WHITE SURFACE

Look for a cohesive block with mycelium throughout and no large uncolonized grain pockets. A white top alone does not establish that the center is ready. If recovery fails or unusual patches develop, keep closed and contact support.

STEP 5

Open + Begin Fruiting

Open the top only after the mixed block has fully colonized.

1 **CLEAN UP FIRST**

Wash hands. Clean the scissors, let any alcohol dry, and place the bag on a clean surface.

2 **OPEN THE TOP**

Cut across the bag just below the top seal. Keep a tall sleeve of plastic above the block to hold humidity and give mushrooms room.

3 **KEEP THE BLOCK INSIDE**

Gently part the opening. Do not remove the block, tear down the sides, or seal the mouth airtight again.



DAILY CARE: CHECK 2-3 TIMES

- Look first: the surface should stay gently moist, not soaked. Fine droplets are useful; puddles are a sign to ease off watering.
- Mist as needed: use a fine spray on the inner bag walls or gently above the opening. Skip misting if everything is already wet. Do not spray alcohol into the bag.
- Exchange air: gently open the mouth during checks to refresh the air. Keep it loosely arranged between checks so humidity is retained without an airtight closure.
- Protect pins: avoid spraying tiny mushrooms directly or letting plastic press against them. Do not aim a room fan into the bag.
- Keep conditions stable: never expose the bag to direct sunlight. Follow your culture's temperature guidance.

BALANCE AIR + MOISTURE

If the surface dries repeatedly, reduce excessive exposure and mist lightly. If stems stretch or caps stay small, more fresh air may be needed. Adjust gradually; appearance depends on the variety.

STEP 6

Harvest + Care for the Block

A flush is one round of mushrooms. A healthy block may produce more than one.

WATCH THE MUSHROOMS, NOT THE CALENDAR

Once pins appear, inspect at least morning and evening. Development can speed up quickly. Harvest when your variety reaches its recommended maturity; there is no single cap shape or veil rule that works for every mushroom.

1. **PREPARE CLEAN HANDS AND TOOLS**
   Wash hands and clean your harvesting scissors or knife. Open the bag enough to reach the base without scraping surrounding mushrooms.

2. **HARVEST GENTLY**
   Support the block through the bag. Cut the mushroom or cluster close to its base, or gently twist it free if appropriate for your variety. Avoid pulling out large chunks of substrate.

3. **REMOVE LOOSE DEBRIS**
   Remove detached pieces and deteriorating mushrooms. Leave healthy developing mushrooms in place when practical. Do not dig into or remix the block after harvest.

AFTER THE FIRST FLUSH

Return the bag to its growing location and continue checking moisture and airflow. Some shrinkage is normal as the block uses water. Do not automatically flood or soak it. If it becomes noticeably dry or light, ask Soul Mycology for the rehydration method suited to your bag and variety before submerging it.

LATER FLUSHES

Keep the block inside its bag and maintain fruiting care. A rest period is normal. Later harvests may be smaller; the number of flushes and yield are not guaranteed.

WHEN TO FINISH

Retire a contaminated or deteriorating block. Keep suspect material contained and away from other grows. Do not attempt to cut mold off and continue harvesting.

Only eat correctly identified edible mushrooms. Do not consume spoiled mushrooms or harvest from a contaminated grow.

QUICK REFERENCE

Troubleshooting + Support

Take clear photos before opening or making major changes to a questionable bag.

NO GROWTH OR A LONG PAUSE

Check the culture's temperature range and filter clearance. Record how long it has been unchanged. Do not add more syringe liquid; contact support if progress is uncertain.

LESS WHITE IMMEDIATELY AFTER MIXING

This can be normal while mycelium reconnects. Leave the bag sealed. New suspicious color, slime, or continued failure to recover needs a support check.

CONDENSATION OR A FEW YELLOW DROPLETS

Moisture and metabolites can occur, but neither proves a bag is healthy. Widespread wet grain, slime, unusual color, or an odor noticed without sniffing closely needs review.

SURFACE DRIES OR PINS SHRIVEL

Check for drafts and too much exposed opening. Mist lightly if dry, retain the bag sleeve, and keep plastic off the mushrooms. Avoid soaking damaged pins.

LONG STEMS, SMALL CAPS, OR STALLED PINS

Fresh air, moisture, temperature, and the mushroom variety can all contribute. Adjust one condition at a time and send photos if the cause is unclear.

GREEN, BLACK, PINK, OR UNUSUAL GROWTH

Do not open, sniff closely, or try to save it by cutting patches away. Isolate the bag, photograph it through the plastic, and contact Soul Mycology.

SEND US THESE DETAILS

Order number, culture name, inoculation date, mixing date, room temperature, when growth last changed, and clear photos of the front, back, filter, and affected area. Use the contact option on the Soul Mycology website.

soulmycology.shop

Scope: For lawful cultivation of edible mushroom species compatible with a top-fruiting all-in-one bag. This is not a universal method for every mushroom. Follow the species-specific instructions supplied with your culture and comply with applicable laws.

General background: ShroomTek method; Midwest Grow Kits, all-in-one bag guide. Bag designs differ; their product-specific settings are not Soul Mycology bag specifications.