MUSHROOM GROW KIT · PSILOCYBE CUBENSIS

GOLDEN TEACHER

Your step-by-step grow guide, from opening the box to your first harvest – and the flushes after that.



GROWING LEVEL	TEMPERATURE	FIRST PINS	IN THE BOX
2 of 5 · beginner-friendly	**22–26 °C**	**1–3 weeks**	**Kit, filter bag, 2 clips**

1 Prepare a clean workspace

Do this: Until you start, keep the kit in the fridge (2–4 °C), and start as soon as you can: it's a living product. Clean the table or shelf where your kit will stand. Wash your hands up to your elbows, and wear gloves if you have them. Make sure the room is tidy and free of dust.

Why: Mould and bacteria are the biggest risk to any grow. A clean start protects the mycelium.

2 Soak the kit (cold shock)

Do this: Carefully remove the lid and fill the tub with clean, cold water (distilled, or boiled and cooled). Close the lid and put the kit in the fridge for 12–24 hours. Then open it and pour off all the water.

Why: Soaking rehydrates the mycelium, like a rain shower in nature. The cold shock tells it that it's time to start pinning: forming baby mushrooms.

3 Create a humid environment

Do this: Place the kit inside the filter bag and mist the inside walls of the bag with a spray bottle of clean water. Fold the top over with some air trapped inside and close it with the two paper clips. Only open the bag to mist again when the walls look dry.

Why: Mushrooms need high humidity. Too dry and they stall; too wet and mould gets a chance.

4 Keep it warm, with indirect light

Do this: Keep the temperature between 22 and 26 °C (72–79 °F). Using a heat mat? Never let the kit touch it directly. Give the kit about 12 hours of indirect light a day: normal daylight is ideal, but no direct sun.

Why: Golden Teacher, like every cubensis, grows best when it's warm, stable and gets indirect light.

5 Watch it grow

Do this: Within 1–3 weeks, small pins (baby mushrooms) start to appear. Once they get going they grow fast and are usually ready within a few days, so check on them every day.

Why: Healthy mycelium is bright white and spreads evenly. Tiny white or brownish bumps are pins: your first mushrooms. Golden Teacher caps usually turn from golden to caramel as they grow.

For adults 18+ · Grow kit laws differ per country: check the rules where you live.

6 Harvest the first flush

Do this: Harvest when the thin veil under the caps starts to tear. Cut each mushroom at the base with a clean, sharp knife, and remove every bit of stem from the substrate. You can also gently twist them off, but that disturbs the mycelium a little more.

Why: Leftover stem pieces can rot and cause contamination. A blue tint where you cut is normal: it's just oxidation.

7 Go again for the next flush

Do this: After harvesting, repeat steps 1 to 6: clean, soak, drain, bag, mist and wait. Many kits give two to four flushes, each usually a little smaller than the last.

Why: Rehydrating after each flush lets the mycelium use the nutrients that are left, until they run out. Later flushes aren't guaranteed.

8 Enjoy, and tell us how it went

Do this: Congratulations on your Golden Teacher grow! Send us a photo on WhatsApp – we love seeing them – and if you enjoyed your kit, a review helps us reach more growers.

Why: Want to dry your harvest, or check whether something looks right? Our grow articles below cover it.

LEARN MORE ON OUR BLOG

Healthy mycelium or mould?
How to tell the difference

Spotting contamination
What it looks like, what to do

Rehydrating your kit
Get ready for the next flush

Air-drying your harvest
No equipment needed

GROW IT TOGETHER

Know someone who'd love to grow their own Golden Teacher? Share this guide. Questions while you grow? Our team in Utrecht is one message away.

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This is our favourite way to grow. There are many guides and methods out there and no single "right" one – feel free to find what works best for you. Every grow is different, so no yield or result is guaranteed.

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