

How to Start Mushroom Cultivation, Growing, Processing and Packaging - Food and Agriculture (Poisonous Mushrooms, Edible Mushrooms, Button Mushroom, Oyster Mushroom, Straw Mushroom)

Description:

Mushroom is a nutritious vegetarian delicacy and has many varieties. Most of them are edible. It contains many vitamins and minerals but very low on sugar and fat. It is easily digestible. It is very popular in most of the developed countries and is being accepted in many developing countries. Market for mushroom is growing rapidly because of its rich nutritional value and special taste, aroma, flavor, etc. Many exotic preparations are made from them like soup, pickles, it can be cooked in traditional way as standard vegetable. It is also used as stuffing for various food preparations and for garnishing. Its consumption is basically confined to the urban region. It has a very short life after being harvested and are sold in fresh form. Their shelf life is enhanced by processing and properly packing in good quality polythene or proper canning. This can then be stored and transported for selling in far off markets. The global mushroom market is primarily driven by the increasing demand for the organic products. Mushrooms are highly popular in Asian countries such as China, India, and Japan.

Mushroom cultivation can directly improve livelihoods through economic, nutritional and medicinal contributions. However, it is essential to note that some mushrooms are poisonous and may even be lethal, thus the need for extra caution in identifying those species that can be consumed as food. Mushrooms are a good source of vitamin B, C and D, including niacin, riboflavin, thiamine, and folate, and various minerals including potassium, phosphorus, calcium, magnesium, iron and copper.

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Keywords: Mushroom Cultivation, mushroom Growing, mushroom Processing, mushroom Packaging, Food and Agriculture, Poisonous Mushrooms, Edible Mushrooms, Button Mushroom, Oyster Mushroom, Straw Mushroom, mushroom cultivation process, mushroom Dehydration, mushroom Preservation, mushroom Canning, mushroom

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