

Rofpv]tL k|ljlw

(Mushroom Production Technology)

ljgf]b xdfn

al/i7 afnL ;+/lf0f clws[t

Rofp(Mushroom)

- Rofp Ps k|sf/sf] 9';L xf] t/ ;a} 9';L Rofp xf]O{gg\ . Rofpn] cfkm\gf] vfgf cfkm} agfpg ;Sb}g . Rofp h/f / kft gePsf], km"n gkm"Ng] / cfFvfn] gb]lv], dl;gf] wfuf] h:tf] /;fx?n] h]lnP/ ag]sf x'G5g\ .
- oL /;fx?nfO{ c+u|]hLdf ædfO{;}lnodÆ elgG5 .
- oLgLx? s'lxPsf] j:t'df, lr;f] / cf]l;nf] 7fpFdf pd|G5g\ .
- Rofp clt g} kf]lifnf] / :jf:Yoj4{s vfB j:t' xf] .

g]kfndf % lsl;dsf Rofpx?sf] Joj;flos pTkfbg 5gM

!_ sGo] Rofp(Oyster Mushroom)

@_ uf]a] Rofp(Button Mushroom)

#_ l;tfs] Rofp (Shitake Mushroom)

\$_ k/fn] Rofp (Straw Mushroom)

%_ /ftf] Rofp (Ganoderma Mushroom)

Rofpsf] dxTj

- k|f]6Lgsf] /fd|f] ;|f]t
- pRr /Strfk tyf sf]n]:6«f]n 36fp5
- SofG;/ /f]u / 6\o'd/ 36fp5
- cgfjZos df]6f]kg 36fp5
- /QmgnLdf cj/f]wsf sf/0fn] x'g] ;d:ofnfO{ Go"g ub{5 .

**u08sL k|b]zdf Joj;flos pTkfbgdf /x]sf sGo], uf]j]]
tyf l;tfs] Rofpsf] af/]df rrf{ u5f}{ .**

sGo] Rofp v]tL k|l]lw(Oyster Mushroom Production Technology)

sGo] Rofp v]tL ubf{ @)-#) l8=;]= tfkqmd / cfb{|tf *)-() k|ltzt x'g'k5{ . pko'St tfkqmd eg] @@-@% l8=;]= xf] . u08sL k|b]zsf] dgf^a / d':tf^adfsGo] Rofp v]tL r}q b]lv cflZjg dlxgf;Dd Hofb} pko'St xG5 eg] gjnk'/, uf]vf{, ndh'^a, tgx', sf:sL, :of^a\hf, kj{t, afUn'^a, DofUbl lhNnfd f jif{e/Lg} sGo] Rofp v]tL ug{ ;lsG5 .



k/fnsf]



k/fn sf6]sf]



\$-% 306f kfgLdf
k/fn lehPsf]



;kmf kfgLdf @—#
k6s k/fn wf]Psf]



a9L ePsf] kfgL
sd ug{ kfgL
tof]Dsf]



k/fn lgd{nLs/Of ug{
akmfPsf]



kf]nL Jofudf k/fn
/ :kfg ld;fP/ /fv]sf]



Rofp kmnfpq
tof/ kf/]sf]



Rofp kmn]sf]

v]tL k|l]lw

sGo] Rofpsf] nflu wfgsf] k/fn, ux'Fsf] 5\jfnL, ds}sf]
vf]:6f, tf]/Lsf] 8fF7, sfuh cflbsf] ;b'kof]u u/L Rofp pTkfbg ug{
;lsG5 .t/ wfgsf] k/fndf ;lhnf];Fu ug{ ;lsg] / /fd|f] pTkfbg x'g]
b]lvPsf] 5 .

!= ;j} eGbf klxnf ;kmf k/fnsf] Joj:yf ldnfpg]

@=aLpsf] dfqf ldnfpgsf] nflu tf]Ing] . ! s]=hL=k/fnnfO %)u|fd
Rofpsf] jLp rflxG5 .

@= tf}n]sf] k/fnnfO{ @ b]lv # OGr jf \$-% c+u'n x'g] u/L 6'qmf kfg{ } .

#= k/fnnfO{ \$ b]lv % 306f ;kmf kfgLdf 8'afpg] .

\$= ;kmf kfgLn] @-# k6s k/fndf ePsf] w'nf] kvfNg] .

%= lehfPsf] k/fndf a9L ePsf] kfgL x6fpg \$-% 306f;Dd le/fnf] 7fpFdf lkmFhfO{ kfgL tsf{pg] . k/fndf 7LSs lr:ofgsf] dfqf 5 5}g egL hfRgsf nflu d¶Ldf k/fn /fv]/ lgrf]bf{ kfgL glg:sg] t/ xTs]nf lr;f] ePsf] x'g'k5{ } .

