

Magic Mushrooms Grow-kit Guide

A comprehensive guide to grow your own Magic Mushrooms.



A grow kit for magic mushrooms includes everything you need to cultivate psilocybin mushrooms yourself. With our grow kits, it's incredibly easy! Thanks to a special formula and over 30 years of experience, you hardly need to do anything for your first harvest. Follow the steps in this guide and a bountiful yield is expected!

Why use grow kits to cultivate Magic Mushrooms?

Magic Mushrooms can have very positive effects on creativity, productivity, and well-being. By growing your own mushrooms, you can control the entire growth process and ensure a reliable, consistent supply. It gives you the opportunity to manage your own mushroom stock with care and learn how this process works. .

What type of grow kit do we offer?

The "Psilocybe cubensis Golden Teacher," as the name suggests, is recognizable by its golden caps. We specifically chose this magic mushroom for its potential to provide a profound shamanistic experience. It is known for its strong intensity and rich visual, creative, and philosophical effects.

Moreover, it is popular due to its simple and quick growth. Unique is that the second 'flush' (harvest) is significantly larger than the first, which is ideal. If the first harvest is

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a little disappointing, don't worry: there's a good chance the second harvest will be better.

How to grow Magic Mushrooms?

STEP 1: Preparation

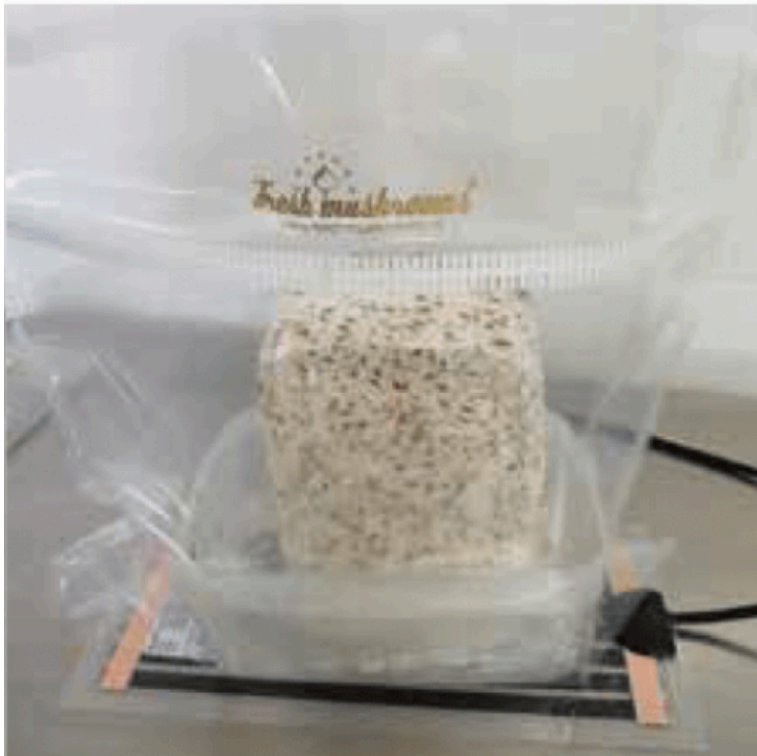
Begin the growing process immediately upon receipt. If you must delay, store the kit in your refrigerator at 3–5°C in an airtight plastic bag for no more than 3 to 4 weeks to prevent contamination. In case you can start directly, these are the preparation steps:

- Clean your hands thoroughly.
- Ensure the environment is clean.
- Optionally, use a towel to lay out materials and protect the surface.

STEP 2: Initiation

- Remove the grow kit including the 'substrate', the plastic bag, and the paperclip from the box.
- Take off the lid of the grow kit (keep the lid safe). Rinse the lid under running water; you'll need it later!
- Place the grow kit without the lid into the provided plastic bag.
- The side with micro-perforations (the small holes) should be facing up to ensure good air circulation.

Micro-perforations should be on the top.



