

STEP 4 Refill Kits



- ❶ Your Thought Box propagator is reusable! Order your refill kit and a pre-paid envelope will be included to return your old tray.
- ❷ Sealed refill trays can be stored up to 4 weeks in your refrigerator, prior to use.

Therapeutic Use

The Tool Kit offered provides all of the tools needed to use your harvest for therapeutic purposes.

You now have your own natural medicine to use. The best way to learn the therapeutic benefits of using psilocybin is by starting with very small doses. Check the calendar on our website to find the online group resources.



🌐 ColoradoTeletherapyServices.com

🌐 GrowYourOwnThoughts.org

📷 ColoradoTeletherapyServices

🎵 ColoTeleSvcs

📺 GrowYourOwnThoughts

☎ (719)639-4089

📠 (855)249-8866

📍 219 E. Vermijo Ave, Colorado Springs, CO 80903

🕒 Monday-Friday 11am-2pm,

All other times by appointment

Our clinical referral program provides clinicians the security and confidence to refer clients to our therapeutic microdosing program without compromising the services they are already offering.



 **THOUGHT BOX**



🌱 STEP 1 Incubation

- 🌱 Store in a dark warm space (preferably 70° - 85°).
- 🌱 Do not open the lid during this time.
- 🌱 Incubation lasts 10-28 days depending on the strain. The end of this stage is based on baby mushrooms appearing, not on the amount of time passed.
- 🌱 Once baby mushrooms appear, move to Step 2.



Cleanliness Matters:

Always wash your hands before handling the grow box to minimize contamination risk.

Be Patient:

Mushroom development can be slow but worth the wait. Remember, it's nature. There will be natural variations.

Consistency is Key:

Maintaining consistent environmental conditions is helpful for successful mushroom cultivation.

💧 STEP 2 Fruiting

- 💧 Now that you have baby mushrooms, conditions change.
- 💧 Move the Thought Box to indirect natural light or direct artificial light.
- 💧 Twist open the air vent on top. Leave the white micropore filter on the vent. This allows for air exchange while keeping contaminants out.
- 💧 Remove the lid and spray water inside your Thought Box twice a day (4-5 sprays each time).
- 💧 Harvest the mushrooms as they are ready. Keep the Thought Box in the light, with the air vent open and continue spraying inside. You will harvest mushrooms 3-5 times before the box is done producing. At NO TIME does it return to a dark space.



🍄 STEP 3 Harvest

- 🍄 The veil connects the mushroom stem to the cap. When it starts thinning & tearing, it's time to harvest.
- 🍄 Wash your hands well prior to harvesting any mushrooms.
- 🍄 Grab the mushroom at the base where it connects to the substrate, twist gently and pull it out.
- 🍄 Make sure you remove all of the mushroom you harvested, do not leave any of the base in the substrate.
- 🍄 AFTER removing the mushroom you can brush off or trim off the very end where there may be residual dirt and grain.
- 🍄 Lay the harvested mushrooms out on a paper towel or drying rack to air dry or use a dehydrator.
- 🍄 Once the mushrooms are fully dry and 'snap like a cracker'. They should be stored in an airtight container at room temperature, in the dark.

