

# Mushroom farming: Step by step guide

Mushroom farming is one of the most profitable yet capital friendly type of farming. . Mushrooms are a great source of protein, anti-oxidant and essential vitamins and are highly nutritious

Mushrooms can grow in every part of the country. You will need a permanent structure to create a good environment for the mushrooms. They need humidity and protection from harsh weather condition. Mushrooms are independent of rainfall.

## Mushroom structure

Use locally available material such as woods and mud to keep them humid. Construct a structure of 10 by 17 ft as the temperature needs to be below 25°C and humidity level be 75%.

For iron sheet structures, you can attain this condition by lining the ceiling with polythene to control the heat. Line the floor with polythene and sprinkle a layer of wood shavings soaked in water. Cover the windows with mosquito wire for air circulation and no insects gets in. Don't block all the light.

## Preparing substrate

To grow mushrooms, agriculturally treated substrate is needed. Use wheat, rice husk, dry banana leaves, ground nuts, bean or coffee waste to prepare for 5 weeks before you can spawn mushroom.

Keep watering the substrate and on fourth day, add chicken manure to provide the required nitrogen nutrients. Leave for 2 days and keep sprinkling water. Add urea to increase the nitrogen in the substrate. Move it to a shaded area so that it can start decomposing.

## Mushroom seeds

During incubation put the gunny bags into the darkest corner of the structure away from sunshine about 21 days. Once the spawn is visible, add about 2 inches of good soil onto the growing bag.

If the mushroom has spots they could be affected by either fungal or viral infection. Sprinkle some spawn on the surface of substrate and prevent contamination.

Harvest mushroom for one and half months. After harvest, clean the structure and disinfect it.