



PRACTICE SUSTAINABLE LIVING WORKSHOP:

HOW TO GROW MUSHROOMS IN YOUR OWN BACKYARD!!
WHERE: Mamakating Environmental Education Center, 762 South Rd,
Wurtsboro, NY **WHEN:** Sunday, April 21, 2024



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.

9:30-12:30pm \$65.00

Mushrooms: History & Medicinal Applications and Cultivation

Intro:

Mushrooms & Medicinal Applications

Three Methods of 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.

Mushroom Inoculation Procedures & Tools

Group hands-on workshop on Tree log inoculation

Each participant will receive two FREE 3"-5" x 36"- 42" tree logs to cultivate & harvest at home

Instructors: **Peter Lai**, Permaculture Design instructor & **Joseph Gregoire**, experienced mushroom grower in Warwick.

Sign up ASAP at <https://orangeenvironment.square.site/>

For more information please contact Peter Lai at 845-313-4246 or at peterl@frontiernet.net.

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.