

Royale Flush Grow Instructions

Preparation

Create a clean environment in the right location

It's important to create a clean environment to avoid contamination. Dust and dirt can harbor harmful bacteria that will hinder your mushroom growth. A clean space is essential for healthy and vigorous mushrooms. Our kits are pre-inoculated, meaning they are ready to use immediately without the need for spores or injections.

Make sure you place the grow kit in a partially shaded area, away from direct sunlight. Direct sunlight can dry out the mycelium and cause the temperature to rise too high, which can impair growth. The ideal temperature for growth is between 20-24°C (68-75°F). Use a thermometer to monitor the ambient temperature.

While lower temperatures may slow growth, it's usually better not to take any special steps to raise the temperature, but simply to wait longer for the mushrooms to appear. They grow in a temperature range of approximately 8°C (46°F) to 28°C (82°F).

First Phase

Step 1: Setting up of the grow kit

Remove the growing kit from the box, leaving the bag completely closed. Place the growing kit on the prepared growing area. Now you wait until the mycelium covers approximately 30-40% of the substrate. This can take several days to several weeks, depending on the conditions. Use the image below as a guide. Once the mycelium has reached the correct coverage, proceed to step 2.



Step 2: Mixing of the substrate

Once 30-40% of the substrate is covered with white mycelium, you can mix the substrate with the mycelium. This allows the mycelium to spread quickly and evenly. This promotes mushroom growth in multiple locations, resulting in a faster and larger harvest.

2.1 Feel the Substrate's Density: Before mixing, feel the density of your substrate. You can do this by gently squeezing it. Try to note the approximate density. After mixing, we will try to restore the substrate to approximately the same density.

2.2 Introduce Air into the Bag: Hold the bag just above the substrate on opposite sides between your thumb and forefinger. Slowly pull your hands 10 to 15 centimeters apart. As the bag becomes saturated, "clear the path" to the air filter. Continue slowly pulling the bag apart to draw air through the filter into the bag until you have about one liter of additional air inside.



2.3 Break up the substrate and mycelium. Squeeze the substrate until it begins to loosen. The mycelium will have formed in clumps. You want to break these clumps into the smallest possible pieces. You can achieve this by squeezing them. Continue until both the substrate and the mycelium are completely separated.

2.4 Mix the substrate and mycelium. The goal is to mix the mycelium with the substrate as thoroughly as possible. To do this, you can shake the bag, gently knead it, and pull it apart. Be careful not to damage the bag too much. After about 1 to 2 minutes of mixing, the mycelium will be completely mixed with the substrate.

2.5 Compact and return to its original shape. Make sure all the substrate is at the bottom of the bag and return the bag to its original shape. Squeeze the substrate with both hands until it has the same density as in step 2.1. Now you can place your grow kit back on your growing area. Now wait until the substrate has turned completely white. You will see that the mycelium grows day by day.

Step 3: Soaking and preparing the substrate

CAUTION!

Make sure the grow bag is completely covered with white mycelium (use the image above as a reference) and that it has had a week to grow more vigorously. If you see any patches larger than a few centimeters that are not yet covered with white mycelium, wait a little longer. Once everything is completely white, you can begin the soaking process.

Is your kit not completely white yet? Then wait until you reach this step. Have you been waiting for weeks? Then check if the temperature is correct (between 20 and 24 degrees Celsius). Patience will be rewarded.

You will need the following:

Clean hands

Clean sink

Clean scissors

Rubber band (from the box)

Clip (from the carton)

Clean your sink thoroughly. Make sure you have scissors handy. The scissors should also be thoroughly clean.

3.1 Place the rubber band. Take the included rubber band and place it around the growing bag, around the substrate, about 2 to 3 centimeters from the top. The rubber band will prevent your substrate from floating up later.



3.2 Cut open the bag. Take clean scissors and cut open the top of the bag. Cut the entire bag open in a straight line directly below the seal.

3.3 Fill the grow bag with water. Place the grow bag in the sink. Open the grow bag and fill it with cold water. Ensure the mycelium is submerged by about 5 centimeters (2 inches). This means the water level should be about 15-20 centimeters (6-8 inches) above the bottom of the bag.

3.3 Soak the mycelium for 24 hours. Fold the top of the bag over twice and seal it with the clip. If you don't want to leave the bag in the sink, it's recommended to place it on a plate or baking tray. Water may leak out through any tiny holes in the bag. Now let the mycelium soak in the water for 24 hours. After 24 hours, open the bag and pour the water into the sink.

3.4 Soak the mycelium for 24 hours. 3.4 Close the bag and replace it. Once all the water has drained, leave the air in the top of the bag and close it with the clip. It's not necessary to seal the bag airtight; it's okay if the bag is slightly aerated. The soaking process is now complete, and you can place the grow kit back on the growing area.

