



Mycelial Mayhem: Growing Mushrooms for Fun, Profit and Companion Planting

By David Sewak, Kristin Sewak

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By David Sewak, Kristin Sewak

Most supermarket mushrooms are bland and boring; products of an industrial process which typically relies on expensive equipment and harmful pesticides. Many people would like to add more flavorful and diverse fungi to their diets, but lack the knowledge or confidence to gather or grow their own. Do-it-yourself cultivation is a fun, exciting way to incorporate a variety of mushrooms into a sustainable lifestyle.

Mycelial Mayhem is a straightforward, no-nonsense resource for the aspiring mushroom grower. This practical guide cuts through much of the confusion surrounding methods and techniques, helping the hobbyist or farmer to:

Select regionally appropriate species for the home garden, farm-scale production, or an edible landscape Practice sustainable, environmentally friendly cultivation techniques, such as companion planting, to combat common garden pests and diseases Choose a successful, proven business approach to maximize profit and minimize frustration

Many people find that DIY mushroom cultivation is not nearly as complicated as they expect, but a knowledgeable and experienced mentor is crucial to success. Whether your goal is to harvest homegrown gourmet mushrooms for your table, supplement your income by selling to friends and neighbors, or start a full-fledged niche business, *Mycelial Mayhem* is packed with the advice and resources you need to succeed with this rewarding and valuable crop.

David Sewak and **Kristin Sewak** are avid growers of edible mushrooms, heirloom vegetables, native landscape plants and sustainable landscape design. They speak on mushroom gathering and indoor and outdoor cultivation techniques at regional and national green living events.

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Editorial Review

Review

Mycelial Mayhem is a comprehensive and personal tome on the production, business, promotion, and problem solving for the independent mushroom grower. Although my interests lean toward "mushroom art" more than mushroom production, I am looking forward to having my own copy for its valuable resources.

---Taylor Lockwood

This lively, companionable book demystifies mushrooms for those of us seeking clear explanations and checklists combined with infectious enthusiasm and some stunning photos, to nudge us towards starting out cultivating, wild collecting and marketing this diverse class of crops, which can complement our other gardening and farming ventures.

---Pam Dawling, author, *Sustainable Market Farming*

Usually I'm out in the woods looking for wild mushrooms, not cultivating them, but after reading *Mycelial Mayhem*'s approachable primer to this age-old art I'm ready to invite the mysterious and captivating kingdom of fungi right into my own home.

— Langdon Cook, author, *The Mushroom Hunters*

This is the book that I will recommend for all beginning mushroom growers. Whether you want to grow mushrooms just for your own use or are considering them as a business, you will find this is a practical, down to earth, and enjoyable book to read. It covers everything the beginner needs to know including the basics of mushroom biology, how to grow, wild collecting, incorporating mushrooms into your landscape, cooking, and how start a mushroom business. The niche business and supplement income section is excellent and appropriate for someone considering any kind of small-scale agricultural business.

---Jeanine Davis, PhD., Associate Professor and Extension Specialist North Carolina State University, and lead author, *Growing and Marketing Ginseng, Goldenseal and Other Woodland Medicinals*

Mycelial Mayhem draws us into the wild, weird, and wonderful world of the fungal kingdom with irresistible wit and wisdom. Emphasizing culinary glory, responsible foraging, nutritional and health benefits, the role of fungi in healthy ecosystems, and the barely explored possibilities of profitable business, this charming and very well-informed book is both welcome and indispensable for the beginning cultivator or curious cook.

