



Grow It Yourself Mycelium



Make your own material!

This instruction booklet is intended as a guide and example of how you can grow your own material using the GIY. There are many ways to design and make your own material, so please feel free to stray from the directions, but make sure to use the GIY instructions as a guide for how to handle the material and achieve best growing results.

If you are unsure or have questions , visit <https://www.grown.bio/faq/>

Or

Check out the GIY video:

[Grow It Yourself GIY Mycelium with Grown Bio 1 - YouTube](#)

Have fun! Also take pictures and tag #grownbio





Prepare the material

1. Clean all tools and surfaces with ethanol
2. Follow the GIY bag instructions Prepare the material

Tools needed:

- Ethanol
- Foil
- Scissors
- Gloves
- Flour
- Sculpting mix (optional)

1. Using gloves: Add material to sterile bowl and add flour (30g per kg).
2. Add sculpting mix if you want to shape it in a specific way (optional)
3. Breakup material with your hands and thoroughly mix in the flour. Make sure you crumble all lumps.





Fill the moulds

1. Take mould you want to grow your mycelium in
2. Desinfect
3. Add substrate, push a bit in the corners



Cover

1. Once filled, cover the mould with a plastic thin foil
2. Make small holes every 3cm, this allows the mycelium to breathe





Growing phase in the mould

1. Grow between 3- 5 days at 24° - 26° C
2. When it looks all white, take it out of the mould
3. Take it out gently



Dry the product

How do you know if your product has dried enough? The best test is to measure the weight before and after. Mycelium substrate contains approximately 60% moisture, so the product should lose 50-60% of its initial weight.

A. For products with a thickness > 2,5 cm - Place the product in the oven at +/- 40° C with the door a bit open so the moisture can escape for 3-4 hours. - Bake off at 80°C for 2 hours

B. For products with a thickness < 2,5 cm - Place the product in the oven at 80° C for 2-3 hours.



Ready!



Want to know more?

www.grown.bio