3.5 Prepare the outer bag.

Remove the outer bag from the box. Fill the bag with the provided water beads. Add 450 ml of lukewarm water and let the beads soak for at least 2 hours to ensure they absorb all the water.



3.6 Cut off the growing bag.

Take the growing bag and cut off the top of the bag to about 3 cm above the substrate. (See photo in 3.7)

3.7 Place the growing bag inside the outer bag. Position the growing bag in the center of the outer bag, between the water beads. Ensure that the water beads do not come into direct contact with the substrate. Fold the top of the outer bag closed and secure it with the clip. You have now created a self-regulating microclimate. The water beads ensure that the humidity remains at the correct level.



Daily care for best results

The key to a successful mushroom harvest is the right temperature. Ideally, keep the grow kit at 24°C (75°F). At this temperature, the first harvest flush will appear after about 1-3 weeks. At an ambient temperature of around 21°C (70°F), it can take up to two weeks longer. Are you using a heating mat? If so, use a thermostat, place the sensor under the bag, and set the maximum temperature to 24°C (75°F).

<19°C

Te koud

21°C

Oke

24°C

Perfect

26°C

Te warm

>28°C

R.I.P.

To achieve a better and larger harvest, open the bag twice a day for one minute to let in fresh air.

Harvest time

How do you know when it's time to harvest?

Harvesting your mushrooms at the right time ensures the best quality, potency, and overall experience. Here's how to determine the perfect time:

Pay attention to the growth stage. For varieties with a veil, harvest just before the veil under the cap begins to tear. This is the point of maximum ripeness and potency. For varieties without a veil or those that don't release spores, observe their size and development. Harvest when the mushrooms appear fully mature, with well-shaped caps and firm stems.

Not ready yet



Harvest time!



Too late

Mushrooms harvested too late don't look very appealing, and the overall harvest will be smaller.

But they are perfectly usable!



Color and Texture

A darker color can indicate ripeness, especially in varieties known for their deep hues. Do the mushrooms feel soft or brittle? Then they may be overripe. Harvest them when they are still firm but pliable.

Size and Appearance

The mushrooms should look plump and healthy, with strong, firm caps. Don't let them grow too large, as this can affect their quality and texture.

Check Daily

Mushrooms grow quickly—sometimes within hours. Check your grow kit regularly as harvest time approaches so you don't miss the ideal harvest time.

It's time to reap the rewards of your efforts!



After the first harvest flush, roll the bag down and avoid touching the substrate directly with your hands. Hygienic practices are essential, so wash your hands and maintain a clean work environment.

Use a clean, sharp knife to cut the mushrooms as close to the substrate as possible without damaging it. Damage can delay the harvest.

You can sterilize your knife by holding it in the blue flame of a gas burner or stove and then letting it cool, or by cleaning it with isopropyl alcohol (at least 70%).

Caution: The alcohol must evaporate completely before using the knife!

Repeat these steps after each harvest

1. Re-soaking the growing bag

After harvesting, fill the growing bag with water and let it soak for 24 hours. Keep in mind that the bag may have small holes. Therefore, place the bag on a deep plate to prevent leakage.

2. Adding the Flush Booster

Remove the Flush Booster from the box. Our Flush Booster is a special coconut substrate enriched with the right nutrients. Add about 50 ml of water to the Flush Booster and wait until the coconut has

absorbed the water. Continue adding water until it no longer absorbs any more. Now squeeze the remaining water out of the coconut. If you gently squeeze the coconut, a few drops of water should come out; if you squeeze it firmly, significantly more water should come out. Once you have achieved this, the coconut has the right moisture level. It should be moist, but not soggy.

Now, add a layer of about half a centimeter to one centimeter of the Flush Booster to the substrate of your grow kit. Place it loosely on the surface; there's no need to press it down. After adding the Flush Booster, place the grow bag back into the outer bag, seal it, and continue with your care routine to ensure a healthy and vigorous next growth spurt.



Drying and Storage

Dry your mushrooms to make them last longer

To dry them, use a food dehydrator set to 70°C (158°F), or let the mushrooms dry naturally on a heat mat or in a well-ventilated room. They are completely dry when the stems snap like dry twigs when bent. Properly dried mushrooms can then be stored.

Ground Mushrooms for Long-Term Storage: Grinding your dried mushrooms is the best way to extend their shelf life. Once ground, pack the mushroom powder in vacuum-sealed bags to prevent it from being exposed to air. This step is crucial because psilocybin oxidizes when exposed to oxygen, causing it to lose potency over time. Storing them airtight will keep your mushrooms potent for much longer.

Blue Honey Method: Another excellent method for long-term storage is making "blue honey." Honey acts as a natural preservative, halting the oxidation process of psilocybin. To produce blue honey, finely ground mushrooms are mixed with honey. This mixture can be stored for years and preserves the mushrooms' potency.