---Peter Bane, author, *The Permaculture Handbook*

From the Back Cover

AN ACCESSIBLE HANDS-ON GUIDE FOR THE ASPIRING MUSHROOM GROWER

...a comprehensive and personal tome on the production, business, promotion, and problem solving for the independent mushroom grower. — TAYLOR LOCKWOOD

MOST SUPERMARKET MUSHROOMS are bland and boring; products of an industrial process which typically relies on expensive equipment and harmful pesticides. any people would like to add more flavorful and diverse fungi to their diets, but lack the knowledge or confidence to gather or grow their own. Edible species such as shiitake, oyster, and wine cap stropharia can be easily cultivated in your home or garden, adding excitement and diversity to your diet or providing supplemental income. In addition, intercropping and companion planting can yield many benefits, including feeding your soil and improving garden yields.

This straightforward, no-nonsense resource cuts through much of the confusion surrounding methods and techniques, helping the hobbyist or farmer to select regionally appropriate species for the home garden or for farm-scale production; practice sustainable, environmentally friendly cultivation techniques; and choose a successful, proven business approach to maximize profit and minimize frustration.

Whether your goal is to harvest homegrown gourmet mushrooms for your table, supplement your income by selling to friends and neighbors, or start a full-fledged niche business, *Mycelial Mayhem* is packed with the advice and resources you need to succeed.

*...draws us into the wild, weird, and wonderful world of the fungal kingdom with irresistible wit and wisdom. ... this charming and very well-informed book is both welcome and indispensable for the beginning cultivator or curious cook. — PETER BANE, author, *The Permaculture Handbook**

*This lively, companionable book demystifies mushrooms for those of us seeking clear explanations and checklists, combined with infectious enthusiasm... — PAM DAWLING, author, *Sustainable Market Farming**

Prior to moving from Pennsylvania to Montana, David and Kristin Sewak co-owned Berglorbeer Farma, which specialized in edible mushrooms, heirloom vegetables, native landscape plants, and sustainable landscape design. Kristin and David speak on mushroom growing and other sustainable living topics at regional and national green living events.

About the Author

David Sewak has worked in the conservation field for nearly two decades. Together with Kristin Sewak, he is previous co-owner of Berglorbeer Farma, which specialized in edible mushrooms, heirloom vegetables, native landscape plants and sustainable landscape design. David and Kristin speak on mushroom gathering and indoor and outdoor cultivation techniques at regional and national green living events. David holds a degree in History and Philosophy, and serves on the boards of Somerset Conservation District, Stonycreek-

Conemaugh River Improvement Project, and Natural Biodiversity.

Kristin Sewak is the founder of Natural Biodiversity, a nonprofit organization dedicated to restoring biodiversity within landscapes and involving people in environmental solutions. Together with David Sewak, she is owned Berglorbeer Farma, which specialized in edible mushrooms, heirloom vegetables, native landscape plants and sustainable landscape design. Kristin and David speak on mushroom gathering and indoor and outdoor cultivation techniques at regional and national green living events. Kristin holds a degree in ecology, has graduated from the community leadership initiative of Greater Johnstown/Cambria County Chamber of Commerce, and is a certified Habitat Stewards Host with the National Wildlife Federation.

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Carlos Pollard:

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Edna Dixon:

A lot of people always spent their own free time to vacation as well as go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. In order to try to find a new activity that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day every day to reading a guide. The book Mycelial Mayhem: Growing Mushrooms for Fun, Profit and Companion Planting it is very good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. If you did not have enough space bringing this book you can buy the actual e-book. You can m0ore easily to read this book through your smart phone. The price is not to fund but this book possesses high quality.

Shirley Drago:

This Mycelial Mayhem: Growing Mushrooms for Fun, Profit and Companion Planting is great book for you because the content which can be full of information for you who else always deal with world and also have to make decision every minute. This book reveal it info accurately using great organize word or we can say no rambling sentences inside. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but tough core information with lovely delivering sentences. Having Mycelial Mayhem: Growing Mushrooms for Fun, Profit and Companion Planting in your hand like finding the world in your arm, details in it is not ridiculous one particular. We can say that no publication that offer you world within ten or fifteen moment right but this reserve already do that. So , this is good reading book. Hi Mr. and Mrs. active do you still doubt in which?

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