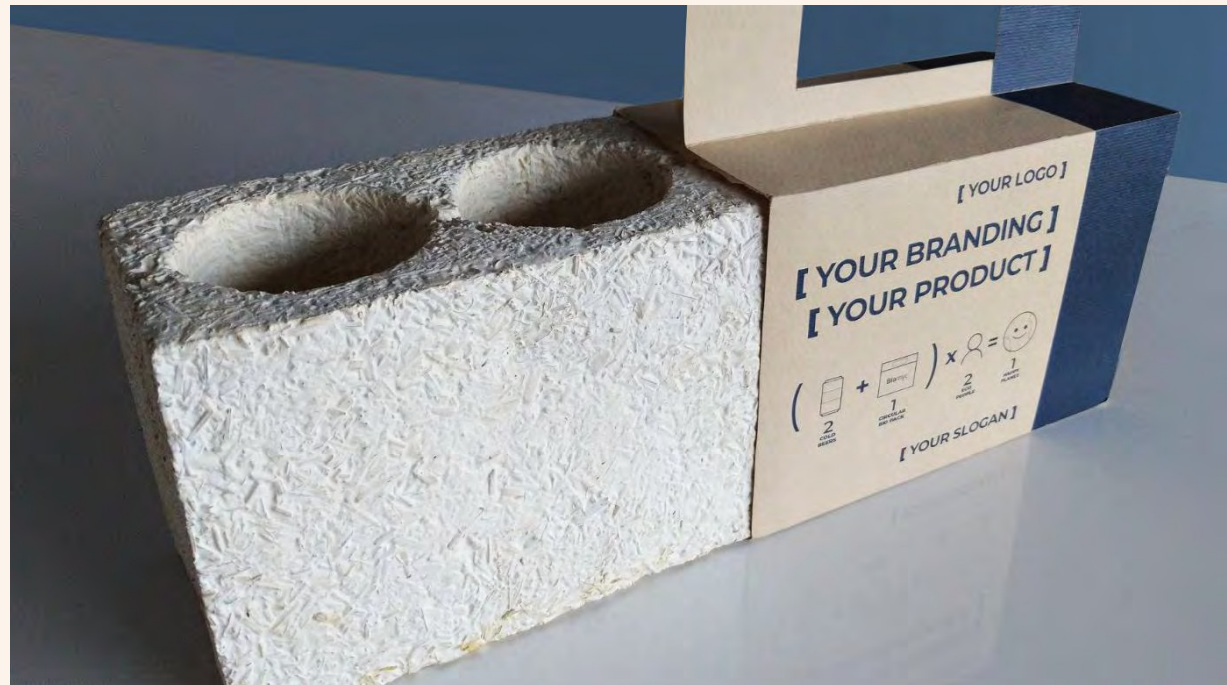


# 6 Step DIY- Drink can holder Manual





Grow your own drink can holder!

## Welcome to the world of Mycelium

This instruction booklet is designed to provide you with a guide and example of how you can successfully grow your own product, using our GIY kit.

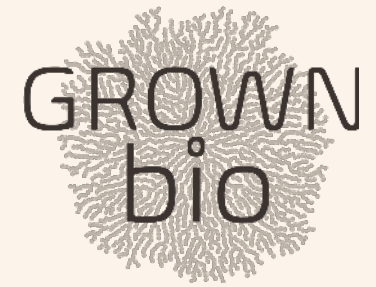
Please make sure to **use it within 5 days** upon arrival.

## YouTube Video & FAQs

Before you start, you can also check out our [GIY instruction video](#) for a visual overview of the process

If you have any questions along the way, visit our [FAQ section](#) for answers.

It's time to get creative and experiment with different techniques to make your material truly unique → the possibilities are endless.



## Social Media

We also love to see the progress and results of your GIY projects.

You can tag us  
in your story and your post on Instagram  
**@grown\_bio**  
we'd love to repost your project.

Or send it to  
**sales@grown.bio**  
and we take care of the rest.

Now let's get started on your journey to grow your own product!  
Enjoy the process & get ready to create something truly special.



