

HOW TO CULTIVATE MUSHROOMS

CULTIVATING WITH PF TEK

PF Tek is an easy and fun method for at-home fungi cultivation using brown rice flour (BRF) and a Shot Gun Fruiting Chamber (SGFC) for fruiting. This is a great method to use for cultivating oyster, shiitake and other mushroom varieties.

SUPPLY LIST

- Scalpel/Craft Knife
- Lighter
- Brown Rice Flour
- Two (2) 66qt Plastic Storage Tub
- Mixing Bowl
- 70% Isopropyl Alcohol (Iso)
- Nitrile Gloves
- Perlite
- Five (5) ½ Pint Mason Jars
- Micropore Tape
- Vermiculite
- Stock Pot
- Paper Towel
- Aluminum Foil
- Spore Syringe

1° MAKE BROWN RICE FLOUR (BRF) CAKES

- Add 1 cup of water and 2 cups of vermiculite in your mixing bowl first and mix well. Add the 1 cup of BRF in the vermiculite mixture and mix well. This makes five (5) half pint jars.
- Fill each mason jar with BRF mixture about 2/3 full and gently pack in. Wipe the inside of the mason jar above the BRF mixture using a paper towel with isopropyl alcohol (iso). Add a small layer of dry vermiculite on top of the BRF mixture loosely.
- On each mason jar lid, drill 4 holes, and cover holes with micropore tape. Add lids to the mason jars and cover the top of jars with aluminum foil.



Wide Mouth Mason Jars



MICROPORE TAPE



VERMICULITE



BROWN RICE FLOUR

2° STEAM STERILIZE BRF CAKES

- Add 1 cup of water and 2 cups of vermiculite in your mixing bowl first and mix well. Add the 1 cup of BRF in the vermiculite mixture and mix well. This makes five (5) half pint jars.
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BRF CAKE



LIQUID CULTURE

3° INOCULATING BRF CAKES

- Make a Still Air Box (SAB) by cutting holes into 66qt storage tub. Clean SAB and workspace with Iso. Carefully remove aluminum foil from jars and place inside SAB. Also add spore syringe into SAB. Wearing nitrile gloves, spray hands and forearms with iso. Working in your SAB, carefully remove luer lock from spore syringe and attach luer needle.
- Carefully stick needle outside arm hole of SAB and using a lighter, flame sterilize needle until red hot.
- ****NOTE: NEVER flame sterilize needle inside the SAB. Iso fumes and flame inside your SAB can create a fireball that can burn either yourself and/or workspace.****
- Bring spore syringe back into SAB and allow need to cool. Holding the jar at an angle, place the needle in hole of mason jar lid, squirting spore solution against the glass. Use 0.5 ml of spore solution per hole. Flame sterilize needle between each jar so there is no cross-contamination.



SPORES

4° COLONIZATION OF BRF CAKES

Store BRF jars in a warm location (around 75 degrees F) and allow for mycelium to colonize BRF cakes. BRF must be 100% colonized before moving to the fruiting stage. This can take up to 6 weeks, and sometimes more. BE PATIENT.

*** FRUITING OPTION 1 ***

1.5° BIRTHING AND DUNK & ROLL

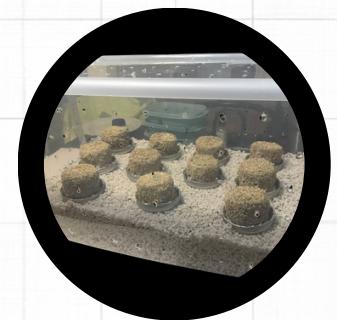
Once BRF cakes are fully colonized with mycelium, you can open them up (this does not have to be in a sterile environment, so a SAB is not necessary for this step). Remove the layer of loose vermiculite on top and shake out the BRF cake, rinse off in water, and place inside a stockpot full of water. Using a plate or something heavy, weigh down the BRF cakes in the water and let soak for 24 hours.

1.6° FRUITING IN A SHOT GUN FRUITING CHAMBER

- Drill several holes along the sides of the other 66qt storage tub, and along the bottom of the tub.
- Add perlite to the colander and rinse using water and drain. Make about 3 to 5 inches thick.
- Take the cakes that have been soaking for 24 hours, and remove them from the oven water, and roll in dry vermiculite. Place BRF cake on a square of aluminum foil and place it in your SGFC.
- Mist your cakes every few hours, every day, until you begin to see your mushrooms grow!



