

FOSTERING THE PRODUCTION OF OYSTER MUSHROOMS AND RURAL DEVELOPMENT IN MEXICO

The production of edible mushrooms is being affirmed, in different countries, as an activity that allows to use agricultural residues to create employment and local development offering to the population a rich food from the nutritional point of view.

Mexico is considered the leading producer of Oyster mushrooms (*Pleurotus Ostreatus*) in Latin America and different public and academic institutions in the country have developed documents and [manuals to encourage production](#). These manuals, now freely available on the Internet, represent valuable tools for stakeholders interested in implementing the cultivation of high quality edible mushrooms.

The main advantages of the Oyster mushroom production are as follows:

- **Contribution to nutrition and health.** According to the studies of scientific institutions, the Oyster mushroom is rich in carbohydrates, vitamins, fibres and minerals and its fat content is very low. It has between 57 and 61% carbohydrates based on its dry weight, 26% protein and a fibre content of 11.9%. It contains vitamins such as niacin, thiamine (vitamin B1), vitamin B12 and vitamin C. It also contains minerals like potassium, phosphorus, calcium, among others. In addition, it is recognized its ability to significantly reduce the amount of cholesterol in the blood, contributing to prevent serious heart disease.
- **Contribution to the environment.** Oyster mushrooms grow naturally in decaying trunks and can be grown on a wide variety of substrates using well-dried plants. In particular the abundant residues from agriculture and forestry can be used: crop residues from maize, wheat, sorghum, oats and barley and also leftovers from rice and bean crops. For this reason the production of the Oyster mushrooms assumes an important environmental function, allowing the economic use of a residue that would have to be eliminated. In addition, the same residues from the production of the mushrooms can in turn be recycled to create compost that is used in agricultural activities.



- *Contribution to local economic development.* The Oyster mushrooms production does not require large spaces and initial investments, it can be carried out by actors of different scale, from the small rural producers to the big companies. In particular, this production can generate a competitive productive chain of the territory, taking advantage of the agricultural wastes and integrating the different economic actors in the different activities. The advantage of a territorial productive chain is the possibility of creating jobs and income, of implementing common services and orienting in a balanced way the sale of the product to the internal consumption, to improve the local food, and towards the export.
- *Traditional knowledge and new technologies.* In Mexico, traditional knowledge about edible mushrooms that develop wildly, is enormous and many species are consumed in the summer season from pre-Hispanic times. In the '70s the production of edible mushrooms began, using a variety of substrates for cultivation. The procedure foresees the preparation of the substrate, pasteurization, inoculation of the substrate, an incubation period and, at the end, the harvest. In this agro-industrial process, which can be carried out at different scales and allows mushrooms to be produced throughout the year, adequate technology and knowledge play an important role in ensuring a quality product.

The Ministry of Environment and Natural Resources (SEMARNAT) of the Government of Mexico supports the implementation of Oyster mushroom production projects in rural areas of the country to create new economic and employment opportunities.

The experts estimate that Mexico produces about 4 thousand tons of mushrooms per year, approximately 60% of the total production in Latin America and this agro-food chain presents great opportunities for growth. Its competitive advantages consist in producing large quantities of rich food in small areas, using simple techniques, at low cost, in short periods of time, using agro industrial waste as a substrate for its cultivation and generating economic development in rural territories.

To know more

[Pleurotus Ostreatus in naturalista.mx](http://naturalista.mx)

[Manuals in setascultivadas.com](http://setascultivadas.com)

[Guidelines in cosechandonatural.com.mx](http://cosechandonatural.com.mx)

[Articles in cosechandonatural.com.mx](http://cosechandonatural.com.mx)

[Articles in setascultivadas.com](http://setascultivadas.com)

[Manual in autonomiaautogestion.unach.mx](http://autonomiaautogestion.unach.mx)

[Producción casera de setas in cuexcomate.com](http://cuexcomate.com)



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