



PRACTICE SUSTAINABLE LIVING WORKSHOP:

HOW TO GROW MUSHROOMS IN YOUR OWN BACKYARD!!

WHERE: Warwick Valley Community Center, 11 Hamilton Ave., Warwick, NY

WHEN: Saturday, March 18, 2023



Mushrooms are a remarkable source of food and medicine that have been cultivated and wildcrafted by humans for thousands of years. This workshop will introduce participants to the world of mushrooms: their role in making healthy soils and forests and their potential in growing them in a home environment or on a commercial scale. Participants will inoculate shiitake mushroom spores into logs and then take them home to see them grow and reap a harvest.

Morning Session/Mushrooms, Medicinal Applications & Cultivation Methods Fee \$35 (OE Member Fee \$30)	Afternoon Session/Mushroom Inoculation Hands-on Workshop Fee \$45 (OE Member Fee \$40)
10-10:45 A.M. Intro: Mushrooms & Medicinal Applications 10:45- 12:00 noon Three Methods of Mushroom Cultivation: Shiitake on tree logs, Lion Mane/Oyster on totems, Stropharia in woodchip beds, Culture steps and bed and log preparation Maintenance and harvesting Laying yard management considerations Economics of growing mushrooms as a small farm enterprise	1:30-3:00 P.M. Mushroom Inoculation Procedures & Tools Group hands-on workshop on tree log inoculation 3:00-3:30 P.M. Stropharia in woodchip beds demonstration 3:30 -4:00 P.M. Program Evaluation Each participant will receive two FREE 3"-5" x 36"- 42" tree logs to cultivate at home
12:00 – 1:30 Lunch: Please bring your own lunch!!	
Instructors: Peter Lai , Permaculture Design instructor & Joseph Gregoire , experienced mushroom grower in Warwick. For more information please contact Peter Lai at 845-313-4246 or at peterl@frontiernet.net .	

***Please note... Nonmembers attending both morning and afternoon workshops pay only \$72!**

Workshop limited to 20 participants — so sign up early! No checks please.

Registration & payment due by Friday, March 9th! Register at <http://orangeenvironment.square.site/>

Sponsored by Orange Environment, Inc. a 501(c)(3) non-profit organization whose mission is to protect Orange County, NY's natural resources and to promote the sustainability of its communities.