

# Mushroom growing workshop || 02 July 2018

26 June 2018 || TO NUS Staff

Spent coffee grounds and household waste are typically thrown away, but the student project team, Shrooms in Rooms, from Ridge View Residential College (RVRC) has found a way to use them to grow mushrooms. Join these students in a hands-on workshop, jointly organised by the Office of Environmental Sustainability and RVRC, where they will share with you how this can be done.

Seats are limited, please register early at [this page](#) to avoid disappointment.

For more details, please refer to the attached workshop outline.

For enquiries, please contact Bai Sin Yeou at [baisinyeou@u.nus.edu](mailto:baisinyeou@u.nus.edu).



**Learn How to  
Grow Your Own  
Mushrooms  
Indoors!**

**02 July 2018  
11am – 12pm  
Flexi-Theme Room, Block G Level 1  
Ridge View Residential College  
25 Lower Kent Ridge Road**

This workshop is free-of-charge.  
Participants are required to bring  
the following:

- 1.5L bottle/Milk carton
- Penknife/ Scissors
- Cardboard

Jointly organised by:



Office of Environmental  
Sustainability



# Shrooms in Rooms Workshop Outline

Conducted by: Bai Sin Yeou, Huo Lushuang, Khoo Han Sheng Marcus, Sew Wen Xin  
from Ridge View Residential College, National University of Singapore

## Introduction

Singapore consumes about 2.1kg coffee per capita annually. The spent coffee grounds (SCGs) produced from this consumption brings about significant waste disposal issues. By tapping on its high nutrient and energy content, SCGs can be added into composts and be used to promote plant or fungi growth. To further minimise household waste, the group had previously investigated the idea of creating modular mushroom growth kits using SCG and growing in containers made from household wastes (plastic bottles and milk cartons). The team had also found out the optimum conditions for mushroom growth to occur indoors.



Through this workshop, the group aims to introduce the idea of modular mushroom growth kits to the general public so that they too, can contribute to the larger mission of minimising food and plastic waste.

## Workshop Information

The location of the workshop would be in Ridge View Residential College. Our recommended number of participants would be about 12 - 15 people so as to ensure that the workshop can be done efficiently while attending to their questions. We will be providing most of the items for the participants. However, they are strongly encouraged to bring some of the recycled items from their household.



Items we provide:

- Freshly collected spent coffee grounds (Arabica type)
- Mushroom spawn
- Spoons
- Bucket with water
- Spray bottles
- Forceps
- Masking tape + markers
- Instruction manual

Items needed from participants:

- 1.5L bottle/Milk carton
- Penknife/scissors
- Cardboard

Outline of Workshop

1. Introduction of our project, using our slides (10min - 15min)
2. Instructions, Q&A (5 min)
3. Hands on, with guidance (25 min)
4. Clean-up

Total: 45 minutes - 1 hour