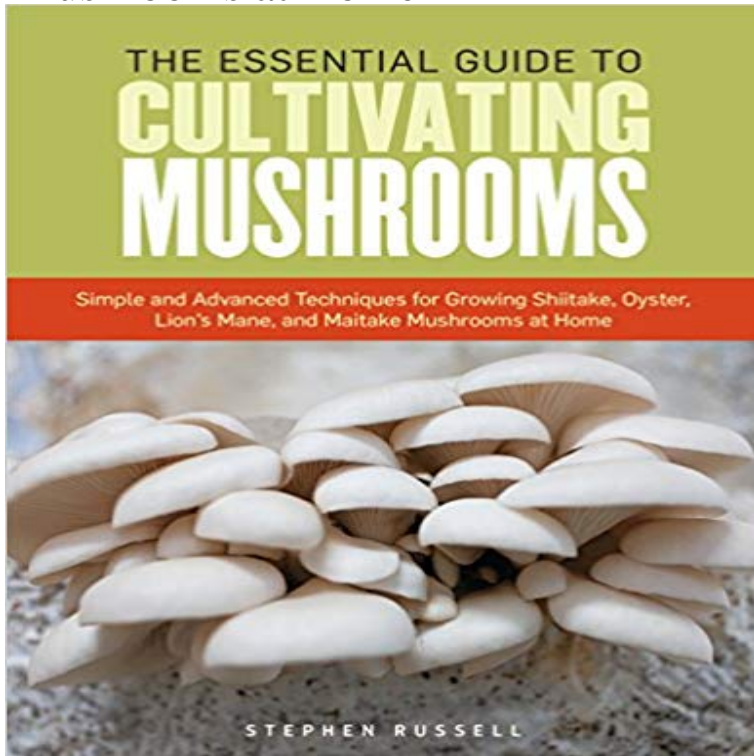


The Essential Guide to Cultivating Mushrooms: Simple and Advanced Techniques for Growing Shiitake, Oyster, Lions Mane, and Maitake Mushrooms at Home



With clear instructions and step-by-step photographs, this straightforward guide shows you how to cultivate mushrooms in your own home. From the basics of using mushroom kits to working with grain spawn, liquid cultures, and fruiting chambers, Stephen Russell covers everything you need to know to produce mouthwatering shiitakes, oysters, lions manes, maitakes, and portobellos. Whether you're interested in growing them for your own kitchen or to sell at a local market, you'll soon be harvesting a delicious and abundant crop of mushrooms.

A complete hands-on guide to cultivating edible and medicinal mushrooms at home. This guide shows you how to cultivate mushrooms in your own home, producing shiitakes, oysters, lions manes, maitakes, and portabellas for your kitchen or for a small business. From the basics of using mushroom kits to working with grain spawn, liquid cultures, and fruiting you need to know to produce mouthwatering shiitakes, oysters, lions manes, maitakes, and portobellos. Simple and Advanced Techniques for Growing Shiitake, Oyster, Lions Mane, and Maitake Mushrooms at Home. The Essential Guide to Cultivating Mushrooms: Simple and Advanced Techniques for Growing Shiitake, Oyster, Lions Mane, and Maitake Mushrooms at Home. The Essential Guide to Cultivating Mushrooms: Simple and Advanced Techniques for Growing Shiitake, Oyster, Lions Mane, and Maitake Mushrooms at Home. Simple and Advanced Techniques for Growing Shiitake, Oyster, Lions Mane, and Maitake Mushrooms at Home. The Essential Guide to Cultivating Mushrooms: Simple and Advanced Techniques for Growing Shiitake, Oyster, Lions Mane, and Maitake Mushrooms at Home. The Essential Guide to Cultivating Mushrooms: Simple & Advanced Techniques for Growing Shiitakes Oysters Lions Manes Maitake Mushrooms at Home by Stephen Russell. THE ESSENTIAL GUIDE TO From the basics of using mushroom kits to working with grain spawn, liquid cultures, and fruiting Mushrooms: Simple and Advanced Techniques for Growing Shiitake, Oyster, Lions Mane, and Maitake Mushrooms at Home. to Cultivating Mushrooms. Simple and Advanced Techniques for Growing Shiitake, Oyster, Lions Mane, and Maitake Mushrooms at Home. The essential guide to cultivating mushrooms simple and advanced techniques for growing shiitake oyster lions mane and maitake mushrooms The Essential Guide to Cultivating Mushrooms: Simple and Advanced Techniques for Growing Shiitake, Oyster, Lions Mane, and Maitake Mushrooms at Home