



# Just Grow Mushrooms

Guide to growing mushrooms at home, in the basement or in garden. Mushroom gardening and cultivation for beginners.

Thorsten Hawk

# **Just Grow Mushrooms**

**Guide to growing mushrooms at home, in the basement or in garden. Mushroom gardening and cultivation for beginners.**

By Thorsten Hawk

## **contents**

[Advice on growing mushrooms yourself in the basement, apartment or garden](#)

[1. What are mushrooms?](#)

[2. Life cycle and way of life](#)

[3. Which mushrooms can you grow yourself?](#)

[4. Nutritional Values and Medicinal Effects of Mushrooms](#)

[5. Nutritional values and medicinal properties of oyster mushrooms](#)

[6. Nutritional Values and Medicinal Effects of Shiitake](#)

[7. The importance of cleanliness](#)

[8. How to practice cleanliness?](#)

- [9. Optimal growing conditions](#)
- [10. What is needed?](#)
- [11. Which substrates are suitable?](#)
- [12. 6 steps to growing mushrooms](#)
  - [13. 1. Pure culture production](#)
  - [14. Make 2nd Mushroom Spawn](#)
  - [15. 3. Inoculate](#)
  - [16. 4th growing through phase](#)
  - [17. 5. Fruiting body formation](#)
  - [18th 6th Harvest](#)
- [19. Mushroom growing garden on wood chips or straw bales](#)
- [20. Mushroom growing in the basement on sawdust, coffee grounds, straw pellets](#)
- [21. Growing mushrooms in the apartment on sawdust, coffee grounds](#)
- [22. Storing and preserving mushrooms](#)
- [23. Tips for care](#)
- [24. Tips against pests](#)
- [25. Use mushrooms from the supermarket for breeding?](#)
- [Conclusion: grow mushrooms yourself](#)

## **Advice on growing mushrooms yourself in the basement, apartment or garden**

Fungi are the oldest and most diverse organisms on our planet. Unlike plants, they do not use photosynthesis and