

What you'll need to get started

- Sterilized substrate tub (with injection port)
- Growbag with filter patch (for the fruiting stage)
- Liquid culture (LC) syringe with needle
- Alcohol wipes

Before You Start

- Work in a clean, draft-free space. Close windows and doors, and turn off fans — airborne contaminants are the most common cause of failed inoculations.
- Wash your hands thoroughly, or wear gloves and wipe them down with an alcohol wipe.
- Wipe down your work surface with alcohol or a disinfectant spray.

Step 1 — Inspect the Substrate Tub

Check the tub for any discoloration, green or black spots, or an unusual smell before you begin. If you notice any of these signs, do not use the tub — contamination has likely already set in.

Locate the injection port on the lid (the small self-healing rubber membrane).

Step 2 — Disinfect

Wipe the injection port with an alcohol wipe and let it air-dry for a few seconds. Injecting through wet alcohol can carry it into the substrate and locally inhibit mycelium growth.

Wipe the rubber stopper on your liquid culture bottle as well.

Step 3 — Prepare the Syringe

1. Shake the liquid culture bottle gently to evenly distribute the mycelium through the liquid. Avoid vigorous shaking that creates foam.
2. Remove the syringe from its packaging without touching the needle.
3. Insert the needle through the LC bottle's stopper and draw up 3–5 ml (check your product's specific recommendation for tub size).
4. Hold the syringe upright and tap gently to release any air bubbles.

Step 4 — Inoculate

1. Insert the needle straight through the disinfected injection port.
2. Inject the liquid culture at 2–4 different points spread across the substrate, repositioning the needle slightly between injections without fully withdrawing it.
3. Withdraw the needle and wipe the port once more with a fresh alcohol wipe.
4. Use one needle per tub only — never reuse a needle across multiple tubs, to avoid cross-contamination.

Step 5 — Incubation

- Store the tub in a dark space at room temperature (around 21–24°C / 70–75°F).
- Leave it undisturbed for the first few days — no shaking or moving.
- After 1–2 weeks, you'll see white, thread-like mycelium growing outward from the injection points. Full colonization typically takes 2–4 weeks, depending on substrate and temperature.
- Check regularly for contamination (green, black, or pink spots, or a sour/rotten smell). If in doubt, discard the tub — do not consume or continue growing it.

Step 6 — Transfer to the Growbag (Fruiting Stage)

1. Once the substrate is fully colonized (entirely white), open the tub in a clean environment.
2. Break up the colonized substrate gently ("break and shake") for even distribution, then transfer it into the growbag.
3. Seal the growbag as instructed, keeping the filter patch open for air exchange.
4. Place the growbag somewhere with indirect light, at 21–24°C / 70–75°F, and maintain humidity by lightly misting through the filter or briefly opening the bag periodically.

Key Tips

- **Cleanliness is everything.** Most failures come from contamination during inoculation, not from the liquid culture itself.
- **One needle, one tub.** Never touch the needle tip to anything, and never reuse it for a different tub.
- **Don't overfill.** Too much liquid culture can oversaturate the substrate and increase the risk of anaerobic contamination — stick to the recommended volume.