

Try This! GROW YOUR OWN MYCELIUM

If you've never seen mycelium growing underground, this is the experiment for you. You'll be surprised how fast it grows!

Materials:

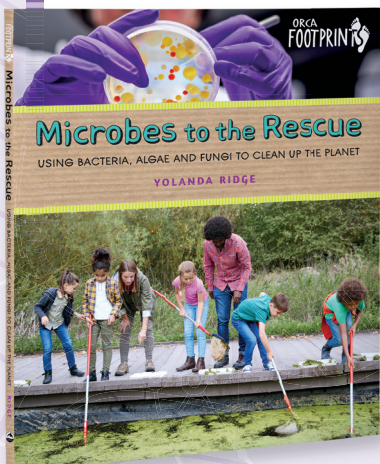
- A sealable glass container
- Corrugated cardboard
- Oyster mushrooms
- A small knife

Method:

1. Cut cardboard to fit the container.
2. Soak cardboard in water for 20–30 minutes, until the layers can be separated easily (you may have to weigh the cardboard down with something heavy).
3. Drain and separate the layers (you should have some that are corrugated or wavy and some that are flat).
4. Cut tiny slices off the stem of the mushroom, starting at the bottom.
5. Put a corrugated sheet of cardboard in the bottom of the container.
6. Add slices of mushroom evenly and fairly close together.
7. Put another layer of cardboard on top and add more mushroom slices.
8. Continue to layer, using only corrugated cardboard or alternating between corrugated and flat, until container is full or mushroom slices are gone.
9. Close the container with a lid and store in a dark place at room temperature.
10. Open container every day to make sure it stays fresh and moist (you may need to spray water into the container once in a while) and check on the mycelium growth.

After a few days, the mycelium will start to appear through the edges of the cardboard. Over time it will seep through the cardboard, filling in all the gaps and holes.

Looking for ideas on what to do with your mycelium crop? Try growing some on an old pair of jeans! All you need to do is wet the jeans, spread a bit of mycelium, roll them up tight and put them in a plastic bag or enclosed container with a few holes. Keep the jeans moist at room temperature, and you should have new oyster mushrooms in a couple weeks. Bon appétit!



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