

# Press Release

For Immediate Release

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## Grow Your Own Mushrooms This Year

For anyone who enjoys cooking with mushrooms, an opportunity is coming to our community on Saturday, April 16, to grow your own from a log that has been inoculated with mushroom spawn. Each log will produce mushrooms for at least two or three summers or even longer, and should begin producing this summer in 2011.

The logs are inoculated with shiitake mushroom spawn by a team of volunteers and are sold as a fundraiser to support educational programs of the Kickapoo Woods Cooperative (KWC). KWC will have a truckload of the logs in the parking lot of the Viroqua Food Cooperative at Main and Broadway on Saturday April 16, starting at 10:00 am. A log sells for \$15 (three for \$40) and comes with an instruction sheet. Direct sun will kill the mushroom spawn, so the log must be stored in a shady spot outdoors. It will produce mushrooms in the days following a soaking rain or after being immersed in water for a day or two.

The KWC volunteers at the truckload sale will also have on hand information about an upcoming workshop May 7 where participants can learn how to inoculate the logs themselves. With a shady spot and some water, you can watch the mushrooms grow right out of the log. They are delicious and nutritious, a wonderful homegrown local food. Mushrooms are easy to grow, and will be an interesting and enjoyable new crop for both novices and experienced gardeners, adding diversity to our home production.