

# ORGANIC METHOD OF GROWING BUTTON MUSHROOMS

Button mushrooms, scientifically known as *Agaricus bisporus*, are not only delicious but also a nutritious addition to your culinary repertoire. For this organic method, a bio bloom terrace growing bag is used. This specially designed bag offers more space, reduces heat, is easily foldable, UV treated, and is reusable, making it an ideal choice for growing mushrooms. Button mushrooms require an environment rich in nitrogen, and by following this comprehensive guide, you'll create the perfect conditions for their growth. Whether you're a seasoned gardener or a curious beginner, get ready to discover the secrets to cultivating your very own crop of button mushrooms. Let's dive into the fascinating world of mushroom cultivation.

## Step to Follow

1. Begin by preparing the mushroom substrate. Create a mixture of vermicompost, cow dung manure, and soil in a well-ventilated space. Be aware that this mixture may produce a strong smell.
2. Once the substrate is ready, move it to a dark place. Continuously monitor the temperature and moisture of the soil to ensure it remains within the appropriate range; it should not become too warm or dry.
3. Spray the substrate mixture thoroughly with water twice a day to maintain adequate moisture levels. Maintain the room temperature at 21 degrees Celsius (70 degrees Fahrenheit). In case the temperature falls below this, consider using a room heater to maintain the ideal environment.
4. Carefully pour the prepared substrate mixture into a

bag, leaving at least one inch of space at the top for mushroom growth.

5. Prepare a few banana leaves by cutting them into smaller pieces. Banana leaves are chosen for their fibrous composition, which promotes the development of edible mushrooms.
6. Heat wheat bran for approximately 10-15 minutes to sterilize it and make it germ-free. Sprinkle the heated wheat bran evenly on top of the substrate mixture, then mix it in thoroughly.
7. Spread the mushroom spawn evenly on top of the compost mixture and mix it in to create an even layer.
8. Continue to spray the substrate mixture with water to maintain moisture. When the entire surface is covered with mycelium (the fungal network), reduce the temperature to approximately 10 degrees Celsius (50 degrees Fahrenheit) to encourage the growth of the first mushrooms.
9. Cover the mycelium with a one-inch layer of potting soil. This layer serves to protect the delicate mycelium and provide nutrients for the new mushrooms as they grow.
10. Maintain daily watering to ensure the moisture content of the substrate mixture remains consistent throughout the mushroom growing process.