^= k/fndf ePsf ;'ld hLjf0f'nfO{ dfg{ kfgLsf] jfkmn] ! 306f b]lv @ 306f;Dd k/fn akmfpg] .

&= akmfPsf] k/fnnfO{ ;kmf 7"nf] Knfi6Lsdf /fvL lr;f] ePkl5 emf]nfd \$ OGr hlt k/fn /fvL aLp 5g{ } / km]/L \$Æ k/fn /fVg] / jLp 5g{ } . o;} u/L \$-% tx;Dd aLp 5g{ } . k/fndf 9';L /fd|f] km}nfp /fd|f] tl/sfn] lyRg'k5{ } .

*= Knfli6s leq s]lx dfqfdf clS;hgsf] cfjZostf kg{ } ePsf] !) ;]=dL= km/sdf ! ;]=dL= uf]nfO{sf] Kjfn kfg{ } .

(= aLp /f]kL;s]sf] Knfli6ssf] emf]nfnfO{ cWof/f] 7fpFdf @@- @%l8=;]=tfkqmd ePsf] sf]7fdf em\ofn 9f]sf aGb u/L @! lbg ;Dd /fVg'kb{5 } .

!)= k/fndf k"/f 9';L km}lnPkl5 Knfli6s emf]nf x6fpg] jf @,# 7fpdf rSs'n] Knfi6Ls sf6]/ x6fpg] / Rofpsf] annfO sd cWof/f] 7fpdf e]G6Ln]zg ePsf] 7fpdf /fVg] .

!!= Rofpsf] annfO{ em'08fP/ /fVg] xf] eg] k"/f} Knfi6Ls x6fpg' kb}{g } .

!@= Knfli6s emf]nf x6fpg] ;dodf k/fndf ;-;fgf Rofpsf bfgf klg b]lvG5 } .

!#= lbgf] @-# k6s kfgL 5s{g} .

!\$= Pp6f 8Nnf]df #- \$ k6s;Dd Rofp kmNb5 } .

!%= Ps lsnf] :f'Vvf k/fnaf6 *) b]lv !))) u|fd Rofp kmNb5 } .

sGo] Rofpdf /f]usL/f Joj:yfkg

- ;/;kmfOdf a9L Wofg lbg]
- jLp u'0f:t/sf] k|of]u ug]{
- k/fnnfO{ /fd|f];Fu jkmfpg] .
- e';'gfaf6 hf]ufpg 9f]sf / e]G6Ln]zgd f dl;gf] hfnL k|of]u ug]{, gLdsf] t]n :k] ug]{ tyf kx]nf 6«fksf] k|of]u ug]{ / lr:ofg sd ug]{ .
- AofS6]l/of / 9';L /f]uaf6 hf]ufpg kmdf{nLg tyf j]lei6Lg emf]n agfO skf; lehfO /f]uu|:t 7fpFnfO /fd|f];+u k'5\g] .
- emLufaf6 hf]ufpg ;/;kmfOdf Wofg lbg] tyf gLdsf] emf]n tyf t]n 5g]{ .
- d';faf6 hf]ufpg ;kmf;'U3/ /fVg] tyf ljiffbLsf] k|of]u ug]{ .

sGo] Rofpsf] cfoJoj ljj/0f

7fpF, ;do, k|of]u ug]{ j:t'sf] u'0f:t/, pTkfbLt Rofpsf] u'0f:t/, Rofpsf] d"No cg';f/ cfoAoosf] u0fgf ul/G5 . oxf eg] ;fdfGo ?kdf o; u08sL k|b]zsf] Rofp pTkfbgd f k|of]u x'g] sRrf kb fy{sf] d"No tyf Rofpsf] cf};t d"No / HofdLsf] Hofnfsf cfwf/df cfoJoosf] lx;fj sLtfj ul/Psf] 5 .

Pp6f !\$×#) kmL6sf] Knfi6Ls 3/df #)) sGo] Rofpsf] an c6fp5 .

Pp6f andf cf};t # s]=hL= ;'Vvf k/fn c6fp5 .

s =;=	ljj/0f	Dfqf	b/ ?=	hDdf
!	k/fn	() s]=hL=	!%.–	!#,%) .–
@	Kf]fnLyLg Jofu	#) s]=hL=	#)).–	()).–
#	:kfg, jLp	\$% s]=hL=	@)).–	())) .–
\$	HofdL Hofnf	\$% hgf	&)).–	#!,%) .–

%	bf/f	() s]=hL=	@).-	!* ,))) .
^	# jif{ vKg] Knfi6Ls 3/ Ps k6s k of]u ubf{ nfUg] vr{			%)))).-
&			hDdf	*^ ,))) .-

