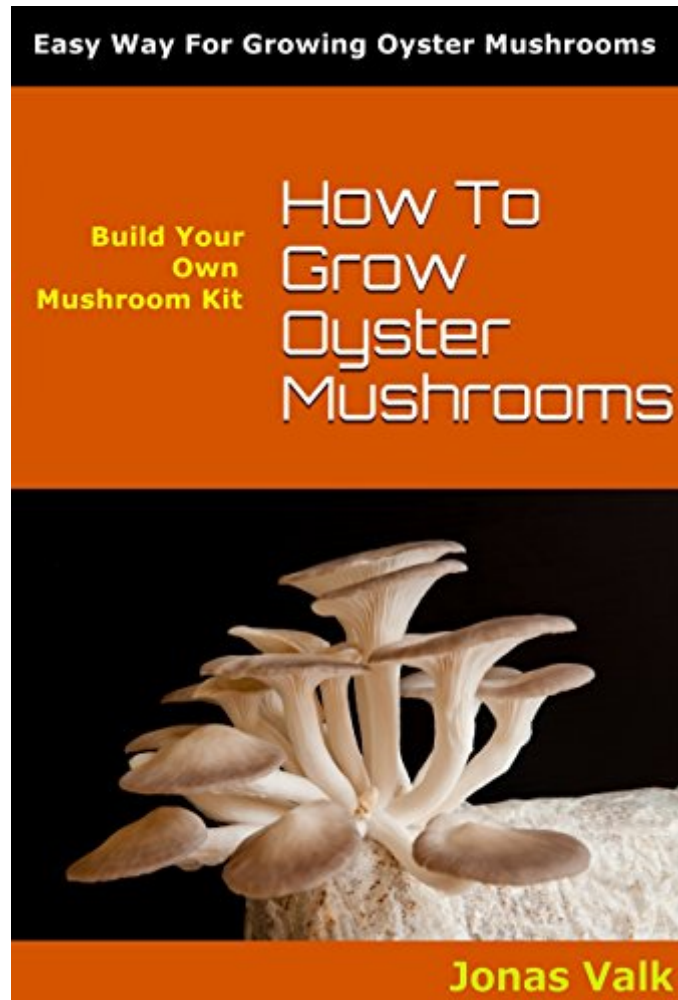




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# How To Grow Oyster Mushrooms: Build Your Own Mushroom Kit



## Synopsis

From now on delicious oyster mushroom aren't only growing in the forest, but also in your home. Everybody can easily grow his own oyster mushroom and cooking with one's self-harvested oysters is double fun. The benefits of growing your own oyster mushrooms are more than just the satisfaction of a successful crop. Oyster mushrooms are also very healthy. They contain all 8 essential amino acids, A and B vitamins, lower cholesterol levels, are low in calories and support the bowel function. Outdoor grown oyster mushrooms contain high amounts of vitamin D. Furthermore they contain ergothioneine, a natural antioxidant that can only be synthesized by fungi and some mycobacteria. Oyster mushrooms are probably one of the best tasting mushrooms available, but only few people know that they are actually one of the easiest types of fungi to grow yourself at home. With clear instructions and step-by-step photos this comprehensive guide shows you how to build your own oyster mushroom kit only using materials that are very cheap to come by and/or are present in nearly every household. We make spawn from store bought mushrooms (no need to buy it on the internet) and, amongst other things, use waste products such as used coffee grounds and coffee filters in our mushroom substrate. There really isn't a cheaper and easier way. Everybody can grow his own oyster mushrooms, on every scale, from small to large and all year round.

## Book Information

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## Customer Reviews

great

Good book with looks of info. Takes lots of effort but makae after the holidays will try it. Love mushrooms. In the wild the only mushrooms I feel safe collecting are oyster mushrooms off trees. Anything else is waaay too risky, even after studing several manuals. Would much rather just walk into my kitchen and pick them.

The procedure sounds easy . Will be out of town for next week, but when I'm back I'll be gathering the materials to start my mushroom kit. I like all the informational photos and the alternate methods of doing the steps. Easy read.

This is a very good book for somebody who wants to grow mushrooms at home. I grow my own oyster mushrooms using the same methods in this book and they do work with great results. I bought this book because I was just curious of what the info in it was. The book also has lots of pictures that the author must have taken himself. Well worth purchasing but I got it using Kindle Unlimited.

Not a lot of meat if you want to be a serious grower. It would be a good introduction to mushroom growing. There is always things good to green.

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