MUSHROOM CULTIVATION

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Mushroom cultivation in Sri Lanka is mostly done at the household level as a small business. Mushroom growers usually make a good profit. Although there is good market demand for good quality mushrooms, many growers often fail to meet the demand and required quality due to lack of knowledge.

Extensive explanations focusing on the efficient health-promoting properties and high nutritional values ​​of mushrooms have expanded dynamically over the past few decades. Due to the high quality of proteins, polysaccharides, unsaturated fatty acids, minerals, triterpenes sterols and secondary metabolites, mushrooms have always been appreciated for their important role in protecting and curing various health problems such as immunodeficiency, cancer, inflammation, hypertension. hyperlipidemia, hypercholesterolemia and obesity. Moreover, studies conducted in recent years have revealed correlations between the health-promoting benefits of mushroom consumption and the gut microbiota-regulating effects.

Oyster mushrooms can be grown on substrates containing lignin, cellulose and hemicellulose. Preparing the substrate for mushrooms is very simple. It does not require intensive systems and can grow under wide temperature ranges. Cultivation steps include preparation of cultivation media, preparation of cultivation bags, sterilization of media, introduction of mushroom seeds and cultivation.

Mushroom cultivation requires good management practices like pest control, disease management, biosecurity management. There are some simple remedies that can be used to prevent and control diseases.

Key words: mushroom cultivation, profit, management practices.