Tffhf Rofp pTKffbg! s]=hL= k/fndf Joj;flos ?kn] ubf{ *) u|fd pTkfbg x'G5 . o; lx;fjn] () s]=hL= k/fndf &@) s]=hL= tfhf Rofp pTkfbg x'G5 . &@) s]=hL=sf] ? @)) .- sf b/n] ?=!, \$\$,))) .- x'g5 . o; lx;fjn]v'b gfkmf ?=%*))) .- x'G5 . Pp6f Knfi6Ls 3/df jif{df # k6s tfhf Rofp kmnfpG ;lsG5 . ! jif{df Pp6f Knfi6Ls 3/df pTkfbg ul/Psf] Rofpaf6 v'b gfkmf %*)))x# sf] lx;fan] ? !, & \$,))) .- x'G5 .

uf]a] Rofp v]tL k|ljw(Button Mushroom Production Technology)

uf]a] Rofp v]tL ug{sf] nfuL :yfg tyf df};d x]/L ljleGg Id>0f ldnfP/ sDkf]i6 tof/ ug'{kb{5 . tof/L sDkf]i6af6 sf7sf] ¥ofs cyjf Knfi6Ls Jofudf Rofp /f]Kg] a]8 agfO{ ;f] a]8df Rofp v]tLul/G5 .

sDkf]i6sf] nflu rflxg] ;fdfu|Lx?

pknAw ;|f]t cg';f/ ljleGg ;fdfu|L ldnfO{ sDkf]i6 dn agfpg ;lsG5 .

klxnf] Id>0f

!=k/fn !))) s]=hL= ! lbg cuf8L lehfpG]

@=o'l/of !! s]=hL= k/fn lehfpG] @\$ 306fkl5 k/fn rf+a nufp+bf k|of]u ug]{

#=l8=P=kL=& s]=hL= bf]>f] kN6fO{df /fVg]

\$=s[lif r'g #) s]=hL= rf}yf] kN6fO{df /fVg]

%=ljiffbL 5}6f}= kN6fO{df k|of]u ug]{

bf]>f] ld>0f

!=k/fn !))) s]=hL= ! lbg cuf8L lehfpq]

@=s'v'/fsf] dn !%) s]=hL= k/fn lehfpqsf] @\$ 306kl5 k/fn rf+8= nufp+bf k|of]u ug]{

#=l8=P=kL=& s]=hL= bf]>f] kN6fO{df /fVg]

\$=s[lif r'g #) s]=hL= rf}yf] kN6fO{df /fVg]

%=ljiffbL 5}6f}= kN6fO{df k|of]u ug]{

tf]>f] ld>0f

!=k/fn !))) s]=hL= ! lbg cuf8L lehfpq]

@=o'l/of % s]=hL= k/fn lehfpqsf] @\$ 306fkl5 k/fn rf+8= nufp+bf k|of]u ug]{

#=Pdf]lgod ;Nkm]6 !^ s]=hL=

\$=l8=P=kL=& s]=hL= bf]=>f] kN6fO{df /fVg]

%=s[lif r'g #) s]=hL= rf}yf] kN6fO{df /fVg]

^=ljiffbL k|of]u 5}6f}= kN6fO{df k|of]u ug]{

sDkf]i6 tof/ ug]{ ljlw

- ;kmf k/fnnfO{ ! lkm6 nfd] x'g] u/L sf6\g]
- 6'qmfPsf] k/fn lr;f] kfgLdf *~!) 306f 8'afO{ ;kmf ug]{ / k/fnsf] kfgL lgy|g lbg] .
- sf7sf] k|m]dsf] ;xfotfn] k/fn txtx u/L lyRb} x/]s #-\$ tx kl5 !-@ s]=hL= sf] b/n] dnsf] ld>0f 5g]{ / \$ lkm6;Ddsf] prfO{ agfO{ %)) s]=hL= ;Dd k/fn c6\g] u/L k'i6 kfg]{ . k/fn ;'Vvf 5 eg] xNsf kfgL lbg] .

sDkf]i6 kN6fpg] ljlw

sDkf]i6 tof/ ug]{ :yfg / ;do x]/L * k6s kN6fpg' kb{5 .

!=klxnf] kN6fO{ % lbgdf -l8=P=kL= ld;fpg]_

@=bf];|f] kN6fO{ !) lbgdf -s[lif r'g ld;fpg_

#=t];|f] kN6fO{ !# cf}+ lbgdf

\$=rf}yf] kN6fO{ !^ cf}+ lbgdf

%=kfFrf} kN6fO{ !(cf} lbgdf

^==5}6f}+ kN6fO{ @@ cf}+ lbgdf

j]|lei6Lg, @=% u|fd / dnfyfog ! ld=nL k|lt ln6/ kfgLsf] b/n]

3f]n agfO{ @) nL6/ k|lt 6g sDkf]i6df k|of]u ug}{ .

