

Mushroom

Suggested varieties: *Hericium, Shiitake, Tree Oyster* (bought kits)

Vegetable

PLANT



Buy 'spawned' material that contains mushroom 'mycelium' (similar to roots). Try compost, 'dowel' sticks or impregnated hardwood logs

GROW



Follow instructions with kits. Generally keep warm (minimum 12°C) and moist for mycelium to spread before 'fruiting' starts weeks or months later

EAT



Do not cut mushroom stalks. Instead twist upwards to remove with minimum soil disturbance. Fruiting can continue for several weeks

Growing guide

Trickier

Average time to harvest

6 weeks to several months

Equipment needed

Mushroom spawn

Germination time

Once mycelium has spread

Average plant size

5cm tall and wide

Family group to grow with

Not part of crop rotation

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Adds flavour and texture

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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