

Mushroom Growing Guide



1. SELECT THE MUSHROOMS.

Some mushrooms are better for home growing and harvesting than others. Morels and truffles, for example, grow best in the wild and take significant experience to harvest. Mushrooms that are good options to cultivate at home are white button, oyster, shiitake, and portobello.

2. CREATE THE RIGHT ENVIRONMENT.

Fungus doesn't need sunlight to grow. In fact, they do best when they are in a cool, moist place. A cool basement is the ideal place to start growing mushrooms. Shoot for a temperature around 55 to 60 degrees.

Mushrooms need a medium to grow in, like plants need soil. The best medium for mushrooms is a combination of compost and manure.

3. HEAT THE SPAWNS.

Spawns are the equivalent of plant seedlings and are the best way to start growing mushrooms for beginners. To help the spawns grow, keep them warm with a heating pad. This is the opposite of the recommendation to grow mushrooms in a cool spot; however, this is only done for a few days to start growth.

4. KEEP MUSHROOMS MOIST.

It is important that growing mushrooms receive adequate moisture. One way to ensure mushrooms stay damp (but not wet) is to water them with a spray bottle.

5. HARVEST MUSHROOMS OFTEN.

Within four weeks, mushrooms should be ready to harvest and eat. Mushrooms are ready to be harvested when the caps begin to detach from their stems.

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