&=;ftf} kN6fO{ @% cf}+ lbgdf

=cf7f} kN6fO{ @ cf}+ lbgdf

k/fnsf] cj:yf 7fp tyf df};d cg';f/ sDkf]i6 /fd|f];Fu tof/ gePdf !—

@ kN6fO a9fpg ;lsG5 .

tof/L sDkf]i6sf] /Ë xNsf v}/f, lr:ofg &) k|ltzt / lk=Pr= &—&=@

x'g'kb{5 .

cfhef]nL !#—!\$ lbgdf sDkf]i6 tof/ x'g] tfks|d / lr:ofgsf] dfqf

lgoGq0f ug{ ;lsg] :jfrflnt sDkf]i6 RofDj/ klg agfOG5 t/ of]

k|ljlw z'? ubf{ k|f/DeLs nfut dx+uf] k5{ .

tof/L sDkf]i6 k|of]u ul/ uf]a] Rofp v]tL ug}{ k|ljlw

Rofp v]lt ul/g] sf]7fsf] tof/L

- Rofp v]tL ul/g] sf]7fnfO{ @ k|ltztsf] kmdf{nLgn] ;kmf ug}{

sDkf]i6 a]8sf] tof/L

- ;f] sf]7fdf #—\$ lkm6 rf}8fO{ / ^—* OGr prfO{sf sDkf]i6 a]8 sf7sf] ¥ofsdf agfpg] .

aLp 5g]{

- a]8 tof/ u/]sf] @ lbg kl5 Rofpsf] aLp 5g){
- ! 6g k/fnsf] nflu @) Kofs]6 aLp cfjZos k5{

- dflyNnf] !=% OGr sDkf]i6 x6fO{ aLp 5g]{ / To;nfO{ sDkf]i6n] 9fs]/ xTs]nfn] lj:tf/) lyRg]
- dflyaf6 kmdf{nLgn] pkrf/ ul/Psf] klqsf] 9fsL kfgL lbg] .
- o; a]n sf]7fsf] tfkqmd @@-@% l8u|L ;]lG6u|8 / ;fk]lifs cb{|tf &)-&% k|ltzt /fVg]
- !%-@) lbgdf Jof8sf] ;tx d'gL ;]tf 9';Ln] 9fs]sf] b]lvG5 .

df6f]n] k'g]{ -s]l;^a _ ug]{

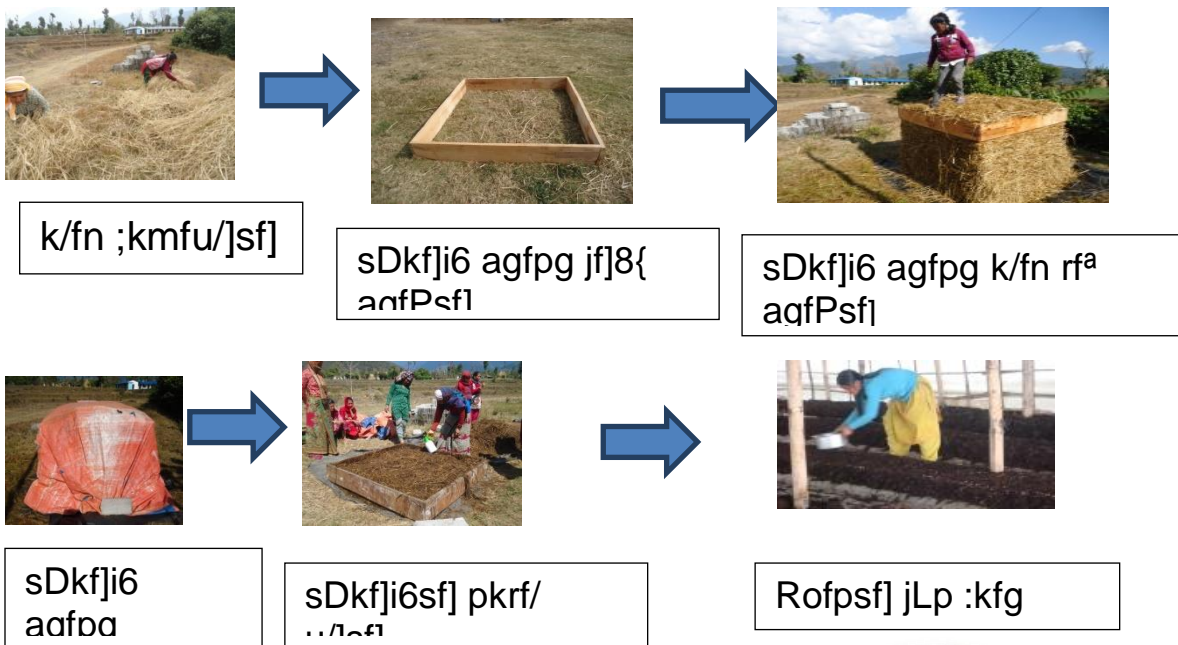
- aLp 5/]sf] !! cf}+ lbgdf Jof8 9fSgnfO{ df6f]sf] ld>0f tof/ ug]{ .
- !)) s]=hL dl;gf] df6f] @ s]=hL r'gf / kmdf{nLg kfgLsf] 3f]n -)=@%M%nL=_ Ps} 7fpFdf ld;fO{ Knfli6sn] 9fsL &@ 306f /fVg] / k'gM /fd|/L rnfpg] .
- ;f] ld>0fn] ! OGr afSnf] x'g] u/L a]8nfO{ k'g]{ / pkrf/ u/]sf] sfuhdf dfq ljxf]g a]n'sL xNsf kfgLlbg] .
z'?df &-!) lbg ;Dd @@-@% l8u|L ;]lG6u|]8 / ;fk]lifs cfb{|tf&)-&% k|ltzt /fVg] / To; kl5 !\$-!* l8u|L ;]lG6u|]8 / ;fk]lifs cfb{|tf *)-() k|ltzt x'g] u/L ldnfpg] .

