

Growing mushrooms in School for Life Chiang Mai

We started the mushroom project in the middle of July after reopening the school on 1st July, 2020. This project is done by Teacher Ae, Teacher Tri and Grade 7-9 students. The aim of the project is to provide edible mushrooms to the school canteen as part of sufficiency economy and to gain knowledge and experience of growing mushroom for the students. It's also a project-based learning under Home Economics school subject.

We built a hut, bought mushroom spawns and started growing. Students learn types of mushroom, life cycle of mushroom, how to grow them, the required environmental condition and how to cultivate mushrooms. Our first harvest was on 3rd August. We provided the mushrooms to the school canteen and we sold the leftover in the market.

We plan to grow mushroom in the rainy and winter season. We will not grow in the summer season as the climate is not suitable for mushroom.

Mushroom is a healthy food because it is fat-free, low calories and filled with vitamins, antioxidants and other nutrients that can help keep the brain healthy.











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School for Life Chiang Mai

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School for Life Chiang Mai is an internationally sponsored project in Northern Thailand that provides home and care for children who live in difficult situations. These include not only who lost their relatives, whose parents died of disease or are missing, but also children who escaped from situations of brutality and abuse. We give them a new home, provide for their basic needs as well as offer psychosocial and medical care. On top of that, we ensure the children to have proper basic education.

School for Life Chiang Mai was founded by Prof. em. Dr. Jürgen Zimmer and Thanin Hanfhaifha (JOY) in 1999.