

The East London Garden Society
Plant Facts

'mycelium'. The mycelium is the part of the mushroom you don't see or typically eat. It's the hidden part of the fungus and is up to 95% of mushroom's total biomass that lies beneath the surface of the soil.

Mycelium is a vast network of living cells covering much of the earth's surface. More than eight miles of these individual mycelium cells, called mycelia, can permeate one cubic inch of soil and as the largest biological entity

The spores rapidly multiply and by the time the mushrooms reach adulthood in their short lifespan, their gills release spores into the air and soil. Every inch of soil hosts thousands of species of fungi. After releasing their spores, mushroom fruit bodies decompose quickly, often within a day. The life cycle then repeats itself.