



## MUSHROOMS - THE TREASURE TROVE OF NUTRITION



एक कदम स्वच्छता की ओर



**ICAR-INDIAN INSTITUTE OF HORTICULTURAL RESEARCH**

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## Mushrooms- Nature's power house of nutrition



- ❖ Low calorie
- ❖ Low carbohydrates
- ❖ High quality protein
- ❖ Fat free
- ❖ Zero cholesterol
- ❖ High vitamin B
- ❖ Only vegetarian source of vitamin D
- ❖ High potassium to sodium ratio
- ❖ Recommended food for cardiac health
- ❖ No sugar
- ❖ Recommended food for diabetics
- ❖ High bioavailable iron
- ❖ High on micronutrients selenium and zinc
- ❖ High antioxidants & Immunomodulator



**Mushrooms for your backyard – RTF technology- ICAR-IIHR developed the 'Ready to fruit-RTF' technology to make mushrooms available in your backyard. Buy the RTF bags and harvest mushrooms in 5-7 days**

**Mushrooms and veggies – Design your own vitamin combo with mushrooms, carrots, capsicum, peas, avocado, sweet potato, mustard green, broccoli**

**Mushroom blends - help the environment by mushroom and meat blends to reduce meat intake without compromising the taste and nutrition and help the environment**

**Mushrooms in my daily diet - Make mushrooms a part of your meal 365 days through Arka mushroom rasam powder, Arka mushroom chutney powder, pulyogarae powder and many other products**



## Services offered by ICAR-IIHR, Hesaraghatta, Bengaluru

1. Entrepreneurial training & on site incubation - Log on to [www.iihr.res.in](http://www.iihr.res.in) for further details on training courses
2. Sale of Spawn - Log on to [www.iihr.res.in](http://www.iihr.res.in) for details and contact 7090949605 / 080-23086100 Extn: 348 for advance booking of spawn.
3. Technical guidance to establish ICAR-IIHR model of mechanized spawn production unit
4. Technical guidance for the establishment of ICAR-IIHR model based Ready to fruit (RTF) bag production unit
5. Licensing of Mushroom value-added product technologies.
6. Licensing of ICAR-IIHR designed spawn machinery

## Services offered by Mushroom Lab, Biocentre, Department of Horticulture Government of Karnataka

1. Regular One Day and One Week Training programs
2. Sale of Mushroom Spawn
3. Sale of ready to fruit (RTF) bags for hobby cultivation

### For further details please contact:

- ▶ Bengaluru (Hulimavu): 080/26584904/26582775/  
Shri. Varun: 9611 521 806
- ▶ Shivamogga: 08182 240004/ Smt. Anitha: 9663 931 018
- ▶ Belagavi: 0831 245142/ Smt. Nethranjali: 8904 381 481
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