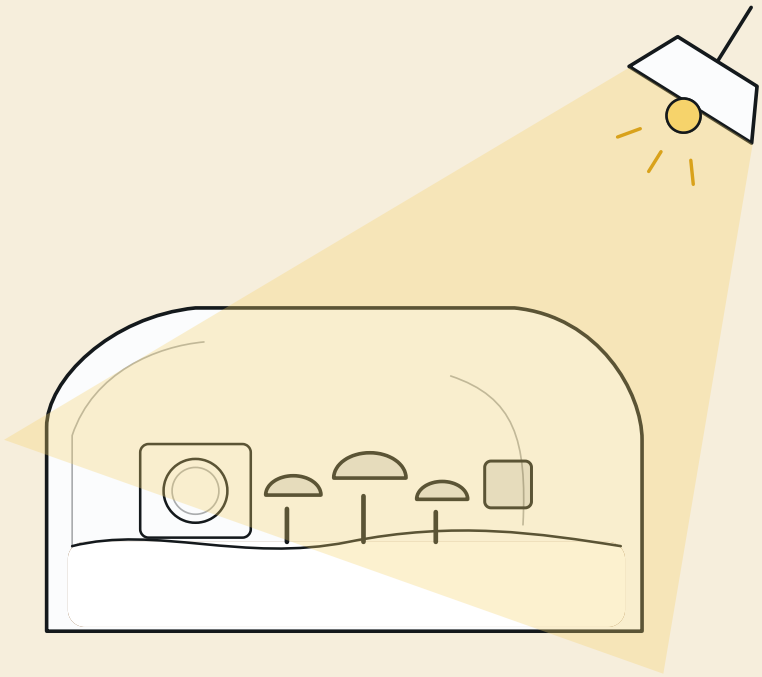
Mushroom Growing Kit 4lb, Coco Coir & Rye Grain Grow Bag, LightBag

From sporesyringes.co.uk/growing-kits/lightbags-inject-and-forget, where the drawings move and the page is kept current.

Scan for this page

THE METHOD, STEP BY STEP





Day 41

1 Wipe the port with the alcohol swab

2 Needle through the port once; inject it all in one place

3 Tilt the bag so the liquid runs across the base; no mixing

4 Days 1 to 10: growth shows at the bottom; leave it alone

5 Day 10: break it up and mix well, then lay it on its side; leave it until day 15

6 Day 15: mix well again, still on its side; leave it until day 20

7 Day 20: mix once more; light on, fruiting on its side, sealed

8 Days 34 to 41: mushrooms form, still sealed

About Mushroom Growing Kit 4lb, Coco Coir & Rye Grain Grow Bag, LightBag

A 4 lb sealed grow bag with approximately 1.8 kg of coco coir and rye grain substrate, made to colonise in dim room light rather than complete darkness. The flagship of the all-in-one range, fruited sealed, with a self-healing injection port and breathable filter patch, for growers who want a high-capacity kit with minimal intervention.

What it is

The LightBag is the next evolution of the sealed grow bag. A heavy-duty cultivation bag holds approximately 1.8 kg of coco coir and rye grain substrate and is fitted with a self-healing injection port and a breathable filter patch. Colonisation and fruiting take place inside the same sealed bag, so there is no separate fruiting chamber, fanning or misting, and handling is kept to a minimum.

Colonises in dim light

Standard grow bags often need dark incubation. The LightBag's coco coir and rye grain formulation has been designed to allow healthy development in dimly lit conditions, so the bag can stay in one place from inoculation to harvest instead of being moved between environments. Inoculate with a suitable gourmet liquid culture, tilt the bag so the liquid runs across the base and keep it at 22 to 23 °C. Mix it well on day 10 and lay it on its side, where it stays: mix again on day 15 and day 20, then switch a light on over it and let it fruit on its side, sealed. Colonisation takes approximately two to three weeks and fruiting a further two to three weeks, about 35 to 45 days in total; times vary with species, genetics and environmental conditions. The bag is suitable for multiple flushes when correctly maintained.

What is included

Spores and liquid culture are not included.

