# »Mushroom farming: Step by step guide«

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The growing of mushroom is a potential income generating investment for the farmers given the simple technology used in production.
Being highly nutritious, land and rainfall independent, mushrooms grow in almost every part of the country given the presence of good shelter, reliable water supply and stable temperature of 15-30 degree centigrade.

## Mushroom management

First, mushrooms are spore bearing fruiting body of fungi which is is a great source of protein, antioxidants and potential vitamins grown in permanent structures of 10*17 ft in temperature less than 250 degrees centigrade with humidity of above 75%. Line the floor with polythene and sprinkle wood shaving layer soaked in water and remember not to block all the light into room.
Similarly, use treated substrate, water it and on 4th day add chicken manure to provide required nitrogen nutrients and leave it for more 2 days while sprinkling water on it continuously. Add urea and molasses in substrate at this stage and move it to the shade and turn it everyday and dont add water.
Add nitrogen fertilizer, lime to balance p.H and add gypsum to absorb water. Take substrate to sterile room for 7 days where it is treated to 65 degrees centigrade to prevent contamination however substrate is ready for broad cast and it is put in can bags. Take it to a clean growing room of 23-28 degrees centigrade.
Furthermore, sterilize gloves, mix spore with substrate and pack the mixture in small can papers. Plant spore at 9-12 inches space and after, sprinkle some on substrate surface to accelerate colonisation and prevent contamination and put can bags in darkest corner of structure during incubation for 21

days. Once spores are visible, add 2 inches of good soil onto growing bags which is called casing and the casing material preparation is done outside mushroom house.
Remove stones, spray formalin and cover with polythene for 2 days and after, apply a layer of 2 inches deep casing the soil on top of mycelium. When mycelium appears, introduce humidity into room and after 10-14 days, mushroom is harvested.
Finally, have ready market before harvesting.