



# 3 Visions Farm

Cocoagranola LLC

## The Importance of Mushrooms

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This week, we'll be taking a look into the ecology of mushrooms and fungi. Why are they important to the environment and why will we be cultivating them in 3 Visions Farm? Well for starters, mushrooms break down plant material, converting into the silt and dirt



that you walk across. To better explain why this is important, here's a simple explanation of what soil consists of, or what is also called the "soil matrix": water, minerals, air and organic matter. Organic matter is what you often walk across on a daily stroll, such as leaves, twigs, and all manner of once living material, a portion that actually takes up little of the overall composition. The job of fungus is to support the soil matrix by providing the minerals which consist of nearly half the composition of soil. Without this, the dirt wouldn't be able to support the complex ecosystem that makes up everything from your backyard trees and bushes to the vast landscapes of forests and woods you'd hike in.

If fungi didn't exist, plants would have a much more difficult time surviving. While it's true that plants have chlorophyll to synthesize energy from the sun,

this doesn't actually provide the nutrients for healthy plants; it only gives glucose, oxygen and water which sustains energy and the carbon cycle of the plant. It would be the equivalent of a person only eating carbohydrates or eating sugary foods to live; it may work for a time but the body will be far from healthy and may ultimately fail to perform other tasks. Tree roots need to absorb mineral salts, namely "nitrates" and "magnesium", produced when fungi break down dead material into the soil. Nitrates produce amino acids which produce proteins and magnesium is essential in chlorophyll production. Cells need proteins to be created and or function and chlorophyll...is chlorophyll. Much of what we eat and cultivate needs it to produce the energy required to grow.



The great thing about fungi is not only do they support the growth of other plants; they're also useful to humans and animals. Chanterelle mushrooms are high in vitamin D, an essential for calcium absorption and anti-inflammatory

functions. Oyster mushrooms are also a high source of vitamin D, selenium (an antioxidant) and are even gluten free. Adding these mushrooms into one's diet strengthens the cells and immune system, not only giving healthy alternatives to meat products but by the simple act of cultivating them enriches the soil needed for other crops. It's a sustainable source that feeds into each and every participant of the system.

Stay tuned for more information and thanks for all that you do!

3 Visions Farm  
- Celena Meland



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