Rofp l6Kg]

- s]l;^a u/]sf] \$ xKtf kl5 Rofp l6Kg nfos x'G5
- Rofp l6Kbf af]6nfO{ ;dft]/ Psftkm{ a6f/L xNsf;Fu l6Kg' kb{5 .
- Rofp l6k]kl5 h/f x6fO{ pkrf/ ul/Psf] df6f]n] k'gM k'/L xNsf kfgL lbg'kb{5 .
Ps 6g k/fnsf] sDkf]i6af6 @))-#)) ls=u|f tfhf uf]a] Rofp pTkfbg x'G5 .

/f]u÷sL/f Joj:yfkg

- Is/fsf] Joj:yfkg ug{ e\ofn 9f]sf tyf e]G6Ln]zgdg hfnL k|of]u ug]{
- ;]tf] tyf kx]nf] 6«ofk k|of]u ug]{
- v}/f] Knfi6/ /f]uJoj:yfkgM ;/;kmfO{, xfjfsf] ;+jfxg, tfkqmd / ;fk]llfs cfb|{tf ldnfpg'k5{ ;fy} @ k|ltzt kmdf{Ing cyjf ! u|fd 8]/f];fn jf @ u|fd a]le:6gnfO{ ! ln6/ kfgLdf ld;fP/ 5g'{k5{ .
- /f]uaf6 hf]ufpg :j:Yo k/fnsf] k|of]u tyf ;/;kmfOdf /fd|f] Wofg lbg'k5{ .
- xl/of] /f]u M dn agfpFbf /fd|/L gs'lxPdf, /fd|f];Fu lj;^aqmdOf gePdf, tfkqmd / ;fk]llfs cfb|tf a9L ePdf . AofS6]l/of / 9';L /f]uaf6 hf]ufpg kmdf{nLg tyf j]lei6Lg emf]n agfO skf; lehfo /f]uu|:t 7fpnfO /fd|f];Fu k'5\g] .





sl:L^a



Rofp



kl/kSs vfgo]fUo

!;tfs] Rofp v]tL k|l]w(Shitake Mushroom Production Technology)

- !;tfs] Rofp g]kfn] kxfl8 e]usf h+unx?df kfO{G5 . :yfgLo efiffdf o;nfO{ d[u] Rofp elgG5 . of] Rofp em/Lsf] df};ddf h+undf kmfln]Psf sf7sf] d'9fdf pld|/fv]sf] x'G5 .
- sl/a #%) ;o jif{ cufl8 rLgsf j}1flgsx?n] s[ltd tl/sfaf6 o;sf] v]tLsf] z'?jft u/]sf lyP eg] kl5 hfkfgLhx?n] o;sf] lj:tf/ u/L gfdfs/0f u/]sf x'g\ . h;df hfkfgLh efiffdf ;L (Shi)eg]sf] sf7sf] d'9f / tfs](Take)Rofp elgG5 .
- cf]v/, plQ;, ;f]/, nfs'/L, v;|' cflb sf7sf d'9fx?df !;tfs] Rofp pTkfbg ug{ ;lsG5 . t;y{ jg ljsf; sfo{qmd cGtu{t ;fd'bflos jg pkef]Qmf ;d'xn] k|fKt ug]{ sf7x?df of] Rofp v]tL ug{ ;Dej b]lvPsf] 5 .
- ljZjsf ljleGg b]zx?df !;tfs] Rofp v]tL x'g] u/]sf] kfO{G5 . !;tfs] Rofp ;a}eGbf klxn] lrgdf pTkfbg ul/Psf] xf] eg] cfh ;Dd klg of] Rofpsf] ;a}eGbf al9 pTkfbg x'g] b]z rLg g} /x]sf] 5 . !;tfs] Rofp ljleGg tl/sfaf6 ug{ ;lsG5 t/ oxF sf7sf] d'9fdf ug]{ t/Lsf pNn]v ul/Psf] 5 .

