

BENEFITS OF MUSHROOM CULTIVATION

- ◆ Mushroom availability all year round
- ◆ Low cost substrates
- ◆ Sustainable use of natural resources
- ◆ Control of environmental pollution
- ◆ High productivity per unit area
- ◆ Mushrooms can be grown anywhere such as in the garden, on the lawn, under shady trees or in open spaces
- ◆ Income generation for livelihood support

BENEFITS OF MUSHROOM CONSUMPTION

- ◆ Mushrooms are nutritious for good health and growth
- ◆ Mushrooms mostly possess medicinal properties
- ◆ Mushrooms are delicious

SOME TOOLS AND MATERIALS USED



Wheelbarrow



Shovel



PVC Pipe and straw



Oil drum and wooden rack



Water source



Spawn



Rice bran



Quick lime



Cotton waste

SOME MUSHROOM DISHES



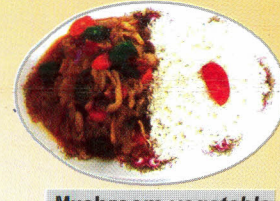
Mushroom Agushi stew



Mushroom kontomire stew



Mushroom jollof



Mushroom vegetable stew with rice



Mushroom omelet served with saffron rice and pepper sauce

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Mushroom dishes photo credit: Mrs. D.L. Narh Mensah, Ms. Constance Boateng, Mrs. Alice Paddy.

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MUSHROOM CULTIVATION USING SAWDUST (PLASTIC BAG METHOD)

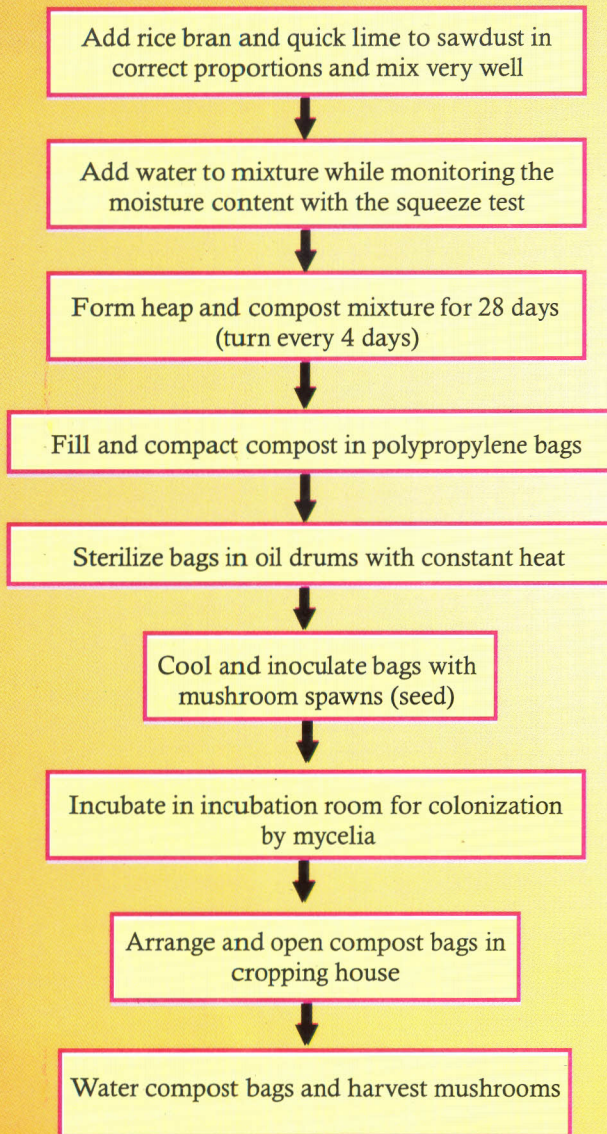
A Training Hand-out



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FLOW CHART OF THE PLASTIC BAG METHOD USING SAWDUST



STEPS TO FOLLOW



1. Compost sawdust

- Add additives (rice/wheat bran and quick lime) to sawdust in correct proportions
- Mix thoroughly while adding water (perform squeeze test) and heap the mixture
- Turn every 4 days until complete composting



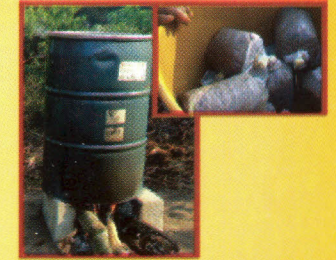
2. Bagging stage

- Collect appropriate amount of composted sawdust
- Add additives (rice/wheat bran and quicklime) to composted sawdust in correct proportions
- Mix thoroughly while adding water (perform squeeze test)



3. Bag substrate in polypropylene bag

- Pack and compact the mixture in polypropylene bags
- Hold the neck with PVC pipe and rubber band
- Cover the neck with cotton waste plug



7. Transfer to cropping house for cropping and harvesting

- Arrange bags horizontally on shelves in cropping house
- Open the bag as required for the mushroom being cultivated
- Water bags and give the right conditions for fruiting
- Harvest at the right stage



6. Incubate bags in incubation room

- Pack inoculated bags vertically on shelves in incubation room
- Keep the bags in incubation room until the mycelia fully colonize the substrate (substrate changes from brownish colour to whitish colour)



5. Inoculate bag with spawns (seeds) of the preferred mushrooms

- Sterilize your hands and the spawn bottle with rubbing alcohol and cotton wool
- Open bag and quickly pour shaken spawns into it
- Swiftly cover both the spawn and the compost bag



4. Sterilize in oil drums and allow to cool down

- Arrange the bags in oil drum and seal the drum
- Apply heat (gas/firewood; Time properly)
- Put out fire and allow to cool before opening