

# mushroom magic



Often called a vegetable, mushrooms are actually a tasty fungus packed with vitamins and minerals. Growing them at home is easy and fun, and you can even do it indoors! Here, **DEBBIE McDONALD** offers top growing tips.



To make a mushroom pot, fill a container with compost from a mushroom kit then add a 2cm layer of peatmoss and water.

**T**here are few things more delicious than a home-grown mushroom – they're firmer and sweeter with an unparalleled texture. Fortunately, they're also one of the easiest and most rewarding vegetables to grow, and you don't even need a garden. Just buy a mushroom kit, add water and wait for the

mushrooms to grow. Two varieties of mushroom are available in kits – the white button and the portobello, and there's also a kit with half of each kind.

Kits produce several mushroom crops over two to three months. They are available at nurseries, hardware and variety stores for \$15 to \$22.

## Recycle your compost

When your kit has finished, don't throw the compost away. Grow vegies such as lettuce or tomatoes in it, spread it as mulch, dig it into garden beds or add it to your compost heap.

## step-by-step: how to grow mushrooms in a kit

Mushroom kits come with compost and a bag of peatmoss. Keep it out of direct sun – in a cupboard, laundry or garage.



**1** Open the box. If the compost looks frosty white or mouldy, continue to step 2. If it still looks brown, close the box and leave it for seven to 10 days.



**2** Fold the plastic over the edges of the box. Spread the peatmoss over the compost to evenly cover the surface. Mist with water every two to three days.



**3** Mushrooms start forming after two to three weeks. Twist and pull each mushroom out. Remove any residual stumps and fill in holes with peatmoss.