

Lion's Mane, Shiitake & Oyster... Oh my!



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Just like fresh picked tomatoes, if you have ever tasted [fresh mushrooms picked from your backyard](#), you know the taste is a completely different experience – rich, meaty flavor with a delicate texture. The difference between store bought mushrooms and those grown at home is remarkable; and for good reason. Most mushrooms sold in stores are grown in sawdust and then transported (for an unknown distance and time) to the store.

Home-grown mushrooms are also healthier. They are low-fat, have higher levels of protein and B vitamins; and contain all 8 essential amino acids, cholesterol lowering chitin, and heart-healthy beta-glucan. They also boast potassium (which lowers blood pressure), selenium (an antioxidant) and 20-40% of your daily requirement of copper.

[Click here](#) to learn how easy it can be to grow Shiitake, Lion's Mane & Oyster mushrooms in your yard.



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