



# Mushroom Growkit Teambuilding Workshop

## Contact information:

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## Description of the Workshop:

At a Helsieni teambuilding workshop you and your colleagues will learn new things about mushrooms and how to grow them at home with the Helsieni Growkit. The Do-It-Yourself kit is a very simple and fun way to learn how to grow oyster mushrooms at home. In the workshop we will demonstrate how the Growkit works and start it together. You can follow the growth of mycelium and fungi from start to finish. The workshop is structured as follows:

### Lecture:

- What are (oyster) mushrooms? Basics of mushroom biology and cultivation.
- Creating the right growing conditions at home
- How to harvest + cooking tips
- What to do with mushroom 'waste'/ how to continue the cultivation with coffee grounds

### Learning by doing:

- Starting a Growkit together

**Duration:** 1 hour

**Date:** weekday

**Location:** At Helsieni office in Pasila, or at the customers' premises (e.g. the cafeteria).

Contact us to get an offer!

[info@helsieni.fi](mailto:info@helsieni.fi)

