

Food & Farm WORKSHOPS



Oyster Mushroom Inoculating with Maureen & Ivan Farrell

Sunday, September 9th 1-5 pm

Thomas Trails Shelter; going S on 219 from Thomas, it's the first right, after the bridge

Fee: \$35; includes your own inoculated oyster bag!

Join us to explore mushroom cultivation! This class will be a hands-on workshop, where we learn how to inoculate Oyster mushrooms in straw. This is a simple method that can be easily replicated and adapted for small or large scale use. In addition to many helpful handouts, you get to take your own inoculated bag home! We will also discuss alternative methods of cultivation and what types of mushrooms they work with. Any extra time during the class period will be used for discussion and nearby fungal foraging!

Maureen and Ivan Farrell live in the mountains outside Beverly, WV, where they grow many species of edible and medicinal mushrooms. They are self taught naturalists who love to share their knowledge of identification and cultivation.

Please **REGISTER**, by **Thursday, Sept. 6th** at kimmy@phffi.org or stop in at the Highland Market to sign up. Limited to 20; pre-registration is required.

It's About Good Food!

Please stay in touch! phffi.org or on Facebook @HighlandFoodandFarmMarket

