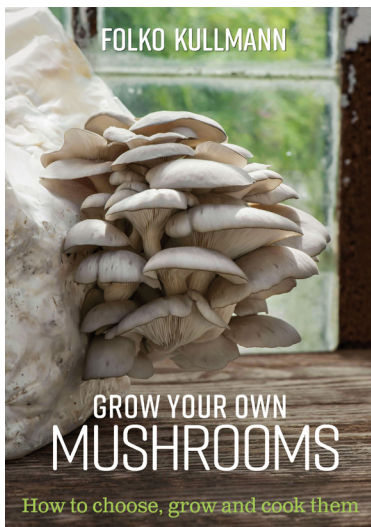


## Home Grown Mushrooms All Year Round

*Mushrooms are easy and fun to grow*



### KEY POINTS

- Mushrooms are easy and fun to grow at home
- They're a nutritious addition to your grow-your-own produce
- You can grow them almost anywhere indoors and out
- You can preserve your mushrooms and enjoy them throughout the year

*Grow Your Own Mushrooms – How to choose, grow and cook them by Folko Kullmann is published on 15th April 2021 and is available from all good bookshops, priced at £11.99. ISBN: 9780857845252*

Growing and harvesting your own produce gives you a great feeling and the taste of homegrown, organic food is like nothing else. That's why it's time to up your game and start growing mushrooms at home. They are nutritious, rich in B vitamins, copper, potassium and selenium. They are also delicious and versatile.

The best thing is, they can be grown almost anywhere: indoors in the bathroom, on a windowsill, under the stairs or in a basement, and outdoors: in shady spots in your garden or balcony.

There are so many varieties to choose from, but the ideal mushrooms for beginners are low maintenance ones that grow quickly and are

suitable for cooking in a variety of ways:

- Shiitake
- Oyster
- King Oyster
- Sheathed Woodtuft

Folko Kullmann's beautifully designed book is your best friend on your fungi journey. Every step of how to grow mushrooms at home is illustrated with lots of photographs and easy-to-understand instructions.

Along with in-depth descriptions of the most popular varieties, he also includes mouth-watering recipes and advice on how to cook and preserve them.



**Preserving mushrooms**

### ABOUT THE AUTHOR



**Folko Kullmann** is a horticulturalist and the author of several books, a journalist and editor of a leading magazine for botanists and gardeners. He studied horticulture and plant production and has worked at prestigious nurseries in Europe, including Kew in London.

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### READY TO SPEAK TO THE MEDIA:

Folko Kullmann is available to interview, write guest articles, and provide expert comment on topics including:



Top tips for growing mushrooms at home



The most popular edible mushrooms



The different growing media and substrates explained



Top tips for growing mushrooms indoors/in the basement/on your balcony/in the garden



10 surprising facts about mushrooms and mushroom growing



Spotlight of one of the mushrooms, e.g. Oyster Mushrooms – how, when and where to grow them



An introduction to the tools and equipment you need for fungi cultivation

