**MUSHROOM GARDENING FOR MAN, BEAST AND THE PLANET- PART 1, JUNE 2018**

There are multiple reasons for mushroom gardening. The basic three are:

1. It makes the best compost for the vegetation around it by symbiotically nurturing the soil, plant life, insects and microorganisms. And it’s also great for permaculture and sustainability of the planet.

<https://mycosymbiotics.blog/about/>

1. Provides a natural and healthy human food containing antiviral, antibacterial and antifungal properties.

<https://www.organicfacts.net/health-benefits/vegetable/health-benefits-of-mushroom.html>

<http://www.earthsfirstfoods.com/mushrooms/mushrooms-and-health/>

1. Offers nutritional value to foraging bees, and probably other insect which help their natural defenses against viruses that are becoming too common to honeybees.

<http://www.naturetimes.com/honeybees-feeding-mushroom-juice-4653>

Addressing all three of these issues, I’ve recently started a demonstration/experimental mushroom garden in a small and shallow pit where a huge tree root had recently been removed. This left a nice, fertile area, approximately 6 foot by 6 foot, with plenty of daily shade yet a few hours of sunlight. Along with all the good, organic components already planted, I added additional leafs, yard mulch, small twigs, wood chips, and a randomly found banana peel 😊. I bordered the front with rocks to prevent erosion and also to give more area to build the garden up.

Next, I will be adding in layers more local, dried leaves, organic sawdust, and straw, and fresh wood chips, along with purchases mushroom spores. I’ll be recording the progress.



I choose Wine Cap mushrooms since I am not a fan of eating mushrooms and I heard that this variety has a nicely flavored nutty, almost wine taste to it. (I am hoping for something close to amaretto, which, to me, has an almondy flavor with cherry undertones.)

I purchased my spores from 2Angels Mushroom Farm in Chattanooga as they are very knowledgeable of the research on honey bee health and mushroom juice. <https://www.2angelsmushrooms.com/farm-raised>