



# How to Grow Mushrooms at home: Guide to Indoor Mushroom Farming For Health and Profit

*Randall Frank*

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## **How to Grow Mushrooms at home: Guide to Indoor Mushroom Farming For Health and Profit**

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Learn about how you can be a part of 'fungiculture' and grow mushrooms at home for health and profit. This book explains how mushrooms grow, how to grow mushrooms, what mushrooms to grow, and the amazing health benefits of eating certain types of mushrooms. You will discover mushrooms are easy to grow and many have protein, B vitamins, minerals and some tout medicinal properties such as boosting the immune system, lowering cholesterol, and having a positive effect on certain cancers. In addition there are tips, methods, and insider techniques for growing mushrooms and marketing them. How to Grow Mushrooms at Home is the ultimate guide to indoor mushroom farming.



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