



## Mushroom Growing BBUFA Field Day Notes

### About the hosts:

- **Acres4Change (A4C)** a non-profit organization based in Baltimore, MD creates a pathway for land ownership for BIPOC farmers through a stewardship business and mentorship program. Learn more at [acres4change.org](https://acres4change.org)
- **Charm City Caps** is a demonstration and educational farm in West Baltimore, growing gourmet mushrooms to support land justice! **CCC** is an extension of **Acres 4 Change**, a nonprofit that prioritizes stewardship by creating pathways for BIPOC (Black, Indigenous, People of Color) farmers to transition to land ownership through education, mentorship, and business development. All proceeds from our farm directly contribute to securing land for these farmers!
- **Learn more:**
  - **Website** - [acres4change.org](https://acres4change.org)
  - **Instagram** - [@acres4change](https://www.instagram.com/acres4change) , [@charmcitycaps.a4c](https://www.instagram.com/charmcitycaps.a4c)
  - **Email** - [violet@acres4change.org](mailto:violet@acres4change.org)
  - **Donate** - Acres4Change is a 501c3 non-profit organization. All donations are tax-deductible. [Donate here](#) to support their work!

### [Pictures from the Field Day here!](#)

### **Terminology** (sourced from [Field & Forest Products](#))

- **Mycology:** The study of fungi. If you remember from biology, Fungi make up their own Kingdom, so there is plenty to study. While mushrooms grow like plants, they breathe in oxygen and release CO2 like animals, so mycologists involve themselves in the complexities of both.
- **Spore:** Essentially a mushroom seed. Much like pollen, a spore is incomplete and needs its better half to reproduce. Once mated, it becomes **spawn**.
- **Spawn:** The carrier of vigorous fungal roots (**mycelium**) that can digest various materials to produce mushrooms. Spawn can come in several different varieties including sawdust spawn, plug spawn, thimble spawn, and peg spawn. Read up more about each variety [here](#).



- **Mycelium:** Simply put, mushroom roots. Scientifically put, thread-like fungal cells responsible for catching and digesting material (this material is known as **substrate**) to convert into food for the fungus.
- **Substrate:** The food source for the fungus. This can be wood chips, logs, straw, etc.
- **Spawn Run:** How long it takes for the mycelium to make its way through a substrate, converting that material to edible goods. Once the mycelium has worked its way totally through the substrate, we refer to it as being fully **colonized**. For example, a log-grown mushroom variety that has a spawn run time of 12-18 months means that it will take that much time for the mycelium to fully colonize the log. Once the log is fully colonized it is ready to fruit!
- **Inoculation:** The process of planting a log, a bed, straw, or any other suitable material with mushroom spawn.
- **Dormancy:** Essentially tree hibernation. Dormancy lasts from when the forest canopy turns at least one-third of its color to bud swell in the spring of the year. This is when you want to cut your mushroom logs. For a dormancy walk-through, check out [this video](#).

### **Additional Resources:**

- [Attached here](#) is a slideshow that has the mushroom varieties we grow and their benefits, along with a variety of foraged and farmed mushrooms for reference.
- [Attached here](#) is the handout of How Mushrooms Grow
- Additional Mushroom Resources, Videos, grow kits and spawn can be found at [Field & Forest Products](#)

### **Purchase Mushrooms From Charm City Caps:**

- **Currently Available for purchase:** call or text violet 814-450-0906, [violet@acres4change.org](mailto:violet@acres4change.org)
  - Lion's Mane in 4oz (\$6.00) and 8oz (\$10.00)
  - Taking orders for Blue Oyster and Golden Oyster, 4oz (\$6.00) and 8oz (\$10.00), ready for pickup or delivery Nov. 1-7!
- **Order Online using this form**
  - <https://docs.google.com/forms/d/e/1FAIpQLSdF2sy6-RXtJKYxlwPHLt0lvk1ePzmseF4GeUkVFOchJkAsSQ/viewform>
- **Shop the Farm Alliance stand at the Waverly 32nd Street Farmers Market**
  - 400 E 32nd St, Baltimore, MD 21218, Saturdays 7am-12pm