



# How Mushrooms are Grown

Grown indoors on a year round cycle, mushrooms always pack a nutritious punch into your favorite meals. Before making their way to your plate, mushrooms go through a growing process in a highly controlled environment unlike that of any other produce. Get a behind-the-scenes look into the journey of the incredible fungi.

## Raw Materials

The substrate provides a nutritional balance of organic material to serve as a growth medium for mushrooms.



## Spawning

Mushroom spawn, purchased from commercial labs, is mixed with the substrate.



## Bedding

The mushroom spawn mixture is transferred to several hundred beds or trays.



## Casing & Pinning

Casing, made of peat moss, is spread over the mushroom bed serving as a reservoir to hold in moisture. During the pinning stage, "pins" of mushrooms push up through the casing.



## Harvesting

Mushrooms are harvested by hand throughout a 16-35 day cycle.



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