

# Mushroom Cultivation



Tuesday, February 6, 2024 · 9–11 am

Tidewater Mushroom Company LLC, 4675 E. Princess Anne Rd, Norfolk, VA

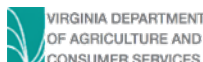
**FREE** · *Space is limited to 10 participants.*

Mushrooms are a small yet mighty culinary ingredient with many health benefits, from cancer prevention to brain health. Jason Hess, of Tidewater Mushroom Company LLC, will introduce participants to common gourmet mushroom varieties and their uses. Learn about the mushroom life cycle, nutrition facts, superfood statistics, and day-to-day operation of this unique urban indoor mushroom farm. Each participant will receive a grow bag, which they will inoculate following a tour with Q&A and an explanation of the lab, equipment, and growing mediums.



Register at  
[ext.vsu.edu/calendar](https://ext.vsu.edu/calendar)

For more information, contact Ben Dukes at  
804-731-7916, or email [bdukes@vsu.edu](mailto:bdukes@vsu.edu).



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