

products

Grow your own mushrooms

Growing mushrooms is a great idea for kids, people with little space for a garden, or just those wanting to try their hand at growing some tasty fungus. Getting the growing medium right has often been the tricky part, but now a company produces kits – simply known as the 'Mushroom Kit' – where much of the hard part has been done for you.

The kits are designed for home use, and contain all you need to grow crops over two to three months. The mushroom compost has been prepared and inoculated with mushroom mycelium, and the only major thing you need to add is water.

Keeping the temperature right is also a key, with mushrooms fruiting between 18°C and 25°C. The best quality and quantity of Portabella (*Agaricus bisporus*)

and White Buttons (*Agaricus bisporus*) – which are supplied with the kits – are grown between 18°C and 20°C. You can choose either species or a combination kit. White Button is a widely cultivated mushroom, while Portabella is one of the tastiest and most versatile.

It is important to keep the kits indoors, moist, out of direct sunlight and away from insects. In most cases your mushrooms will begin to grow within a week or two.

Available from selected nurseries and hardware stores predominantly in Victoria, ACT and urban NSW. For stockists, email: info@mushroomkit.com.au or go to: www.mushroomkit.com.au