!_ sf7sf] 5gf}6 M

ljZjdf !;tfs] Rofp ljz]if u]/ cf]v/ hftsf sf7x?df v]tL ug]{ u/]sf] kfO{G5 . t/ g]kfn] ul/Psf] xfn}sf cg';Gwfgx?af6 sf7sf

glthf cg';f/ plQ;, ;f}/, s6';,nfs'/L, v;|' cflb dWo] cf``km"nfO{ h'g
sf7 ;xh pknAw x'G5 To; }nfO{ 5gf}6 ug'{kb{5 .

@_ sf7sf d'9fx? s6fg ug]{ M

- ❖ l;tfs] Rofp v]tL ug{sf nflu sf7sf d'9fx? s6fg ubf{ %
b]lv !) jif{ k'/fgf] ?vx?af6 !) b]lv @) ;]=ld= uf]nfO{
ePsf] sf7 !÷! ld6/ nfd] sf6\g' kb{5 .
- ❖ sf7 sf6\b] sflt{s b]lv kmfNu'Of dlxgf e/ sf6\g ;lsG5 .
d+;L/ dlxgf ;a}eGbf /fd|f] ;do dflgG5 . sf7 sf6\b]
af]qmf pKsg lbg' x'b}g .

#_ sf7sf] d'9fx? ;'sfpg] M

- ✓ o;/L ?vaf6 cf``km"nfO{ rflxg] hlt sf7sf] d'9fx?
sfl6;s]kl5 @) b]lv #) lbg ;Dd 5fodf ;'sfpg' kb{5 .
sf7x? ;'sfpb] l;wf 3fddf g;'sfO{ ?vsf] 5xf/L jf cln-cln
:ofpnf jf k/fnn] 5f]k]/ ;'sfpg' kb{5 .
- ✓ pQm sf7 sf6\g] a]nfd] sf7df ^) k|ltzt lr:ofg x'G5 eg]
;'sfP/ \$) b]lv %) k|ltzt sfod ug'{ kb{5 lr:ofg al9 ePdf
w]/} 9';L pld|P/ sf7 rf8} ;8\b{5 eg] lr:ofg sd ePdf
Rofp /fd|f];Fu pld|b}g .

\$_ sf7sf d'9fdf Kjfn kfg]{ tl/sf M

- sf7sf] d'9fdf Rofpsf] lapm hf8f] df};ddf /f]Kg' kb{5 .
/f]Kg] a]nfd] jfo'd08nLo tfkqmd !) b]lv @) l8=;]=
x'g" kb{5 eg] ;fk]lfs cfb|tf &) b]lv *) k|ltzt x'g' h?/L
5 .
- sf7sf] d'9fdf Kjfn kfbf{ sf7sf] Ps 6'Kkf]af6 csf]{
6'Kkf] ;Dd * cf}nf cy{ft !) ;]=ld= km/sdf ! ;]+=dL=
uf]nfO{ / @ ;]=dL= ulx/fO{ x'g' kb{5 . Ps nfO{g Kjfn

kfl/;s]kl5 b'O{j6f Kjfnsf] lardf % ;]=ld= 6f9f !) ;]=ld=
sf b/n] b]f>f] nfOg Kjfn kfg]{ kb{5 .

%_ sf7sf d'9fx?df lap /f]Kg] tl/sf M

sf7sf d'9fx?df Kjfn kfg]{ sfd ;lsP kl5 lap /fKg] tof/L ug'{
kb{5 . lap /f]Kgsf] nflu lgDg ;fdgdx?sf] cfjZostf kb{5

!= sf7df Kjfn kfg]{ l8«ln^a d]l;g ! yfg @ ;]=ld= ulx/f]

@= kf/flkmgjfS; -sf]/f d}g_

#= d}g kufNg] ;fg] 8]SrL ! yfg

\$= l;tfs] Rofpsf] aLp cfjZostf cg';f/

%= aLp lgsfn]/ xfNg] af6f

- cfjZos Kjfnx? kfl/;s] nuTt} aLp /f]Kg] sfd ug'{ kb{5 .
;Ltfs] Rofpsf] aLp sf7sf] w'nf]df agfPsf] x'g'kb{5 . of]
aLp Kos]6af6 lgsfnL Pp6f ef8fdf /fVg] / a'9L cf}nf hqf
6'qf aLp lnP/ sf7sf Kjfn df /fvL cf}nfn] lj:tf/) lyr]/ leq
k7fpg' kb{5 .
- o;/L sf7sf Kjfn aLpn] e]// sfrf} d}g ttfP/ sk8f a]/sf]
l;Gsf]n] pQm lap /f]k]sf] Kjfn df d}gn] 6fnL lbg' kb{5 .
- ;a} sf7sf d'9fx?df Ps;fy Kjfn kfg]{ / ;a} Kjfn df lapm /f]Kb}
hfg] / cGTodf d}gn] Kjfn 6fnL lbg' kb{5 . olt u/]kl5 l;tfs]
Rofpsf] lap /f]Kg] sfd ;lsG5 . of] Rofpsf] 9';L sf7sf]
af]qmf leq SofDaLod eGg] txdf km}nG5 . sf7sf]
af]qmf] of] 9';LnfO{ arfO{ /fV5 / Rofp lgZsg] a]nfd
sf7sf] af]qmf] 7'nf] dbt k'¥ofp5 .

