

MUSHROOMS MATTER

# Mushroom Facts



A NATIONAL ASSOCIATION

## How *Agaricus* Mushrooms Grow

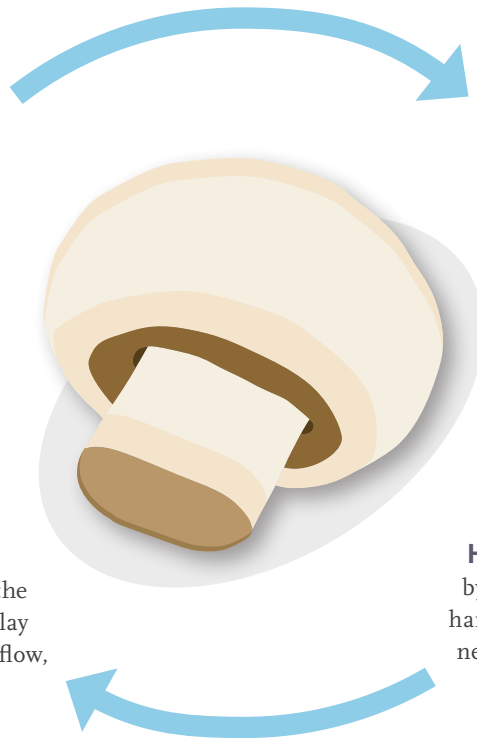
*Ever wonder how those white and brown button mushrooms you love so much are grown?*

**Spores:** In a lab, cereal grains are inoculated with mushroom spores and incubated until they develop into spawn or 'mushroom seeds.'

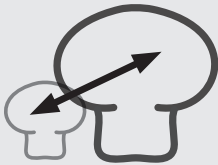
**Compost:** At the farm, growers carefully prepare the growing medium for mushroom production. Farmers combine materials like hay, straw, corn cobs, cocoa shells, and horse or chicken manure and place them in stacked wooden beds mixed with the spawn.

**Growing Process:** It takes about three weeks to produce the first mushrooms for harvest. Throughout the growing period, mushroom farmers play Mother Nature, manipulating water, airflow, temperature fluctuation and more.

**Harvesting:** Each mushroom is harvested by hand. They mature at varying times, so harvesting the various sizes to fit customers' needs is continuous for two to three weeks.



### DID YOU KNOW



Mushrooms double in size every 24 hours.



Mushrooms do not need sunlight to grow.



Mushrooms are made of 90% water.



A single Portabella mushroom contains more potassium than one banana.