



# **The Essential Guide to Cultivating Mushrooms: Simple and Advanced Techniques for Growing Shiitake, Oyster, Lion's Mane, and Maitake Mushrooms at Home**

*Stephen Russell*

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With clear instructions and step-by-step photographs, this straightforward guide shows you how to cultivate mushrooms in your own home. From the basics of using mushroom kits to working with grain spawn, liquid cultures, and fruiting chambers, Stephen Russell covers everything you need to know to produce mouthwatering shiitakes, oysters, lion's manes, maitakes, and portobellos. Whether you're interested in growing them for your own kitchen or to sell at a local market, you'll soon be harvesting a delicious and abundant crop of mushrooms.

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