

NYBG

Materials list for Growing Gourmet Mushrooms (CKG207)

Thank you for signing up for the Catskill Fungi Growing Oyster Mushrooms at Home Virtual Workshop.

If you'd like to make your own oyster mushroom grow kit while the virtual workshop is taking place, please review the list of materials below and get them ahead of time. Keep in mind, you can still join the workshop and watch the demonstration without these materials. If you are inspired, you can get the materials afterwards to try it out on your own.

MATERIALS LIST:

1. Quart Sized Container with lid - plastic or glass. Recycling is encouraged.
2. Oyster mushroom Spawn - See description below
3. Substrate - See description below

Oyster Mushroom Spawn:

Think of this as the roots of fungi. Spawn is what we use to inoculate our substrate. *Choose one from the following list!*

- **Sawdust spawn** comes in 5lb plastic bags and are made of hardwood sawdust that has the fungal filaments or mycelium, growing throughout. (One 5lb bag can inoculate 6-9 quart jars).
- **Fresh Oyster Mushrooms**. If you don't want to purchase oyster spawn you can use the oyster mushrooms as spawn. Success is slower and not guaranteed. Because they grow slower, the risk of contamination is higher. You can pick up a pint of oyster mushrooms at the farmers market or select stores. White or Blue/Grey oyster mushrooms are the recommended varieties. (1 pint of fresh oyster mushrooms will inoculate about 1-3 quart jars).

Here are a few trusted sources for oyster mushroom spawn:

*Due to COVID-19 spawn may be limited

- [Field & Forest Products](#) (Wisconsin)
- [Fungi Perfecti](#) (Washington State)
- [Mushroom Mountain](#) (South Carolina)
- [Smugtown Mushrooms](#) (Western, New York)
- [North Spore](#) (Maine)
- [Mycoterra Farm](#) (Massachusetts)
- [Tivoli Mushroom Farm](#) (Eastern, New York)
- There are plenty of other local mushroom growers to purchase spawn from. Talk to your local mushroom producer to find out more.

Substrate: This is what the mycelium (fungal roots) will eat to get energy to grow mushrooms. I encourage people to use what they have. *Choose one from the following list!*

- **Coffee Grounds:** If you make coffee, then used coffee grounds can be put into a quart container and frozen until ready to use. Save 1/2 - 3/4 of a quart of coffee grounds which should be thawed before the workshop.
- **Wood pellets:** about ½ quart
- **Newspaper-based cat litter (unscented):** about ½ quart. "Yesterday's News" is a popular brand.