^= lap /f]k]sf sf7sf d'9fx?sf] x]/rfx M

❖ oL sf7sf d'9fx?nfO{ cnL cnL 3fd kg]{ 5fofF ePsf]
7fpF jf 7'nf ?vx?sf] 5xf/L ePsf] 7fpFdf /fVg ;lsG5 .
lap /f]k]sf] ! dlxgf ;Dd oL sf7x? rfF^a nufP/ /fVg'

- kb{5 / ;ft ;ft lbgsf] km/sdf xhf/L jf l;w} wf/faf6 cfPsf] kfgLn] rfF^a lehfp^g' kb{5 .
- ❖ ! dlxgf kl5 o;nfO{ rf/ j6f rf/ lt/ /fv]/ s|L;s|; |Ps kl5 csf]{ tx ub} rfF^a nufP/ /fVg] / lbgsf] Ps k6s xhf/Ln] jf l;w} wf/faf6 cfPsf] kfgLn] lehfp^b} hfg' kb{5 . o;/L k|To]s dlxgdf rfF^anfO{ kN6fp^b} kfgL lbb} hfg] o;/L lap /f]k]sf] sf7sf] d'9fnfO{ gf} dlxgf ;Dd :ofxf/ ub} hfg' kb{5 .
 - ❖ sf7nfO{ d+l;/df sfl6 kf}if el/ ! dlxgf 5xf/Ldf ;'sfP/ df3 dlxgdf lap /f]Kbf l7s x'G5 . lap /f]k]kl5 * dlxgf - kmfu'g b]lv ebf}_ ;Dd x/]s dlxgf kN6fp^b} hfg] / lbg lbg} kfgL xfNg] To; kl5 Rofp kmnfp^gnfO{ 5fk|f]df /fd|f];Fu ldnfP/ /fVg' kb{5 .

&= Rofp kmnfp^g] tl/sf M

- ✓ lap /f]k]sf d'9fx?df /fd|f];Fu 9';L km}lnP kl5 Rofp kmnfp^g] 5fk|f] jf 5xf/Ldf /fVg' kb{5 . o; a]nf sf7sf d'9fx? e'O{df g/fvL 7f8f] kf]/ /fVg' kb{5 . 5fk|f]sf] nDafO{ cg';f/ Pp6f jf b'O{ j6f af; 5fk|f]sf] lardf sf7sf] cb]z nufP/ /fVg] clg olx af``;nfO{ ;kf]6{ x'g]u/L ljp /f]k]sf d'9fx? 7f8f] kf]/ nx/} ldnfP/ /fVg'kb{5 .
- ✓ o;/L Pp6} afF;df b'j} kl5af6 b'O{ nfO{g sf7sf d'9fx? /fVg ;lsG5 . o;}a]nf 5fk|f]sf] 5]pdf Pp6f ;fg] kf]v/L agfP/ ;kmf kfgL hDdf ug]{ clg lo sf7x?nfO{ k6s k6s u/L kf]v/Lsf] kfgLdf !@ b]lv @\$ 306f ;Dd 9'afpg] clg af+;dfly ;f]em} 78fP/ /fVg] / d'8f leHg]u/L lbg lbg} kfgL xfNb} ug]{ .
- ✓ o;/L sf7x? 7f8f] kf]/ /fVbf sf7df 3fd l5g{ lbg'x'+b}g / sf7 /fv]sf] 7fp`` cf];Lnf] x'g'kb{5 . s]lx lbgkl5 lo jLp+

/f]k]sf] sf7sf] Kjfna6 jf cGo efua6 ;fgf] ;fgf] Rofp pd|g yfNb5 . lo pd]|sf Rofp 7"nf] x'gnfO{ \$ b]lv ^ lbg nfUb5 .