- 1 × LightBag 4 lb mushroom growing kit
- Approximately 1.8 kg coco coir and rye grain substrate
- Self-healing injection port
- Large breathable filter patch
- Full cultivation instructions

Substrate	Coco coir and rye grain, approximately 1.8 kg (4 lb)
Size	40 cm long, 30 cm high, 18 cm wide
Light	Colonises in dim room light
Colonisation	Approximately 2 to 3 weeks
Total time	About 35 to 45 days
Temperature	22 to 23 °C
Injection port	self-healing
Filter patch	high-flow breathable filter
Mixing	Tilt after injecting; mix well on day 10 and lay the bag on its side; mix again on day 15 and day 20, still on its side, then light on and fruiting on its side
Injection	20 ml of gourmet liquid culture through the port; liquid culture is not supplied

Inject-and-Forget kit instructions

One bag, one injection, and the bag stays sealed until the first harvest (why the sealed bag, with its pros and cons). These instructions cover the 1 lb, 2 lb and 4 lb Inject-and-Forget bags, the horse manure kits, the LightBags and the SprinkleBags; the all-in-one grain and CVG bags have their own instructions and the monotub kit its own. Read the injection rules first: they are short, and they are where the difference between a good bag and a lost one is made.

Step 1: what you need

- The bag, unopened, at room temperature, and the alcohol swab that comes with it
- A gourmet liquid culture syringe, or a syringe you have filled yourself, with its needle still in the wrapper
- Still air: doors and windows closed, fans and heating off, hands washed and dried

Nothing else. No alcohol on the bag, no flame, no gloves unless you prefer them. Psilocybe cubensis spores sold on this site are supplied for microscopy and taxonomy only and are not for use with this kit.

Step 2: inject

Wipe the injection port once with the alcohol swab that comes with the bag and let it dry for a few seconds. Seat the needle on the syringe with a quarter turn until it will not turn further. Push it through the centre of the self-healing port at a slight angle, inject all of the amount your kit page gives in one place, and withdraw

in one movement. Do not move the needle about inside the bag or wind it round in the port, which can damage the port. Do not make a second hole, do not tape the port, and do not wipe anything else, before or after.

Step 3: incubate, sealed

What happens next depends on the bag.

- **Inject-and-Forget bags (1 lb, 2 lb and 4 lb, brown rice flour based):** mix the bag well, through the plastic, straight after injecting: knead it, not a little shake. That same-day mix puts the culture in hundreds of places at once, which is why these bags are so fast. Stand the bag upright somewhere dark and still at 26 to 27 °C. On day 10, mix it well again and lay it on its side, where it stays until the harvest. Mix well once more on day 15, and start fruiting on day 20.
- **Grain-based grow bags (the horse manure kits, the LightBags and the SprinkleBags):** do not mix yet. Tilt the bag so the liquid runs across the whole base, then stand it somewhere dark and still at 22 to 23 °C (the LightBag is happy in dim light); the lower temperature stops the grain layer at the base drying out. Growth shows first on the bottom of the bag. Leave it alone until day 10, by which time the culture has taken, then break it up and mix it well through the plastic. Mix again on day 15 and once more on day 20. The LightBags and the horse manure kits are laid on their side after the day 10 mix and stay there, mixed and fruited on their side. A horse manure kit or a LightBag then goes into fruiting conditions in the bag. A SprinkleBag carries on colonising to day 25, by which time the grain is fully white; then pull the lower sealer stick so the vermiculite drops onto the grain as a casing layer, switch the light on and leave it sealed to fruit. The horse manure kits stay at 22 to 23 °C from injection to harvest. A plain grain bag is not fruited on its own: when it is fully colonised, the grain is mixed with bulk substrate for a monotub or bag-tek, or given a casing layer.

Whichever bag it is, leave at least five days between mixes so the mycelium comes back healthy. The incubation rules cover what normal and abnormal growth look like.

Step 4: fruiting, still sealed

On day 20, mix the bag one last time, switch a light on over it and place it into fruiting conditions; the substrate will be about four-fifths white and finishes colonising as it fruits. The light is the signal to fruit: the bag has been in the dark until now. From there the bag fruits on its own: the oxygen-release agents in the substrate and the filter patch do the gas exchange, so there is no tub, no misting and no fanning. Keep the bag at room temperature in indirect light and leave it sealed; the horse manure kits stay at 22 to 23 °C. Small pins form against the plastic and grow into mushrooms inside the bag over the next two to three weeks.