Important:

- Do not water the grow kit.
- Set the grow kit in an area with sufficient daylight.
- However, never place the grow kit in direct sunlight (very important).
- Maintain a temperature between 18°C and 28°C.

TIP - While mushrooms can grow at almost any temperature above 15°C, 23°C is the ideal temperature for optimal yield. Special heating mats are available to maintain this temperature without having to heat the entire room.

STEP 3: GROW, open the bag and set the substrate straight-up!

- Once you see small balls forming, set the bag including the substrate upright. The first magic mushrooms will be visible after about 1-1.5 weeks.
- Keep the bag very slightly open at all times once you see the first magic mushrooms to allow some moisture to evaporate. Too much moisture is not good.

Straighten up

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STEP 4: Harvesting

- Mushrooms are ready for harvest just before the veils underneath the caps begin to tear. Make sure to harvest before the first spores drop.
- You can harvest after 7-10 days after the first balls appear.
- Harvest by gently twisting and pulling the mushroom at the base to avoid damaging the [mycelium](#) (the mushroom network).

Note: Be thorough to prevent old mushrooms from rotting and contaminating the substrate.

How do you spot this crucial moment to harvest your mushrooms?



The right time to harvest is just before the veil tears. But as said, always be gentle and careful by extracting the mushrooms.

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The veil is located on the underside of the cap, and it covers the gills. On a juvenile mushroom, veils are fleshy and light coloured – a sort of grey-white usually. When the time comes for them to tear, they often darken and begin to sag. Don't wait around if you spot these signs; just harvest them. Treat each mushroom as an individual and take your cues from that shroom alone.

Until you have a little experience, you should always harvest mushrooms while the veils are still lightly coloured. As soon as you see any sign that they may be darkening, the time to harvest has arrived!



When it's too late?

You also need to know when the optimal time has passed, because you still need to pick them as quickly as possible at this point and avoid this mistake in the future.

The veil will literally drop down the stem once it tears, and detach from the underside of the cap, revealing a concave cavity and gills. At first, just one side may tear, but the rest will soon follow. The veil will turn black, followed the cap and whole mushroom.



STEP 5: Cold shock and start-over

These kits produce multiple mushroom harvests. After the first harvest, you fill the kit with clean tap water. This process is known as a cold shock and revitalizes the mycelium, ensuring that there is sufficient moisture for the mushrooms to grow again.

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- Clean your hands thoroughly.
- Ensure the environment is clean.
- Optionally - Use a towel to lay out materials and protect the surface.
- Get the substrate out of the bag
- Pour water (using a glass) into the grow kit until the container is completely filled.
- Place the lid on the substrate-box and let it soak for 12 hours, preferably in a cold place like the refrigerator.

Drainage the water:

- Open the container just a little bit and let all the water drain into the sink or a bucket. Why only a little? To prevent any components (grow ingredients) of the grow kit from escaping. Carefully drain the water.
- Once all the water is out, you can remove the lid.
- Again, don't throw away the lid; keep it stored.

You can go to step 2 again, and place the grow kit without the lid into the provided plastic bag.

Do's and don'ts of the growing process

What to watch out for while growing?

Do's:

- ✓ Ensure a clean workspace and sterile hands to prevent contamination.
- ✓ Follow the grow kit instructions carefully.
- ✓ Keep the grow kit in a warm place with sufficient light, but never in direct sunlight! The ideal temperature is between 18°C and 28°C.
- ✓ Optional (advanced): Keep a log of temperature, humidity, and growth to monitor the process.

Don'ts:

- ✗ Avoid adding extra water or nutrients beyond the recommended amount.
- ✗ Avoid opening the grow kit excessively to prevent contamination.
- ✗ Do not place the grow kit in a drafty or too cold area, as this can slow down growth.

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Do I need to dry the Magic Mushrooms? Or what's next?

Growing your own magic mushrooms is incredibly rewarding, but if you want to keep them for longer, you must dry them. If not dried, they will start to age and mold within a few days. And if you have a good harvest, you won't use all your mushrooms within a week ;-). Time to preserve them!