What's included from GROWN bio:

- ▣ Substrate
- ▣ Instructions
- ▣ Growth form

You will need:

- Ethanol  
(alcohol to disinfect)
- Plastic wrap
- Scissors
- Gloves
- Flour (30g per 1  
kg substrate)
- Sculpting mix  
(optional)
- Growth form
- Large bowl
- Kitchen scale

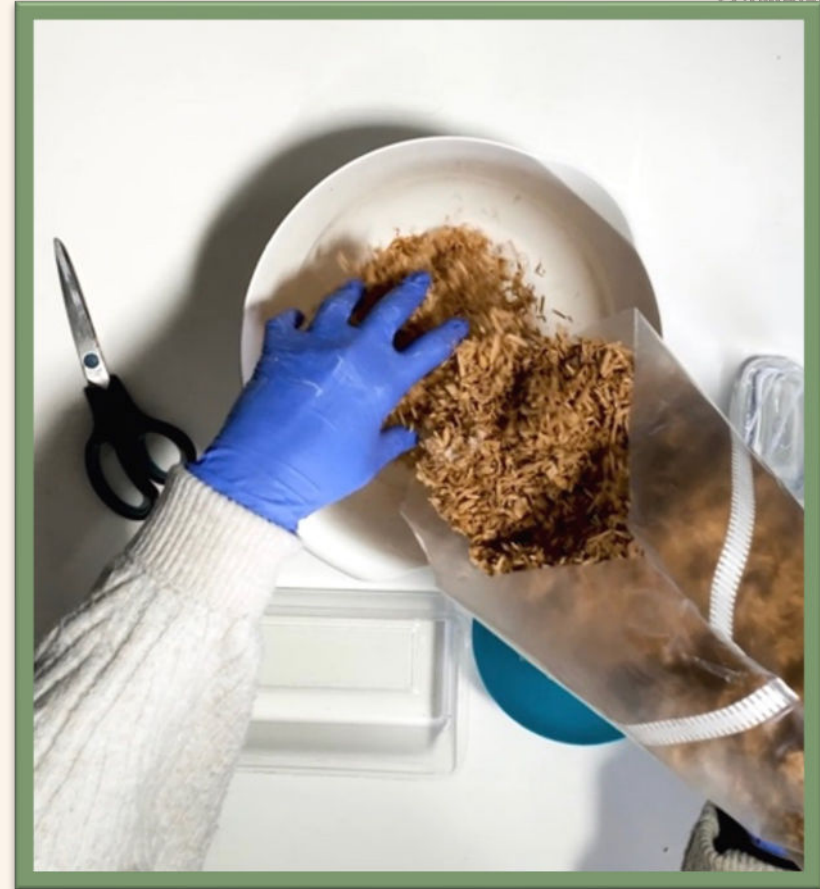
## Keep it Clean!

It is super important to keep everything extremely clean and prevent contamination from bacteria that could ruin your project. Make sure to wear gloves and disinfect them & everything else you touch, with ethanol. Don't touch the substrate without gloves.



