

How To Cultivate Mushrooms in your Backyard

by Intentional Growth Farm, Logan Utah

What to expect out of this course

- What are mushrooms?
- Different Types of Mushrooms
- Life cycle of mushroom
- 7 Steps of mushroom cultivation
- Natural Pest Control and Disease Management
- Activity!!
- End



What Are Mushrooms?

- Mushrooms: a fungal growth that typically takes the form of a domed cap on a stalk, with gills on the underside of the cap
- Humans have been cultivating mushrooms for 4,000 years
- Fun fact: ants cultivate mushrooms



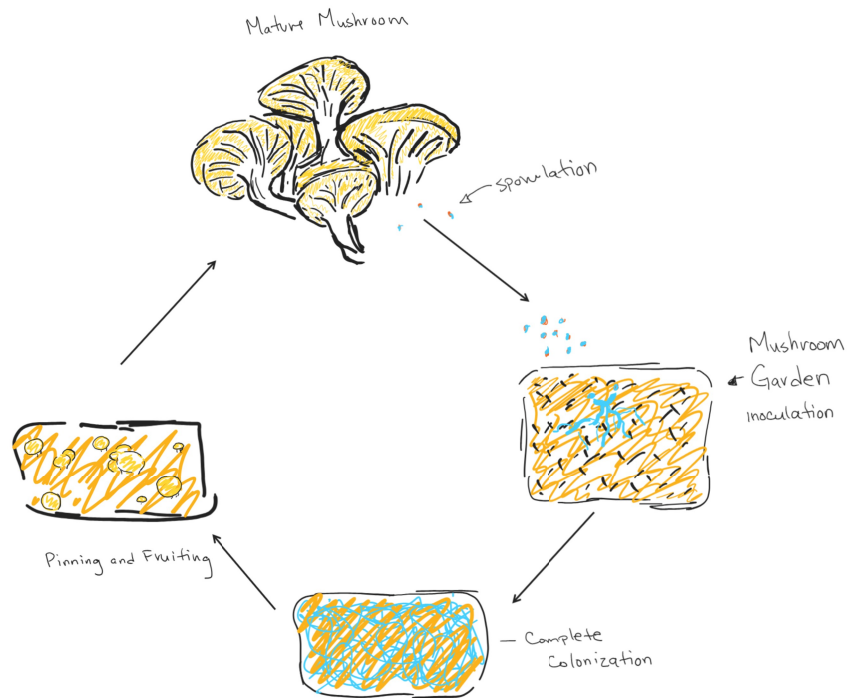
Type of Mushrooms

- Saprophytic: wood-decomposing fungi.
 - 3 key groups:
 - Primary
 - Secondary
 - Tertiary
- Mushrooms that can be cultivated
 - Oyster
 - Lion's Mane
 - Maitake
 - Shiitake
 - Reishi



Life Cycle of Mushrooms

1. Sporulation
2. Spore germination and cell mating
3. Colonization
4. Complete colonization and primordial formation



7 Steps of cultivation

1. Media preparation
2. Inoculation and container filing
3. Spaw Run
4. Complete colonization
5. Initiation and pinning
6. Rest
7. Maturation and harvest
8. Post-Harvest



Media

- What is media? It's the **Energy** source
- What type of media ? It varies on the type of mushroom
 - Hardwood Chip
 - Manure-based compost
 - Stump
 - Coffee ground
 - Straw
 - Cardboard
- Do I sterilize it?



Inoculating

- How to handle spawn
- Storage of spawn
- How much can it colonize
- Sanitation



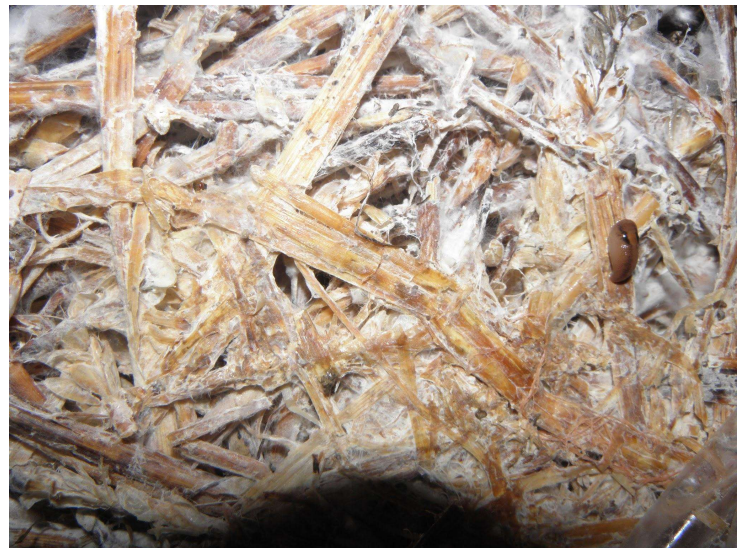
Spawn Run

- What is Happening?
- How long?
- What to expect?
- How to check?
- How to take care of it?



Complete Colonization

- Mycelium has eaten all the material
- Ready for next phase



Initiation and Pinning

- Time
- Pinning needs:
 - Temperature
 - Humidity
 - Light



Maturation and Harvest



Rest

- Mycelium recharge
- Benefit from warmer, drier and less light



Natural Pest Control and Disease Management

- Sticky traps
- Apple cider
- Beer
- Early harvest



After the Harvest: Storage Options

- Store in fridge 38°F to 42°F
- Drying: low heat, air circulation
- Freezing: Blanching



Oyster Mushrooms

Benefits

- Rich in nutrients
- High in Fiber
- High in Vitamins
- Low in carbs
- Antioxidant
- Promotes heart health



Prepping your mushroom patch

1. Cardboard base
2. Sprinkle spawn
3. Spread 2-3 inch of hardwood chip
4. Cover with cardboard or straw
5. Repeat step 3 and 4 until you
6. have 6 to 8-inch deep.



- Fresh is always best
- Locate an area that is shady or between vegetable plants