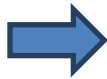
- ✓ Pp6f d'9fdf ! jif{df # k6s ;Dd Rofp kmnfpq ;lsG5 . Ps rf]l6 Rofp kmIn;s]kl5 Tof] d'9fnfO{ \$) lbg b]lv ^) lbg ;Dd kfgL glbsg cf/fd u/fpg'kb{5 / km]/L kfgLdf b'afO{ kfgL 5g'kb{5 .
- ✓ o;/L k6s k6s u/L sf7sf d'9fx?af6 Rofp kmnfpq] sf]lz; ug'k5{ . df};d cg';f/ >fj0fb]lv kmfNu'0f dlxgf ;Dd Rofp kmNg] ;Defjgf /xG5 . t/ Hofb} hf8f] x'g] dlxgf k'if / df3df eg] vf; } kmn]sf] b]lvPg .
- ✓ olb ;Ltf] Rofp v]lt ubf{ s'g} /f]u sL/fsf] ;d:of cfPdf d'9fnfO{ /fd|L kvfNg] jf rSs'sf] ;xfPtf] kftnf] af]qmf x6fP/ ;kmf ug]{ ug'kb{5 .
- ✓ dfly pNn]lvt k|l]lw? sf7 sf6\g] b]lv lnP/ jLp /f]Kg] / sf7nfO{ ;DxfNg] sfo{x? lgoldt ?kdf pko'Qm tl/sf / ;dodf u/]sf] v08df pQm sf7af6 dx+uf] Rofpm kmnfO{ :yfgLo /f]huf/Lsf] ;[hgf u/L cfly{s:t/ psf:g ;lsG5 .

I;tf] Rofpsf] /f]usL/f Joj:yfkg

- ✓ wld/faf6 hf]ufpg sf7x? Knfi6Ls dfly /fVg], ;'Gtnfsf] t]n tyf e]g]u/ 5g]{
- ✓ sf7sf] s'g} efudf /f]u b]lvP To; efunfO{ v's}{/ kmfNg]
- ✓ d';faf6 hf]ufpg ;kmf;'U3/ /fVg] tyf ljiffbLsf] k|of]u ug]{



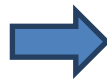
sf7sf] d'9f hDdf u/]sf]



jLp /f]k]sf] d'9fnfO rf^a agfO



D'9fdf Rofp kmnL/x]s]f



l6Kg of]Uo Rofp

Rofp v]tL ljsf;sf nflu lgDg gLltx? c]NfDjg ug'{ k5{

- ❖ Rofp pTkfbgsf] cfwf/df cg'bfq lbg]]{ .
- ❖ Rofpsf] ahf/ ;'lglZrt ug{ Rofp ;+sng s]Gb|x? :yfkqf ug]{ .
- ❖ Rofp v]tLsf nflu cfjZos C0f ;:tf] Jofhb/df z'ne u/fpg] .
- ❖ Rofp v]tLnfo{ Joj;flos/0f tyf cfw'lgs/0f ug{ cfjZos d]l;g cf}hf/ tyf pks/0fx?df cg'bfq lbO{ k|f]T;flxt ug]{ .
- ❖ Rofpsf] kf}li6stf, :jf:Yoj4{stf / pkof]lutfsf] af/] ljleGg ;+rf/ dfWodaf6 Jofks k|rf/ k;f/ u/L ;";'lrt / hfuf?s ug]{ .
- ❖ afx]} dlxgf Rofp v]tL ug{ cfjZos d];Lg, cf}hf/ tyf pks/0fx? cfoftdf s/ tyf e+;f/ ;x'lnot k|bfg ug]{ .
- ❖ Rofp ;DalGw /fli6«o tyf cGt/f{li6«o tflnddf Rofp pTkfbs ls;fg tyf k|fljwsnfO{ ;xefuL u/fpg] .

- ❖ Rofpsf] jLp j}+ssf] :yfkf ug]{ / Joj;flos pTkfbg ug]{ .
- ❖ Rofpsf] sDkf]:6, jLp tyf Rofpsf] u'Of:t/ sfod ug{ cg'udg k|0ffnLnfO{ k|efjsf/L agfpFg] .
- ❖ Rofp pTkfbgdf o'jfx?nfO{ cfslif{t u/L /f]huf/ klj4{g ug]{ .

:Gbe{ ;dfu|L

!=xl/zfrGb| af:tf]nf, ef]h/fh clwsf/L, dbg v8\s, ;'/h a}B —

@)&^, sGo] Rofp (Oyster Mushroom)v]tL k|ljlw

@ xl/zfrGb| af:tf]nf, ef]h/fh clwsf/L, dbg v8\s, ;'/h a}B —

@)&^, uf]a[] Rofp (Button Mushroom)v]tL k|ljlw

#=/d]z/fh kf]v|]n—@)&^, g]kfndf Rofp v]tL

\$=DedderP.J.C.-1978, Modern Mushroom Growing

%=M.K. Adhikary-2000, Mushroom of Nepal

^= ljleGg Rofp tflnddf k|:t't ePsf sfo{kq, df}vLs s'/fsfgL,cjnf]sg tyf cg'ejdf cfwfl/t