



# Growing Oyster mushrooms at home

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BRITISH MYCOLOGICAL SOCIETY FUNGAL EDUCATION & OUTREACH

FOR THE ENTHUSIAST

***Growing mushrooms at home can be fun for all the family. There are many different kits available to do this and most garden centres have a good selection to choose from.***

***Below is a oyster spawn kit supplied by Ann Miller. We used the spawn to recycle some of our old journals!***

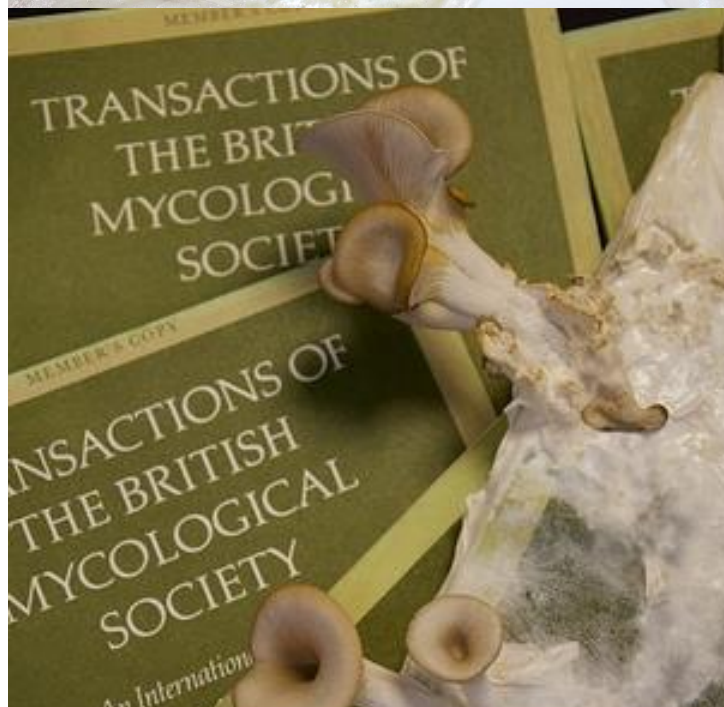
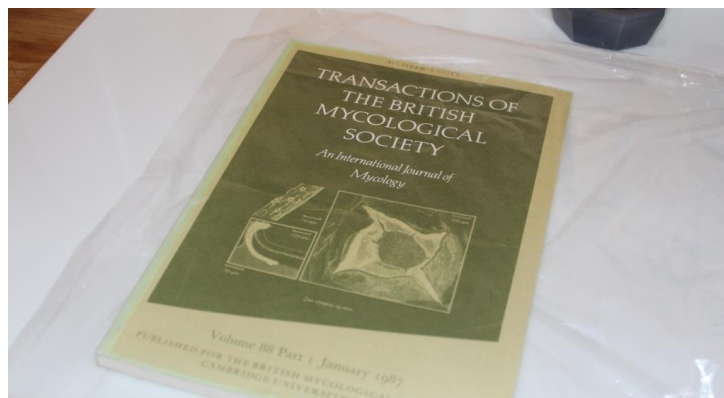




# 1. ON PAPERBACKS

***Most of our journals are available online these days, so we decided to recycle some of our paperback copies using the decomposer skills of the oyster mushroom:***

- Place the journal into a plastic bag.
- Pour boiling water into the bag and allow the contents to cool.
- Tip the cold water away.
- Add 50g of Oyster starter culture (Ann Miller's specialty mushrooms; <http://www.annforfungi.co.uk/>), taking care to place some of it between the pages of the journal.
- Seal the bag, making sure that the tied end is plugged with a roll of tissue paper.
- Once the journal looks like camembert cheese (after about 2 weeks in a warm cupboard), place it in the fridge overnight to cold shock the fungus into making mushrooms.
- Remove the bag and keep the culture moist by spraying it regularly with water.
- Within a week or so, Oyster mushrooms will appear from the pages of the journal.



## 2. ON TOILET ROLLS

***Oyster mushrooms can break down cellulose, the main component of paper – so growing them on unbleached toilet rolls never fails to please!***

- Unbleached toilet rolls work best. Place the toilet roll in a disposable tray as shown.
- Pour boiling water into the centre of the toilet roll and allow the water to soak in until the whole roll is moist. Remove the cardboard from the centre.
- Allow the toilet roll to cool for a few minutes
- Inoculate the centre with 50g of Oyster starter culture (we used oyster spawn from Ann Miller's specialty mushrooms;  
<http://www.annforfungi.co.uk/> )
- Cover the inoculated toilet roll and tray with cling film and place in a warm cupboard for a couple of weeks until the toilet roll resembles a Camembert cheese.
- Cold shock the fungus (this stimulates mushroom growth) by placing the covered toilet roll in the fridge for 48hrs.
- Remove the cling film and place the toilet roll on a shelf, remember to spray the toilet roll with water to keep it moist. Mushrooms appear within a week – enjoy!





# 3. ON COFFEE GROUNDS

***Oyster mushroom fungus (*Pleurotus ostreatus*) will grow on waste coffee grounds because carbohydrates like cellulose are left behind in the solid waste!***

You can buy a kit to grow oyster mushrooms from coffee grounds from companies such as GroCycle (<http://grocycle.com/>), or you can have a go with coffee ground waste from your own coffee maker, but you will need to purchase oyster spawn (we use oyster spawn from Ann Miller's specialty mushrooms; <http://www.annforfungi.co.uk/>). The images opposite show results from using a GroCycle kit.

From a kit:

- The kit will arrive looking like the first picture opposite. For best results follow the instructions supplied with the kit.

From scratch:

- Collect fresh coffee grounds and mix with shredded paper (that has been previously soaked in boiling water, left to cool and drained). Place in a plastic bag.
- Add commercially grown oyster mushroom spawn culture (50:50 mix works well). Seal the bag, making sure that the tied end is plugged with a roll of tissue paper.
- Leave in a cupboard for 2 weeks until you can see white 'fungus mycelium' growing throughout.
- Cool shock for 48hrs in the fridge and then cut a cross in the bag to allow air to reach the culture.
- Leave at room temperature and spray at regular intervals to keep the culture moist.
- Mushrooms will appear a week or so later.

