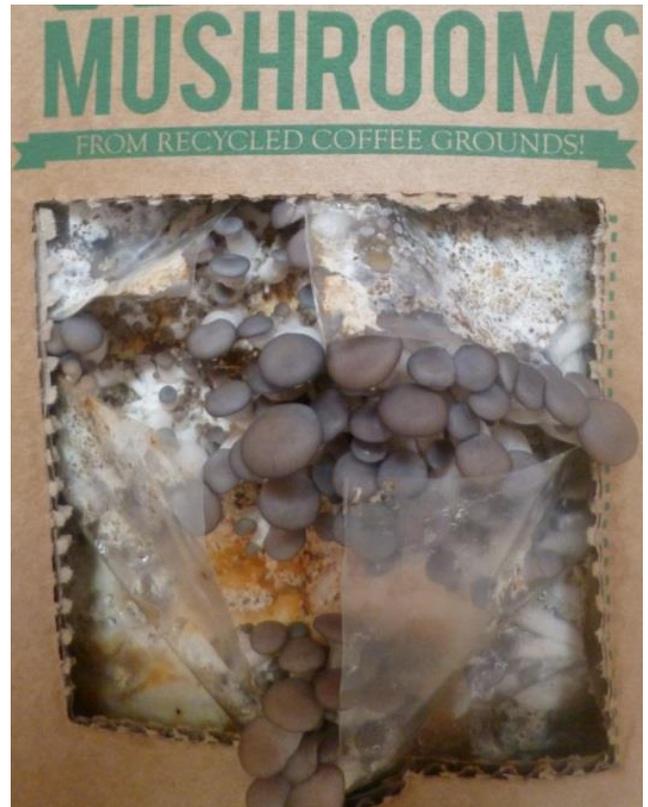


Growing your own mushrooms

You can grow mushrooms at home using commercially available kits as we have done here:



Shiitake and Pink Oyster mushrooms, grown from commercially available kits.



Pleurotus ostreatus (Grey Oyster) mushrooms grown from a kit supplied by GroCycle, UK.

If you fancy trying to grow them on toilet rolls or an old book then you can get both starter cultures and methods from sources such as:

Ann Miller Mushrooms:

http://www.annforfungi.co.uk/shop/kid-39-s-mushroom-kits/cat_11.html

or:

National Centre for Biotechnology Education (NCBE, Reading)

<http://www.ncbe.reading.ac.uk/ncbe/materials/microbiology/oyster.html>

In our resource section you will find a protocol written by Dean Madden at the NCBE, explaining how to grow oyster mushrooms on toilet rolls.

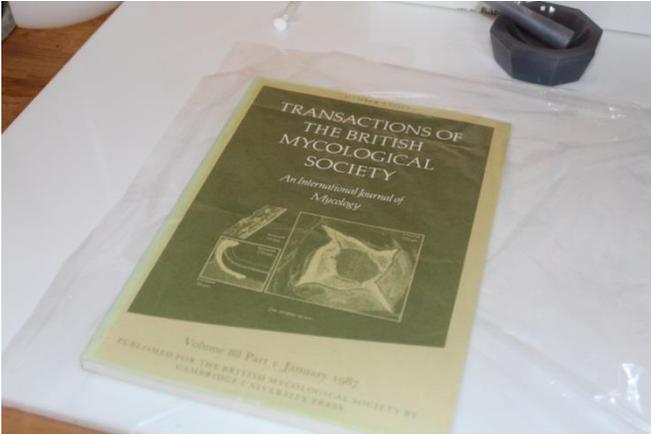


Here are some Oyster mushrooms that were grown on toilet rolls as part of a 'fun with fungi' afternoon for year 2 pupils.



Once all of the mushrooms had been picked we placed the toilet rolls in the compost bin. A few weeks later we were able to harvest even more mushrooms!

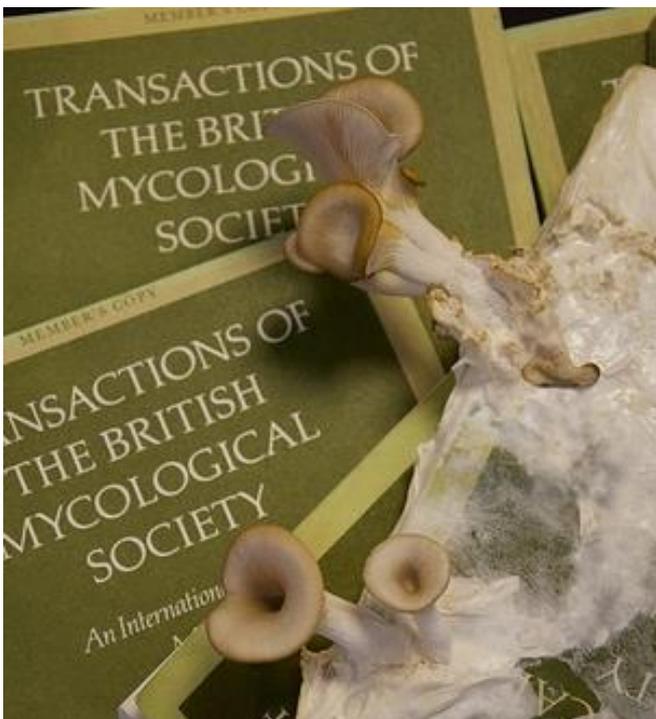
Rather than throwing away your old paperbacks in the recycling bin, why not let Oyster mushrooms recycle them for you?



Most of our journals are available electronically these days, so we had a few spare copies to recycle:

- The journal was placed into a plastic bag.
- Boiling water was poured into the bag and the contents left to cool.

- The cold water was tipped away.
- 50g of Oyster starter culture was added, taking care to place some of it between the pages of the journal.
- The bag was sealed, making sure that the tied end was plugged with a roll of tissue paper.



- Once the journal looked like camembert cheese (after about 2 weeks in a warm cupboard), it was placed in the fridge overnight to cold shock the fungus into making mushrooms.
- The bag was removed and the culture kept moist by spraying it with water.
- About a week later, Oyster mushrooms started to grow from the pages of the journal!

Recycling at its best!