MYCELIUM



*** FRUITING OPTION 2 ***

SUPPLY LIST

- Cheese grater
- Two (2) 6 quart shoe box tubs
- One (1) 650gram (1.8 lbs) Coconut Coir Brick
- 5 gallon bucket
- Vermiculite (optional)
- Garbage Bag

2.5° PREPARING SUBSTRATE

Take your coconut coir brick and put it inside the 5 gallon bucket. If you're using vermiculite, add in 2 quarts of vermiculite into the bucket. Pour in 4.5 quarts of hot water into the bucket and mix your coconut coir and vermiculite mixture. Add a little more water if necessary. Put the lid on and allow to cool, while you're working on Step 6.

2.6° BIRTHING AND SHREDDING

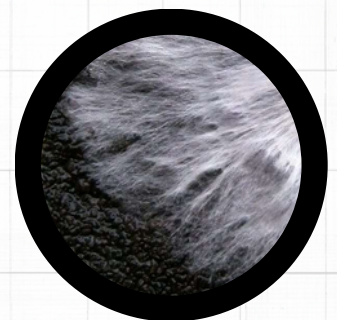
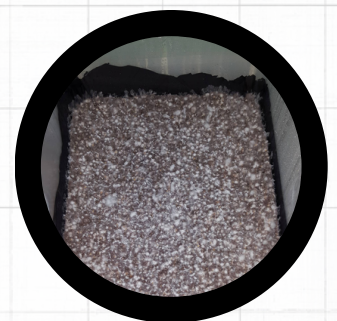
Once BRF cakes are fully colonized, you can open them up (this does not have to be in a sterile environment, so a SAB is not necessary for this step). Remove the layer of loose vermiculite and rinse off in water. Using a cheese grater, grate the BRF cakes into a plate or bowl. Once all cakes are grated, you take your 6qt shoe box and line it with a garbage bag (Black or white is fine, but I prefer black), and cut it to the size of the tub. Add in a scoop of your substrate prepped in Step 4, at the bottom of your shoebox (this helps weigh down the liner). Then add your shredded BRF cakes and estimate in 2 parts of substrate to your 1 part of shredded BRF cakes and mix well. You can press down on the mix to fit in your shoebox, but do not compact it too much. Trim down the liner so it's about a half inch past the top of your cake mixture. Place lid on shoebox.



COCO COIR

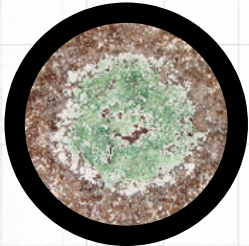


SHOE BOXES

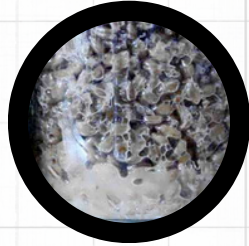


MYCELIUM

COMMON CONTAMINANTS TO LOOK OUT FOR



TRICHODERMA



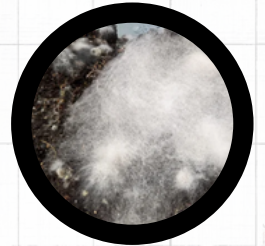
BACILLUS SPP. (BACTERIAL
CONTAMINATION)



BLACK BREAD
MOLD



ORANGE BREAD MOLD



COBWEBB MOLD

7° COLONIZATION AND FRUITING

The shoebox should be kept around temps between 68-74 degree F. The cooler the temp, the slower the mycelium will colonize. You can wait until you see the mycelium colonize the top of your cake to pop a corner of the lid to allow for Fresh Air Exchange (FAE), or you can do this right away. Once mushrooms begin to grow, and there's no room left with the lid on, you can take a second 6qt shoebox tub and turn it upside down and place on top of your fruiting shoebox (this is called Dub Tub). You can use micropore to tape the long sides to keep it from falling off. There should be enough space between the short sides of the Dub Tub to still allow for FAE.



DUB TUB

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HOW TO CULTIVATE MUSHROOMS REFERENCES

VIDEO REFERENCES FOR PF TEK

[LET'S GROW MUSHROOMS PART 1](#)

[LET'S GROW MUSHROOMS PART 2](#)

[LET'S GROW MUSHROOMS PART 3](#)

VIDEO REFERENCES FOR SUBSTRATE

[HOW TO MAKE EASY BULK SUBSTRATE
FOR MUSHROOM GROWING \(BUCKET TEK\)
BY PHILLY GOLDEN TEACHER](#)

BOOK RECOMENDATIONS

[HANDBOOK OF MEDICAL HALUCINOGENS](#)

[THE PSILOCYBIN MUSHROOM BIBLE: THE DEFINITIVE
GUIDE TO GROWING AND USING MUSHROOMS](#)