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This guide is based on Robert “Psylocybe Fanaticus” McPherson’s eponymous PF Tek—the method that revolutionized growing mushrooms indoors. McPherson’s key innovation was to add vermiculite to a grain-based substrate (as opposed to using grain alone), giving the mycelium more space to grow and mimicking natural conditions.

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The Essential Guide to Cultivating Mushrooms With clear instructions and step-by-step photographs, this comprehensive guide shows you how to cultivate mushrooms in your own home, producing shiitakes, oysters, lion's

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The Essential Guide to Cultivating Mushrooms: Simple & Advanced Techniques for growing Shiitake, Oyster, Lion's Mane, and Maitake mushrooms at home. Growing mushrooms for profit, for hobby, or for personal use can be extremely rewarding. Kits offer 1-time experiences unless you learn the science behind them.

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With clear instructions and step-by-step photographs, this comprehensive guide shows you how to cultivate mushrooms in your own home, producing shiitakes, oysters, lion's manes, maitakes, and portabellas for your kitchen or for a small business. Beginners will learn the best way to use a mushroom kit, as well as how

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