CULTIVATION OF EÐIBLE AND MEDICINAL MUSHROOMS USING CASSAVA BY-PRODUCTS

MATERIALS

- Substrate required: Dried cassava peels and sticks, fresh sawdust.
- Additives eg. Rice bran or wheat bran and lime, etc.
- Packaging materials: Heat resistant polypropylene bags
- Pasteurization/Sterilization materials: Oil drum, fire wood or gas, polythene sheets or mats
- Infrastructure: incubation room, cropping house and working shade for bagging substrate
- Inoculation material: spawn (seed).

Table 4
PROXIMATE COMPOSITION OF SOME
MUSHROOMS

Mushrooms	Crude Protein (%)	Fat (%)	Carbohydrate (%)	Fibre (%)
Oil- palm (rich in calcium)	30.5	2.6-3.98	49.8-58	4.4- 3.4
Button	26.3	1.8	59.9	8-10.4
Wood ear	4-9	2.1–8.3		11.9–19.8

MUSHROOM RECIPES SAUTEED MUSHROOM

METHOD INGREDIENTS Wipe mushroom with a damp napkin and season, leave to stand for about 30 mins Heat oil or margarine in a saucepan 500g mushroom 60g Margarine Add mushroom and stir fry over heat for 6 2 table spoons of soya oil mins till water is completely evaporated 1 small onion or pinch of powdered ginger or ground fresh Add onion, ginger and sauté for 2 more mins 1 Tablespoon chopped fresh parsley and seasoning Add parsley and serve hot as an hord'ouvra or an accompliment to a main

MUSHROOM OMELETTE

MUSHROOM OMELETTE

INGREDIENTS

METHOD

Wash and dry mushrooms with a clean napkin and chop. Wash and chop onions. Wash and de-seed tomatoes and chop.

- Mushroom
- Onions
- Fggs
- Oil or Margarin
- White pepp
- Salt
- Fresh tomatoes (optional)

Fry chopped mushrooms and onions in a little oil or margarine in a frying pan. When using tomatoes, add to the onion and mushrooms a few minutes before adding the beaten egg. Season the beaten egg with salt and pepper. Fry the omelette on both sides, by lifting with a flat knife without browning. Serve for breakfast or as a heavy snack.

Variations:

You can add a few slices of bacon to the onions or you can add dried ground shrimps

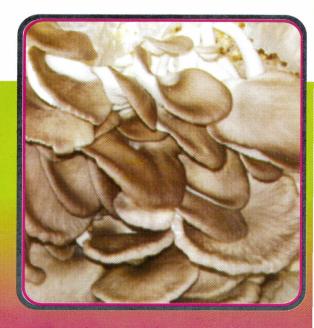
Developed by:

Dr Mary Obodai Ms. Matilda Dzomeku Mrs Deborah Narh Mensah Mr Richard Takli Mr Gregory Komlaga Dr Nanam Dziedzoave.

Sponsorship: **GRATITUDE PROJECT**

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STEPS TO FOLLOW IN CULTIVATING MUSHROOMS USING CASSAVA BY-PRODUCTS

STEP 1



Heap of dried cassava peels and sawdust in a 1:1 ratio left to compost for 28 days . Heap is turned every four days

The purpose of composting is to convert the raw materials of the substrate into a highly selective and nutritious medium for the growth of mushrooms.

STEP 7



Mushrooms growing in the cropping house on composted cassava peels and sawdust.

STEP 2



Bagging of substrate into heat resistant polypropylene bags.



STEP 6



Cropping House: To create the right environmental conditions i.e. high relative humidity (80-95%), good aeration, and light, for the mushrooms to flush.

STEP 3



Sterilization: This is to kill any microorganism that may be present within the compost bag.

STEP 5



Incubation: This is to allow the mycelium to grow through the substrate under optimum conditions.

STEP 4



Inoculation: To introduce the mushroom spawn into compost bags.

FLOW CHART