Shelf Life indication:

- Fresh mushrooms: 3-4 days (similar to regular mushrooms)
- Dried mushrooms: 2-3 months, up to years.

Mushrooms contain a lot of moisture (sometimes up to 90%). The more moisture something contains, the greater the risk of mold developing. From a mushroom grow kit, you usually harvest a considerable number of mushrooms. You can't use them all in a short time, so you want to store them. But unfortunately, they are only fresh for a few days. Think about the mushrooms you sometimes leave in the fridge. They turn dark, slimy, and moldy. Therefore, the best solution is to dry your mushrooms. However, it is important to do this properly. If there is even a little moisture left in the mushrooms, mold can develop. But if done correctly, you can store them for months, even years in ideal situations.

Option 1 - The simplest way to dry your mushrooms, let them dry:

For this method of drying, you don't need any special equipment; you can simply air dry or sun dry your mushrooms. After harvesting, place your mushrooms on a clean and dry surface. For example, use a tray and cover it with two layers of kitchen paper. Make sure the mushrooms do not touch each other.

You want them to be completely dry, so you can place them in the sun, near a heater, or a fireplace. The drier they become, the better. Place a black or dark towel over the mushrooms. This will attract more heat, accelerating the drying process. Change the kitchen paper under the mushrooms every day, as it will absorb the moisture. Using this method, your mushrooms will be longer-lasting. However, this method might not remove all the moisture from the mushrooms.



Option 2- Drying mushrooms with Epsom salt

Magnesium sulfate (also known as magnesium salt or Epsom salt) can also be used to dry mushrooms. Before you can use it, however, you must bake it at 250 degrees Celsius. The Epsom salt itself contains some moisture. Baking it at 250 degrees will evaporate all remaining moisture and then it can absorb moisture from your mushrooms.

1. Set the oven to 250 degrees and place a baking sheet with a 1 cm layer of Epsom salt in the middle of the oven.
2. Bake the salt for 2 hours. It will form a solid layer.
3. After 2 hours, remove it from the oven.
4. Work quickly now, as you don't want the salt to start absorbing moisture from the air again.
5. Use a hammer to break the salt slab into pieces.
6. Then place it in a container (it can also be done while the salt is still hot), place a rack over it, and lay the mushrooms on top.
7. Close immediately with a lid and let the salt do its work.

Storing Magic Mushrooms

Now that you have your dried mushrooms, make sure to store them properly: keep them in an airtight container in a cool, dark, and dry place. Use a zip-lock bag or, even

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better, vacuum pack them. Use a vacuum sealer to preserve your mushrooms in optimal conditions. Ready to grow mushrooms? Order them from the Awake shop!

Magic Mushrooms - Consuming

Now we dive into the effects when you consume Magic Mushrooms, the ideal dosage and the do's and don'ts of consuming.

Taking magic mushrooms involves careful consideration of dosage, setting, and mental preparation to ensure a safe and potentially beneficial experience. Here's a basic guide to get started!

In what kind of setting?

- **Environment:** Choose a calm, comfortable, and safe environment where you feel secure. This could be a quiet room at home, a secluded spot in nature, or any place where you are not likely to be disturbed.
- **Company:** Being with trusted friends or a guide who is sober and experienced with psychedelics can provide reassurance and help manage any challenging moments.

What to look out for?

- **Mental State:** Your mental state before taking mushrooms can influence your experience. It's best to approach them when feeling relatively stable and open to the experience.
- **Physical Health:** Ensure you're physically well. Avoid mushrooms if you're feeling under the weather or if you have serious health issues.
- **Potential Effects:** The effects can range from visual and sensory enhancements to deep emotional revelations and, in some cases, challenging psychological experiences. Effects typically begin within 20 to 40 minutes of ingestion and can last up to 6 hours, depending on the dose.
- **Integration:** After the experience, give yourself time to integrate and understand the insights or emotions that arose.

