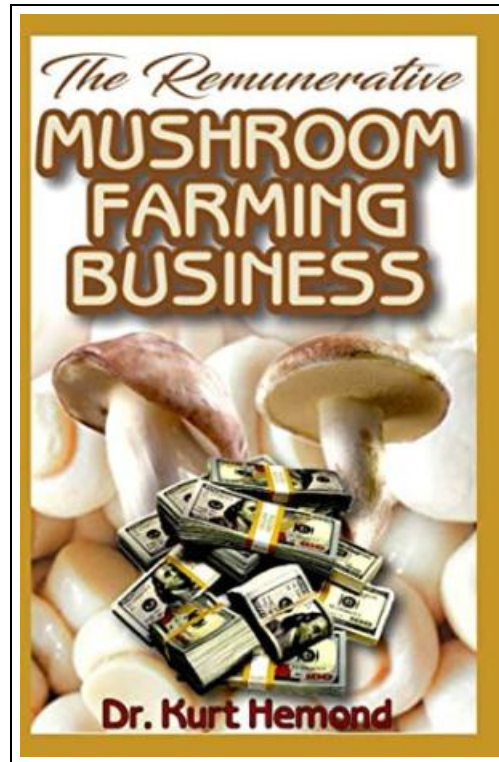


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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. mushroom farming business can offer you a great lifestyle, great profits and a chance to be your own boss. Mushroom farm businesses specialize in growing mushrooms. These mushrooms are used by customers for either medicinal or culinary purposes, depending on the type of mushroom grown. Additionally, they may be sold wholesale to clients or at retail prices. U.S. mushroom sales for 2009-2010 was 793 million lbs. per the National Agricultural Statistics Service. Mushrooms are high in antioxidants. They also contain selenium, which isn't found in most fruits and vegetables. Some mushrooms are also a source of Vitamin D, potassium, and folate. Let me take a moment to de-mystify mushrooms for you. Mushrooms represent a largely unexplored world especially in the Western hemisphere. They are not considered a plant because they don't undergo photosynthesis. They are a fungus. When it comes to fungi, there are over 5,000 different species in North America alone and many of them are wildly popular in the culinary world. Several Eastern cultures have long recognised mushrooms for their health promoting attributes. Over the last fifty years, scientists mostly in the Eastern world have finally begun to validate their many potential health benefits. Over 300 different species of mushrooms are now thought to have potential for promoting health. Evidence continues to emerge, confirming how mushroom proteins, trace minerals, polysaccharides, amino acids and fibre promote overall health. These and other compounds found in mushrooms are now believed to help: Support immune function. Promote normal cellular growth. Protect against environmental stresses. Support your body's normal detoxification process. Preserve cellular structure. Support healthy gut flora. Promote optimal digestion. In other words, mushrooms are increasingly thought to play many different roles: adaptogens, antioxidants, detoxifying agents just to name a few. If you have ever wanted to grow mushrooms to save money buying them,...



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