

Jack Frost Growkit Manual:

1. **First Look**: When you receive your grow bag, carefully examine it for any signs of damage or contamination. If all appears well, you can move on to the next stage.
2. **Opening Procedure**: Unclip the air-tight seal at the top of the bag. Slowly let fresh air in by inflating the bag a bit, and then close it back up with the clip. To minimize the development of mushrooms on the sides of the bag, secure an elastic band around it at the level of the top of the substrate.
3. **Observation Phase**: Watch the bag closely as the mushrooms start to develop. The first two growth cycles don't need any additional watering. Begin the harvest process when the mushroom caps open. Remember, not every mushroom type has a veil or releases spores.
4. **Harvest Time**: Clean your hands with alcohol and wear latex gloves for hygiene before you start harvesting. Twist each mushroom off in a clockwise direction. Harvest them as soon as their caps open to ensure they are as potent as possible. The mushrooms should be ready to pick between two to four weeks after planting, depending on the conditions and the type of mushroom.
5. **Care After Harvest**: Once you've harvested the second batch, moisten the substrate by adding a bit of water (around one third of the substrate's height). Seal the bag tightly with the clip. It's crucial to let fresh air in again by briefly removing and reapplying the clip. Drain any unabsorbed water after twelve hours.
6. **Temperature Management**: Keep the temperature steady between 20-25 degrees Celsius (68-77°F) to promote optimal mushroom growth. Avoid drastic temperature changes.
7. **Further Cycles**: You can expect at least two batches from each bag, sometimes up to four. After each harvest, repeat the watering and sealing steps to stimulate more growth.
8. **Proper Storage**: If you're not using the grow bag right away, store it in a fridge set between 2 and 8 degrees Celsius (36-46°F) to maintain the mycelium's health.

Additional Advice:

Ensure regular fresh air circulation inside the bag to foster successful growth. Always adhere to your local laws and regulations when cultivating and using *Psilocybe Cubensis*. Enjoy the process and here's to a plentiful harvest!