Safety Tips

- **Don't mix:** magic mushrooms with alcohol, prescription medication, or other drugs without understanding the interactions.
- **Stay Hydrated:** Keep water on hand, but avoid overeating before your experience to prevent nausea.
- **Prepare:** Have some activities planned that can help guide your experience, like listening to music, drawing, or journaling.

Remember, the experience can be intense, and having a respectful approach towards these powerful substances is crucial. If you're unsure or using them for the first time, consider having a conversation with someone experienced or seeking professional guidance.

How to find your ideal dose?

The ideal dose of Magic Mushrooms varies based on a person's weight, as heavier individuals may need more to experience the same effects. This difference is due to how the psychoactive component, primarily psilocybin, is distributed throughout the body. For those with more body mass, the effects might be less, unless the dose is increased accordingly. Adjusting the dose for weight can lead to a safer and more fulfilling experience by achieving the desired psychological and physical impacts.

Dosing based on weight for Magic Mushrooms - Fresh

Weight	Microdose (g)*	Small dose (g)*	Mid-dose (g)*	High dose (g)*
50k	1.4	12.5	17.4	27.5
60kg	1.5	13	19	30
70kg	1.6	14.5	20.5	32
80kg	1.75	15.5	22	35
90kg	1.9	16.5	23.5	37
100kg	2	17.4	24.6	39

Dosing based on weight for Magic Mushrooms - Dried

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Weight	Microdose (g)*	Small dose (g)*	Mid-dose (g)*	High dose (g)*
50k				
60kg	0.23	1.9	2.7	4.2
70kg	0.23	2	2.9	4.6
80kg	0.25	2.2	3.1	4.9
90kg	0.27	2.3	3.3	5.2
100kg	0.28	2.46	3.5	5.5

**Note: these are just guidelines. Every person is unique, so discover for yourself what is a suitable dose for you. If in doubt, we recommend starting with a lower dose. Please note that the effects of our products may vary for each person. We don't promise any specific results.*

Do's and don'ts Magic Mushrooms consuming

We have formulated several do's that can enrich your journey, as well as some don'ts that are important to review before you begin.

Do's

- ✓ **Conduct your own research:** Understanding the effects, benefits, and risks associated with Magic Mushrooms can help you make informed decisions and enhance your experience.
- ✓ **New to Magic Mushrooms? Start with a low dose:** If you're new or trying a new batch, begin with a small amount to test your response. You can increase the dose in future sessions if you feel good about it.
- ✓ **Set intentions:** Determine what you want to achieve—be it personal insight, spiritual growth, or creativity. Clear intentions can guide your experience.
- ✓ **Prepare your environment:** Tidy up and set up a relaxing space with comfortable items and soothing elements like soft lighting or music.

✓ **Stay hydrated and nourished:** Keep hydrated and have light snacks available, but avoid heavy meals(!) right before or during the session. This can also help with nausea.

✓ **Have a trip sitter:** Especially if you're inexperienced or taking a higher dose, having someone trustworthy to support you is recommended.

✓ **Flavour mixing:** To blend the flavor, you can consume the mushroom with dark chocolate or another preferred product that contains little to no sugar.

✓ **Journaling (optional):** Keep a journal handy to jot down thoughts, insights, and reflections during and after the experience.

✓ **Integration:** Afterward, reflect on your experience and consider how to apply any insights to your daily life for positive change.

Don'ts

✗ **Don't ignore preparation:** Failing to research and prepare can lead to an overwhelming or negative experience.

✗ **Don't rush dosage:** Starting with too high a dose without knowing your sensitivity can result in discomfort or more intense effects than expected.

✗ **Don't Neglect hydration and nourishment:** Ensure you stay hydrated and have light snacks available, but avoid consuming heavy meals right before or during the session. Heavy meals can lead to discomfort and interfere with the experience.

✗ **Don't Mix Substances:** Combining psilocybin with other drugs or alcohol can increase risks and lead to unpredictable effects.

