

Meet The Amazing Mushroom That Can Make You **Both** Healthy & Rich!

An Introduction to the Mushroom of the Genus **Pleurotus**, with a reputation for being easy to grow/sell, rich in nutrients and also possessing valuable health improving properties.

Mushrooms are macro-Fungi described as having fruiting bodies which are visible to the naked eye.



Photo: Oyster Mushrooms on RADE Farm in Nigeria www.radeagro.com



mushrooms - belongs to the genus **Basidiomycetes**.

They have for centuries been valued for their combination of nutritional and medicinal benefits. For instance, they are...

The Oyster Mushroom (scientific name **Pleurotus Ostreatus**) - like other

1. Rich in Lysine - which exists in inadequate amounts in cereals like Maize and Rice. Which is why meals of mushroom stew with cooked rice

(consumed in some communities) are recommendable.

2. Rich in Linoleic acids (unsaturated fatty acids) - needed for good health. In contrast, Animal fat, with its huge saturated fatty acid content poses dangers to the health.

3. Rich in Vitamins like Thiamine(B1), Riboflavin (B2), Niacin Biotic and Ascorbic acid (Vitamin C)

4. Rich in minerals by values greater than what is found in animal sources (such as eggs, cheese, fish) as well as plant sources (e.g. vegetables).

Research studies* confirm that growing edible fungi like the Oyster Mushroom, offers valuable waste to wealth income

earning opportunities.*(see <https://www.ajol.info/index.php/gjass/article/viewFile/79134/69440>)

This is because it involves conversion of potentially harmful agricultural and industrial waste into edible protein.

This implies that it can also create employment opportunities for poorer members of societies, especially in developing economies like those across Africa in general, and Nigeria in particular.

Mushroom farming can deliver those benefits due to the fact that it:

1. Can be done at very low cost, using cheaply accessible waste materials (and

widely available manpower) as substrates for cultivating the mushrooms,

2. Enjoys good, increasing demand due to growing population of increasingly health conscious people in various societies.

3. Is not seasonal (so can be done all year round).

4. Can be done indoors thereby allowing farmers to maximize productivity.

5. Has a virile export market for interested farmers to earn valuable foreign exchange

Key Facts About Mushroom Farming

Production Cycle: 1.5 to 3 months (can be done all year round)

Nutritional/Health Benefits:

a. Rich source of nutrients (iron, zinc, potassium, phosphorus, calcium, folic acid, selenium, protein, fibre)

b. Rich source of vitamins (B1, B3, B5 & B12, C & D)

c. Low cholesterol/fat

- d. Anti-cancer, Antioxidant properties etc.
- e. Used to prepare various meals e.g. mushroom stews to eat with cooked cereals like rice.

Economic Benefits:

- a. Money making (including foreign exchange earnings) leads to buying power to meet other needs, including expanding their mushroom production
- b. Job creation - Even though Nigeria has always had many edible species of mushrooms growing wild, mushroom farming via deliberate cultivation of high performing species is still in its infancy.

Commercial farming interest in the vocation was ignited following the discovery that mushrooms offer valuable therapeutic benefits when consumed.

The obvious potential has since attracted stakeholders from both private and public sectors to explore the opportunities - resulting in job creation.

- c. Reduced waste/environmental pollution - Increased mushroom cultivation activity is likely to directly benefit efforts to reduce environmental challenges posed by growing agricultural waste.

This is because producers will prefer using such low to zero cost substrates to keep overheads low and boost their profit making potential.

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Learn More About Mushroom Farming from a Real Life Farm Business in Nigeria:

Despite its growing popularity, I realize that some people may not be aware that farming and eating Oyster mushrooms is worthwhile. And it's hard to find detailed guides offering information designed to educate interested persons about all they need to know.

One way to remedy this is to contact farm businesses engaged in Mushroom Farming. **An example is www.radeagro.com.** *They produce Oyster Mushrooms, readily found in shelves of high profile, premium shopping malls and outlets like Shoprite in Nigeria's Lagos.*

Use the contact details provided on the site to reach out and ask them about the possibility of attending practical Training Sessions – or purchasing some information products or educational guides.

You might also want to ask if they offer, on their farm premises (or at yours, if you prefer), an on-demand training combined with a series of cooking demonstrations that is conducted by their personnel.

Here's an idea: Post "Send me Mushroom Farming Training Details" on their Facebook page wall - see URL on their site.

About Tayo K. Solagbade



As a Location Independent Multipreneur travelling slowly across West Africa, Tayo's unique ability as a bilingual service provider enables him relate successfully with clients/associates in English/French speaking societies e.g. Cameroon, Ghana, Benin, and Nigeria.

He offers a unique range of Performance improvement talks, seminars and coaching programs for farmer groups, writers, clubs, parents and alumni associations - as well as persons in paid employment.

Since 2002, he has earned multiple streams of income providing individuals

and organizations with personal development training and coaching, custom MS Excel-VB solutions, web marketing systems/web hosting, freelance writing services, and best practice extension support services (for farm business owners).

Tayo is the author of the Self-Development (SD) Bible™ & Livestock Feed Formulation Handbook at www.lulu.com/sdaproducts.

Tayo has delivered talks/papers to audiences in various groups and organizations, including the Centre for Management Development, University of Lagos, Corona Schools Trust Council (and all 6 Lagos branches), Adrao International Schools, Christ Baptist Church, Volunteer Corps, Tantalisers Fast Foods and others. In 2012 he was the invited Guest Speaker at the Centre for Entrepreneurship Development's Annual Semester

Entrepreneurial Lecture at Yaba College of Technology in Lagos.

In a previous life, before leaving to become self-employed, Tayo served for seven years (October 1994 to December 2001) as a high performing manager in Guinness Nigeria. He rose from Shift Brewer to Training & Technical Development Manager, and later acted in senior roles as Production Manager and Technical Manager.

In addition to constantly challenging the status quo and influencing positive work changes, he built a reputation for using self-taught spreadsheet programming skills (starting with Lotus 1-2-3, and later moving to Excel Visual Basic) – in his spare time – to develop Automated Spreadsheet Applications to computerize manual report generation processes in the departments he worked. Over four(4) of

his applications were adopted for brewery level reporting.

When he's not amazing clients with his superhuman skills (wink), Tayo works as the creative force behind his Daily Self-Development Nuggets blog - on which he also publishes his Weekly Performance Improvement IDEAS (PII) newsletter.

He is an Associate Member of the UK based Institute & Guild of Brewing, a 1997 National Finalist of the Nigerian Institute of Management's(NIM) Young Managers' competition, a Certified Psychometric Test Administrator for Psytech UK, innovator of Spontaneous Coaching for Self-Development™ (SCfS-D™), and Founder of the Self-Development Academy Limited.

For a limited time, Tayo is available to speak to your group or organization for a moderate fee. Email tayo@tksola.com.

Visit www.tayosolagbade.com for more.