

Contents

04 THE BASICS

- 06 What are mushrooms and how do they grow?
- 08 Wild, cultivated and medicinal mushrooms
- 10 Mushroom cultivation through the ages
- 12 Growing mushrooms at home
.....

14 HOW TO GROW MUSHROOMS AT HOME

- 16 Which mushrooms are best for growing at home?
- 18 Tools and equipment
- 20 The growing medium or substrate
- 28 Where to grow your mushrooms
- 34 A step-by-step guide to growing mushrooms
- 42 Tips for healthy mushroom growth
- 46 Harvesting, storing and preserving mushrooms
- 50 12-month plan
.....

52 THE BEST MUSHROOMS FOR GROWING AT HOME

- 54 Pearl oyster
- 56 Indian oyster
- 58 Golden oyster
- 59 Pink oyster
- 60 King oyster
- 62 Shiitake
- 66 Poplar / velvet pioppino
- 68 Wine cap / garden giant / king stropharia
- 70 Sheathed woodtuft
- 72 Nameko
- 74 Enoki / velvet shank / winter mushroom
- 76 Lion's mane / monkey head
- 78 Beech mushroom / shimeji
- 80 Button mushroom
- 84 Parasol
- 86 Wood ear / jelly ear
- 87 Shaggy ink cap
- 88 Reishi / linghzi
.....

90 RESOURCES

- 90 Growing kits, supplies and further information
- 91 Index