✗ **Don't do Magic Mushrooms during pregnancy or breastfeeding.**

✗ **Don't do Magic Mushrooms if you are under 18 years of age.**

✗ **Avoid use with mental health issues:** Be extra careful if you're struggling with severe mental health problems. In case of doubt, always consult a medical professional.

✗ **Do not do Magic Mushrooms in combination with medication such as SSRI's:** Some medications, especially antidepressants or other psychoactive drugs, can interact negatively with psilocybin, leading to dangerous or unpredictable effects. If you're unsure whether Magic Mushrooms are safe for you, it's crucial to consult with a medical professional for personalized guidance and advice.

✗ **Avoid combining with other psychoactive substances:** This can cause unpredictable interactions and effects.

IMPORTANT: If you're unsure whether Magic Mushrooms are safe for you, it's crucial to consult with a medical professional for personalized guidance and advice.

What to expect from magic mushrooms?

The benefits of Magic Mushrooms

People consume Magic Mushrooms primarily to enhance their mood, altered perception, or in some cases, profound insights. They are used recreationally, spiritually, and increasingly, therapeutically.

Some of the most reported benefits:

- **Boosts Creativity:** Magic Mushrooms can make you think more creatively.
- **Emotional Relief:** Magic Mushrooms can help you let go of strong emotions and feel better.
- **More Open:** You might feel more open to trying new things and rethinking what you believe.
- **Feeling Connected:** You could feel a stronger bond with people, nature, or the world.
- **Improve mental wellbeing:** Magic Mushrooms have the potential to help with mental health
- **Changes in Perception:** The experience can change how you see the world in a significant way.

Enjoy the magic effects!

Magic Mushrooms are known for their potential magical effects. These effects can vary widely depending on the dosage, individual sensitivity and the setting in which they are used (more about this in the do's and don'ts). Prepare and embrace yourself for some of the most common effects:

- **Visuals:** You may see enhanced colors, vivid patterns, and visual distortions or hallucinations. Objects might appear, and geometric patterns can be seen when closing the eyes.
- **Emotional Amplification:** Your feelings can become more intense, you may feel more happy, exciting and gain more positive emotions.

- **Different perception of time and space:** Time might seem to move slower or faster than normal, and things around you may look larger or smaller than they really are.
- **Spiritual experiences, and sense of wonder:** Lots of people gain a deep, meaningful experience that make them feel connected to the universe or provide a sense of personal insight. You also may find everyday things more fascinating and feel a strong sense of appreciation for nature.
- **Enhanced creativity:** You may experience a burst of creativity, seeing new ideas and making connections they hadn't noticed before!
- **Physical sensations:** Some people experience gravity completely differently, you may feel yourself very light or even that you're floating.

Pre-packaged instead of growing your own?

If you don't have the time or space to cultivate them yourself, consider the convenience of our ready-to-use (microdose) Magic Truffles! Our selection offers you safe, reliable truffles without the effort of growing them yourself.

Magic Mushrooms versus Magic Truffles

Magic mushrooms and Magic Mushrooms are both parts of the same organism and contain the psychoactive compounds psilocybin and psilocin, but they differ significantly in their biology and effects.

Magic Mushrooms

These are the fruiting bodies of the fungus, growing above ground and containing spores. They have a recognizable cap and stem structure.

Magic Truffles

Also known as sclerotia, truffles are the compact, hardened masses of mycelium that grow underground. They serve as nutrient storage compartments for the fungus and are not true truffles but get their name from their appearance.

Both contain psychoactive substances, but their potency can differ. Truffles are usually not as strong as mushrooms. Truffles usually require a higher dose to achieve similar effects as magic mushrooms.

Effects

Both can induce similar psychedelic experiences, including visual enhancements, deep emotional insights, altered perception of time and space, and in some cases,

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spiritual experiences. However, the intensity and duration might vary due to the different concentrations of psychoactive compounds.

[> Check out our website for our \(microdosing\) magic truffles products](#)