



THANK YOU FOR CHOOSING THE **INJECT & FORGET BRF** ALL-IN-ONE GROW BAG!



We hope you **enjoy** using **this product** as much as we enjoyed making it. This quick guide covers everything from injection to harvest — please read before starting.

Note: This is a unique “Inject & Forget” style bag that should remain fully sealed until harvest. There is no need to cut or open the bag at any point before picking your mushrooms.

STEP 1 INJECTING THE BAG

1. Wash hands or wear gloves
2. Remove bag from outer packaging (no scissors!)
3. Shake syringe (5 sec), attach needle
4. Do NOT heat the needle – it's pre-sterile, and heat can damage the injection port
5. Clean the rubber port with the alcohol wipe
6. Inject:
 - 1LB/2LB: up to 10ml
 - 4LB: up to 20ml
7. Mix the bag for 2 minutes to spread liquid
8. Lay flat in a dark, warm place (24–27°C)

STEP 2 COLONISATION

1. Keep in the dark at 24–27°C
2. After ~2 weeks, look for white mycelium
3. At ~30% white: mix the bag again
4. After 10 more days (~50–60%): mix again, shape into a block
5. Once fully white = ready for fruiting

STEP 3 FRUITING

1. Move to a spot with 12h light / 12h dark (natural light or a white lamp)
2. Maintain temp at 24–27°C
3. Do NOT open or cut the bag – it stays sealed throughout fruiting
4. Pins (baby mushrooms) appear in 10–28 days

STEP 4 HARVESTING

1. Mushrooms are ready when the veil under the cap tears
2. At this point, cut the bag open and gently twist or cut mushrooms
3. Keep the bag for more flushes!

STEP 5 ADDITIONAL FLUSHES

1. Rehydrate by pouring water inside around the edges:
 - 1LB: ¼ cup • 2LB: ½ cup • 4LB: ¾ cup
2. Let sit for 12 hours
3. Drain all water well — tilt bag for 30–40 mins
4. Return to fruiting setup
5. Expect 2–3 flushes per bag!

NEED HELP?

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Thanks again — and happy growing!