



5 Step Grow It Yourself Manual





Grow your own product!

Welcome to the world of Mycelium

This instruction booklet is designed to provide you with a guide and example of how you can successfully grow your own product, using our GIY kit. Please make sure to **use it within 5 days** upon arrival.

YouTube Video & FAQs

Before you start, you can also check out our [GIY instruction video](#) for a visual overview of the process

If you have any questions along the way, visit our [FAQ section](#) for answers.

It's time to get creative and experiment with different techniques to make your material truly unique → the possibilities are endless.



Social Media

We also love to see the progress and results of your GIY projects.

You can tag us
in your story and your post on Instagram
@grown_bio
we'd love to repost your project.

Or send it to
sales@grown.bio
and we take care of the rest.

Now let's get started on your journey to grow your own product!
Enjoy the process & get ready to create something truly special.



What's included from GROWN bio:

- 📦 Substrate
- 📦 Instructions
- 📦 Growth Form, if ordered

You will need:

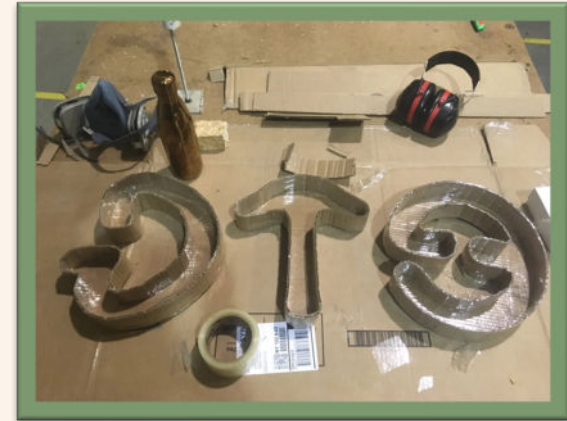
- Ethanol (alcohol to disinfect)
- Plastic wrap
- Scissors
- Gloves
- Flour (30g per 1 kg substrate)
- Sculpting mix (optional)
- Growth Form, if not ordered
- Large bowl
- Kitchen scale

Keep it Clean!

It is super important to keep everything extremely clean and prevent contamination from bacteria that could ruin your project. Make sure to wear gloves and disinfect them & everything else you touch, with ethanol. Don't touch the substrate without gloves.



Optional: Making your own growth form



Make sure that the growth form is ready before you open the bag!

Step 1: Preparations

1. **Put on the gloves & clean everything** (gloves, scissors, bowl, part of the bag where you cut it open & growth form) **and the surfaces** with ethanol.
2. **Add the substrate** from the bag to a sterile bowl and add flour (30g per 1 kg substrate).
3. **Breakup the substrate** with your hands (gloves on) and thoroughly **mix in the flour**. Make sure you crumble all lumps and **mix it nicely**.



Step 2: Fill the growth form

1. **Choose or construct a growth form** for your project to grown in.
2. **Clean the growth form** with ethanol.
3. **Fill the growth form** with the prepared substrate and make sure it's properly filled.



4. **Cover** the openings of the growth form with a plastic wrap.



5. Make **small holes** every 3 cm, this allows the mycelium to breathe.

Step 3: Growing Phase 1

Let the project **grow for approximately 4-5 days at 22°-26°** in the growth form.

Step 4: Popping and Growing Phase 2

Flip the growth form upside down and tap until the product “pops” out of the growth form.

Let the product grow for **2 more days outside of the growth form in a closed environment at 22°-26°** to get a white skin. Which could be a bigger, closed form or you can create your own pod with a plastic bag for example. Make sure to provide enough space for the product & avoid any contact with surrounding items or walls.

The lower the temperature, the longer it needs to grow. Sometimes even more than 7 days in total (growing phase 1 & 2). It depends on the circumstances.





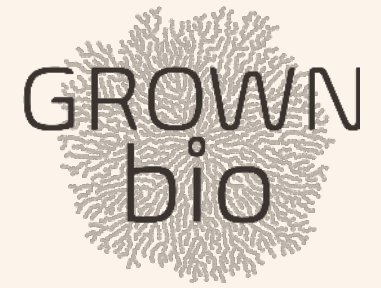
Step 5: Dry

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 $\pm 40^{\circ}$ C with the door a bit open so the moisture can escape for 3-4 hours. - Bake off at 70° C for 2 hours

B. For products with a thickness $< 2,5$ cm - Place the product in the oven at 70° C for 2-3 hours.



HAVE FUN 😊

We can't wait to see your product.

