



AFTERCARE  
GUIDE  
FOR CORDYCEPS JARS

# Incubation

1. Start by storing your jar somewhere warm (around 18C) and dark for 5-6 days.
2. After that time, check on your jar, there should hopefully be some white myceliation on the surface of the rice.
3. Move your jars onto a windowsill, ideally south facing



# Fruiting

1. The jar will now spend about 4-5 weeks growing through the rice and, hopefully, preparing to fruit.
2. Your windowsill fruiting space should ideally be 20-25°, though it can be as low as 15° - it just means that myceliation will take longer.
3. If you aren't getting a lot of natural sunlight on your windowsill, you can supplement the jar with a grow light - blue or pink light is believed to be best.
4. If the mycelium is cordyceps it should eventually start to turn a light orange and begin to form fruiting bodies.
5. Harvest when the fruits stop growing/hit the top. The stroma (see next page) are a sign of maturity.
6. You may wish to try using the mycelium as well - just make sure that you only do this if you have seen a cordyceps fruiting body, otherwise it could be a contaminant.

**STROMA**

