

Cultivating Shiitake: Mushrooms in Natural Logs

Join Dr. Safaa Al-Hamdani for this fascinating workshop

A shiitake per day keeps the doctor away...these mushrooms are both tasty and healthful!



Learn to grow your own shiitake and make money from your product!

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Shiitake Mushrooms grow wild throughout the Far East and are found on decaying trees. Cultivation of Shiitake on natural logs has been practiced for centuries in Japan. The Japanese believe in eating 'Shiitake each day' much like Americans who believe in 'eating an apple a day'. Studies have shown that eating Shiitake lowers blood serum cholesterol in people. Other studies have credited Shiitake with tumor regression, and helping the body produce interferon, a natural substance which fights cancer cells and stimulates the immune system. All in all, Shiitake is an excellent mushroom to add to your diet, and now you can grow them in your own back yard.

Date: April 26, 2008

Where: JSU's Martin Hall

Time: 10:00 am—3:00 pm

Fee: \$40 per person; includes supplies to make one complete log; bring your own lunch; pre-registration required.



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