Step 5: harvest

Open the bag for the first time only when the mushrooms are ready: caps opened out, edges still slightly curled, before they drop spores onto the substrate. Cut the top of the bag, harvest the whole cluster by twisting it away at the base. For the next flush, pour half a cup of clean water into the bag and seal it with a bag-sealer stick so the water stays in. Leave it to soak for 24 hours, then open the bag and let the remaining water drain out for 15 minutes. Seal it again and put it back into its warm, lit fruiting conditions; the next flush shows in one to two weeks.

If it goes wrong

Green, black or pink patches, wet grey slime or a sour smell before the bag was first opened are contamination, and a bag and syringe bought together from us and handled by these rules are covered by the sterile guarantee: photograph the whole bag, the port and the filter patch, and send the claim form with your order reference.

Buy another kit

- Mushroom Growing Kit 1 lb, Inject-and-Forget
- Mushroom Growing Kit 2 lb, Inject-and-Forget
- Mushroom Growing Kit 4 lb, Inject-and-Forget
- Mushroom Growing Kit 4 lb, horse manure and rye grain
- Mushroom Growing Kit 6 lb, horse manure and rye grain, 80 cm bag
- Mushroom Growing Kit 6 lb, LightBag 80 cm
- Mushroom Growing Kit 4 lb, horse manure and brown rice flour
- LightBag 4 lb, colonises in dim light
- SprinkleBags, auto fruiting
- Monotub kit 45 L, full kit
- Gourmet liquid cultures
- Bag sealer sticks, for the soak before the next flush

Injection rules

Almost every contaminated bag we have ever replaced went wrong in the thirty seconds between opening the syringe and finishing the injection. The syringe, the needle and the bag all arrive sterile; the job is to keep them that way for those thirty seconds. These are the rules our sterile guarantee asks you to follow, and they apply to gourmet liquid cultures and spawn bags alike.

Rule 1: never heat, flame or wipe the needle

Every needle arrives gamma-irradiated sterile in its own wrapper, and the syringe casing and end cap keep the contents sterile. Flaming a needle leaves soot and a hot tip that kills what it touches; wiping it with alcohol drags whatever was on the wipe onto the one part that goes inside the bag. Use the needle straight from the wrapper. There is a sticker on every bag saying the same thing.

Rule 2: seat the needle properly

A loose needle is the other big cause of contamination. Push the needle hub onto the Luer lock and give it a quarter turn until it stops. It should not wobble. If it does, take it off and seat it again before you go anywhere near the bag.

Rule 3: work still, not clean

You do not need to sterilise the room. You need still air. Close the windows and doors, turn off fans and heating, and wait a minute for the air to settle. Wash and dry your hands, then keep them away from the needle. A still air box helps but is not required for a bag with a self-healing port.

Rule 4: go through the port, once

Every bag has a self-healing injection port. Push the needle through the centre of the port at a slight angle, inject, and withdraw in one movement. Do not inject through the plastic beside the port, do not make a second hole, and do not open the bag to "check" the grain.

Rule 5: how much, and where

Use the amount the product page for your bag gives, and inject all of it in one place. Do not move the needle tip about inside the bag and do not wind the needle round in the port: that can damage the port. The liquid is spread afterwards, not with the needle. An Inject-and-Forget bag is mixed straight after injection. A grain-based bag is tilted so the solution runs across the whole base of the bag.

Rule 6: wipe the port, and nothing else

Every bag comes with a small alcohol swab. Just before you inject, wipe the injection port with it, once, and give it a few seconds to dry. That is the only thing on the outside of the bag that gets wiped: not the needle, not the rest of the bag, and nothing afterwards. The port reseals itself; do not tape over it and do not wash the bag.

Rule 7: one syringe, one job

A syringe is a single-use item. Draw from a fresh syringe for each strain or culture, cap it if you have to pause, and do not put a used needle back into a sterile bottle.Spare needles can be added at the basket.

