

EAT

Lion's Mane "Crab Cake"

Ingredients

8 oz Lion's Mane Mushrooms
3/4 tsp Olive Oil
7 oz Canned Chickpeas
1/2 Red Pepper, minced
1/2 Yellow Onion, minced
1 Clove Garlic
1 1/4 Cajun Seasoning



makes 4 servings

1. Shred mushrooms into 2" pieces
2. Roast for 20 minutes at 350 F - remove & cool
3. Saute onion, pepper, garlic & scallion until translucent
4. Add mushrooms to food processor and mince
5. Add mushrooms to chickpeas, onions, peppers, garlic, & scallion
6. Add Cajun seasoning, salt, & pepper to taste
7. Sear each side for 5 minutes
8. Enjoy!

Mushroom Bolognese

Ingredients

2 Tbsp Olive Oil
1 lb Oyster Mushrooms, diced
1 Onion, finely diced
1 Carrot, finely diced
1 Celery Stalk, finely diced
2 Garlic Gloves, minced
1 Sprig Rosemary

1 Sprig Thyme
2 tsp Salt
1/2 Cup Red Wine
12oz Plum Tomatoes
1 Cup Heavy Cream
1 Tbsp Balsamic Vinegar
1/4 tsp Ground Fennel Seed

1. Dice veggies and set aside in small bowl
2. Heat olive oil in medium saute pan, add mushrooms. Saute until slightly brown
3. Add onion, carrot, celery, thyme, rosemary, fennel seed, and salt. Saute until aromatic
4. Deglaze pan with red wine
5. Once wine is cooked off, add tomatoes & cook on low heat until tomatoes are soft
6. Add heavy cream and cook on low 5-10 minutes
7. Add to your favorite pasta and enjoy!

CONSIDER THIS

Location! Location! Location!

Environment is the key to success!
Mushrooms are extremely sensitive and require a humid environment with air flow and natural light. They will tell you what they need!

Stringy = more air

Dry = more humidity

Pale = more light

MOISTURE MATTERS

Don't forget to spray! Keep them out of dark places, like cabinets and closets. Try keeping them on the kitchen counter or use as a center piece on your table.

TIMING IS EVERYTHING

Typically farms will start pinning within 7-10 days. Once those pins appear, keep a close eye on your farm. Mushrooms grow at a quick pace and will be ready for harvest within 3-5 days after pins appear.

NEED HELP? SCAN ME
TO VIEW OUR FAQs



POCONO ORGANICS MINI MUSHROOM FARM INSTRUCTIONS

CONGRATS!
**YOU'RE OFFICIALLY A
POCONO ORGANICS Mini
MUSHROOM FARMER - LET'S
GET GROWING!**

FOR BEST RESULTS, USE FARM PROMPTLY

CAN'T BEGIN RIGHT AWAY? NO PROBLEM!

STORE IN A COOL DRY PLACE, OUT OF DIRECT SUNLIGHT,
FOR UP TO 3 MONTHS

SCAN ME FOR
VIDEOS, TIPS, &
TRICKS



SHARE YOUR MINI FARM

JOURNEY WITH US

@POCONOORGANIC

PREP

What You Need

Sharp knife
Spray Bottle
Rubbing Alcohol

GROW

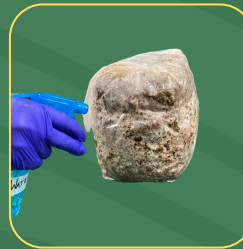
BE PATIENT.
Do not
cut bag open until
farm is covered in
mycelium (the fuzzy
white stuff)

1 Wash hands, sanitize bag & knife
with rubbing alcohol

2 Slice a 3" slit in bag & fold bag
over to push air out



3 Fill spray bottle with water &
spritz slit at least twice a day



4 **CLIMATE MATTERS!**
Keep your farm someplace humid
& out of direct sunlight



**KITCHENS ARE
GREAT PLACES
TO GROW
YOUR
MUSHROOMS**

WATCH CLOSELY!
Mushrooms grow fast &
should be ready for harvest
2-5 days after pins
form.

HARVEST

5 It's time to harvest when oyster
mushrooms are about 2" wide and
lion's mane forms visible 'teeth'



ROUND 2

After 1st harvest, keep spraying your
farm, no need to cut a new slit. It can
take 2-3 weeks for a new flush to emerge

**Not seeing new growth? Follow these
steps to reactivate your farm.**

1 Place farm slit side down into bowl of
water

2 Soak oyster mushrooms for 20 mins,
Lions Mane for 5 - 10 mins

3 Remove from water and drain farm for 10
mins with slit side down. Pat dry and keep
spritzing twice a day