

# *Straw Mushroom*

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# Preface

This report on straw mushrooms (*Volvariella volvacea*) reflects our group's shared passion for exploring sustainable food sources. In addition to delving into their history, nutritional value, and cultivation methods, we also consider their potential as a sustainable food option. Straw mushrooms, known for their ability to grow on agricultural byproducts, offer an eco-friendly and resource-efficient solution for meeting global food demands.

We express gratitude to our instructor, researchers, and collaborators for their support. This report symbolizes our commitment to understanding sustainable agriculture and food security.

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# 1 Introduction

Straw mushrooms (*Volvariella volvacea*), native to Asia, have been cultivated since the 18th century, initially grown on paddy straw by Buddhist communities. Over time, their cultivation spread across China, becoming a treasured food and even a royal gift. Today, straw mushrooms are widely consumed throughout Asia and are cultivated using various substrates, such as cotton waste and compost piles.

This report explores the historical background, nutritional composition, cultivation methods, applications, and the benefits and challenges of growing and consuming straw mushrooms, presenting a comprehensive analysis of their significance in food and agriculture.

## 2 History

## 3 Nutrition

## 4 How to grow

## 5 Product



## 6 Pros

## 7 Cons

# Reference