What happens next

The bag goes somewhere warm and dark and stays sealed until it is fully colonised. That part is covered by the incubation rules. Follow both sets of rules, buy the syringe and the bag together from us, and if the bag still contaminates before it is opened for the first time, the sterile guarantee replaces it.

Psilocybe cubensis spores sold on this site are supplied for microscopy and taxonomy only; germinating them is illegal in the UK and they are not for use with any growing product. These rules are written for gourmet liquid cultures.

Incubation rules

Once the bag is injected, the work is done and the waiting starts. Our spawn bags and all-in-one grow bags are made to stay sealed from injection to first harvest, so the incubation rules are mostly about resisting the urge to help. These are the rules our sterile guarantee asks you to follow after the injection rules.

Rule 1: keep it sealed

Do not open the bag, cut the bag, or add anything through the port after the injection. The filter patch lets the bag breathe; nothing else needs to. A bag opened "to have a look" is no longer a sealed bag, and it is no longer covered by the guarantee.

Rule 2: warm, dark, still

Put the bag out of direct light, where it will not be moved or knocked, at the temperature for its type: 22 to 23 °C for a grain-based bag (the 50/50 all-in-one bag, the LightBag, the SprinkleBags and every rye grain spawn bag), and 26 to 27 °C for the brown rice flour Inject-and-Forget bags. Grain-based systems are kept cooler so the grain layer at the base does not dry out. An airing cupboard, the top of a wardrobe or a heated incubator all work; the LightBag is made to colonise in dim light, the others prefer dark. Do not put a bag on a radiator, on a heat mat with no thermostat, or in a window: mycelium that goes past 28 °C stalls, and hot bags sweat, which is what contaminants like.

Rule 3: mix on the schedule, not before

An Inject-and-Forget bag is mixed well, through the plastic, on the day it is injected. That same-day mix is the reason Inject-and-Forget bags work so fast. A grain-based bag is the opposite: leave the grain where it landed, and only break it up and shake it after day 10, once the spores have germinated. After any mix, leave at least five days before the next one so the mycelium comes back healthy. Shaking a grain bag before day 10, or mixing more often than every five days, breaks the early growth and spreads whatever else is in there. When you do mix, mix well: knead the bag through the plastic, not a little shake.

Rule 4: wait for full colonisation

White mycelium spreads from the germination points and joins up. In a grain-based bag you see it first on the bottom of the bag, where the solution ran. An Inject-and-Forget bag that was mixed straight after injection shows hundreds of germination points all through the substrate. A bag is ready when the grain is white all the

way through with no yellow, brown or grey patches. That takes two to four weeks for most gourmet species at the right temperature, longer if the room is cool. Slow is not the same as failed.

Rule 5: know what contamination looks like

Green, blue-green, black or pink patches, a wet grey slime, or a sour smell through the filter patch are contamination. White fluffy growth, small drops of yellow-brown liquid on the mycelium and a mushroom smell are not. If you are unsure, photograph the bag against a plain background in daylight and send it to us before you do anything else; the contamination guide has pictures.

Rule 6: when the bag is fully white, move on

A grain bag is fully colonised when every grain is covered in mycelium. For a spawn bag, that is the moment to mix it into bulk substrate for a monotub or bag-tek, with the substrate calculator giving the quantities; a grain bag is not fruited without a bulk substrate or a casing layer. A fruit-from-the-bag system is usually ready to fruit by day 20 on our mixing schedule: mix first on day 10, again on day 15 and again on day 20, then place it into fruiting conditions, still sealed until the product page says to open it. Opening the bag for the first time is where the guarantee ends and the growing begins.

If something goes wrong

Contamination before the first opening, on a bag and syringe bought together from us and handled by these rules, is covered by the sterile guarantee. Send the claim form with photographs of the whole bag, the injection port and the filter patch, and your order reference, and we will replace it.

Psilocybe cubensis spores sold on this site are supplied for microscopy and taxonomy only; germinating them is illegal in the UK and they are not for use with any growing product. These rules are written for gourmet liquid cultures.

© SporeSyringes.co.uk. Printed from sporesyringes.co.uk/growing-kits/lightbags-inject-and-forget.