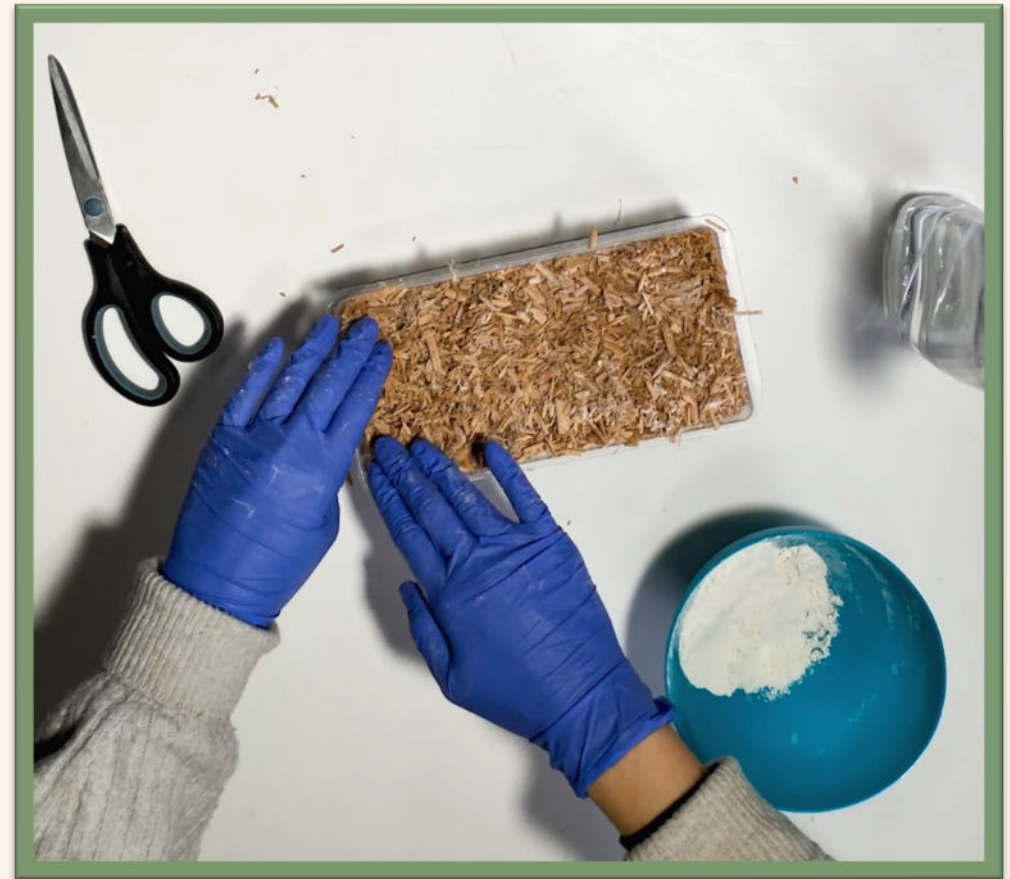
## Step 1: Preparations

- 1. Put on the gloves & clean everything** (gloves, scissors, bowl, part of the bag where you cut it open & growth form) **and the surfaces** with ethanol.
- 2. Add the substrate** from the bag to a sterile bowl and add flour (30g per 1 kg substrate).
- 3. Breakup the substrate** with your hands (gloves on) and thoroughly **mix in the flour**. Make sure you crumble all lumps and **mix it nicely**.



## Step 2: Fill the growth form

1. **Clean the growth form** with ethanol.
2. **Fill the growth form** with the prepared substrate and make sure it's properly filled.



4. **Cover** the openings of the **growth form** with a plastic wrap.



5. Make **small holes** every 3 cm, this allows the mycelium to breathe.



## Step 3: Growing Phase 1

Let the project **grow for approximately 4-5 days at 22°-26°** in the growth form.

## Step 4: Popping

Flip the growth form upside down and tap until the product “pops” out of the growth form. Sometimes it may have created a vacuum. Let some air get into the mould. Or, wiggle with a knife, but be careful, otherwise you’ll see marks.



## Step 5: Combine the 2 parts, growing phase 2

Place the 2 parts carefully on each other and let them grow together for **2 more days outside of the growth form in a closed environment at 22°-26°**.

The closed environment can be a bigger, closed form or you can create your own pod with a plastic bag for example. Make sure to provide enough space for the product & avoid any contact with surrounding items or walls.

The lower the temperature, the longer it needs to grow. Sometimes even more than 7 days in total (growing phase 1 & 2). It depends on the circumstances.





## Step 6: Dry

### How do you know if your product has dried enough?

→ The best test is to measure the weight before and after. Mycelium substrate contains approximately 60% moisture, so the product should lose 50-60% of its initial weight.

A. For products with a thickness  $> 2,5$  cm - Place the product in the oven at  $\pm 40^{\circ}\text{C}$  with the door a bit open so the moisture can escape for 3-4 hours. - Bake off at  $70^{\circ}\text{C}$  for 2 hours

B. For products with a thickness  $< 2,5$  cm - Place the product in the oven at  $70^{\circ}\text{C}$  for 2-3 hours.



HAVE FUN 😊

We can't wait to see your product.

