

10 Mushrooms & Coffee

Underground Farms Growing Mushrooms on Coffee Grounds



ENVIRONMENTAL NEWS

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ISSUE 28

PRE – ASSESSMENT



PRE 1 – True, False, Not Given

Listen to the audio carefully and determine whether the statements provided are True, False or Not Given based on the information you hear. Mark **True** if the statement is **correct**, mark **False** if the statement is **incorrect**, and **Not Given** if the information is **not mentioned** in the audio.

	TRUE	FALSE	NOT GIVEN
1 The team collects coffee grounds and uses them as soil for growing apples.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 The oyster mushrooms go from cellar to table.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Mushrooms are some of the fastest growing foods on the planet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 They also grow psylocybin mushrooms in their coffee grounds.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



PRE 2 – Re-Tell

Listen to the audio carefully. After the audio ends, **re-tell what you heard in your own words**. Focus on summarizing the main ideas, supporting details, and any examples mentioned in the audio in 3-5 sentences using at least 3 vocabularies from the article.

01 Article Transcription Reading.

The following text below is a transcribed text from the listening article. Feel free to **mark other words** that you are **not familiar** with or are not highlighted below. Notes are available at the last page of this lesson.



Mushrooms & Coffee

- 00:00 These oyster mushrooms go **from cellar to table** in about two months. They grow fast in used coffee grounds, a rich source of carbon and nitrogen.
- 00:16 A Belgian company called PermaFungi found a way to give coffee grounds a second life.
- 00:30 Instead of letting grounds **wind up** in a landfill, Julien's team collects them, uses them to grow mushrooms and then sells the mushrooms to local shops and restaurants. And now, they're using wood wastes and mushroom **spores** to make **insulation** panels. We went to Brussels to see how to harvest fungus from worldwide waste. Workers from PermaFungi head out by bike to pick up excess coffee grounds from coffee shops around their city.

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- 01:05 The grounds were brought back to the underground growing facility. They're mixed with other ingredients inside this giant drum. Then they're packaged into bags with straw to create a nutritious soil for the mushroom spores.
- 01:50 After about two weeks in a dark, **damp** room the bags are brought to a brighter space, where the mushrooms begin to **sprout**. Mushrooms are some of the fastest growing foods on the planet. They don't require sunlight to grow, just a **substrate** and moisture. PermaFungi has been using coffee grounds since 2013. Up to 2,000 kilograms of mushrooms grow here every month. Once they're **harvested**, the team delivers the mushrooms to local restaurants. It's a circular process in which **byproducts** are reused rather than wasted.
- 02:31 PermaFungi's operation has global potential. Every year, coffee drinkers around the world generate about 18 million metric tons of used grounds. Every year, the company recycles about 20 of those tons. It's also figured out a way to make a biodegradable insulation and packing material.
- 02:50 "When we grow mushrooms at the end of the production, we do produce a lot of organic waste. And the idea with this new line of production was to reuse our own waste."
- 03:03 Across the border in Paris, one Michelin-starred chef is also **repurposing** used grounds. Simone Zanoni gets his mushrooms from La Boîte à Champignons, a local **startup** that recycles coffee grounds and wooden packaging.
- 03:39 On a typical day, the company collects about 2,000 kilograms of grounds from offices around Paris, including the Upper House of the French Parliament. The mushrooms are available in restaurants and a few major supermarket chains. The company also sells grow-your-own mushroom kits online. For Arnaud, this system is a return to old practices.
- 04:23 For PermaFungi, it's all about reestablishing natural cycles.

02 A1 – Pairing Meanings.

Match the words on the first column to its corresponding meaning on the second column.

A from cellar to table	1 _____	first stage of operation
B spores	2 _____	fungi; moss or ferns
C insulation panels	3 _____	sth that is produced during manufacture
D sprout	4 _____	bud; seeds begin to grow
E byproducts	5 _____	shield; screen
F startup	6 _____	obtaining mushroom directly from the farm

02 A2 – Fill in the Right Words

Supplement the right words to complete the given sentence below. Use the words you have understood from the article.

These oysters **1** _____ go from **2** _____ to table in about two months. They grow fast in used **3** _____ grounds, a rich **4** _____ of carbon and nitrogen.

A Belgian **5** _____ called PermaFungi found a way to give coffee grounds a **6** _____ life.

03 Speak Up.

You are welcome to authentically share your thoughts as you go through the following questions.

1 Do you eat mushrooms? Are you aware of its health benefits?

2 Do you think this type of business is sustainable?

3 There are many type of mushrooms including the psychedelic ones, are you aware of those?

4 If you were given a chance to grow something, what would you grow?

04 Building Deeper.

Choose the **words** from the article, or the vocabulary activity before. Write them under their corresponding categories. Do your best to **create examples** that can **help you remember** and understand the word better.

FAVORITE WORDS

Words that you thin you will use on a daily basis

WORD	01
+ example	

INTERESTING WORDS

Words that you find interesting for the first time

WORD	01
+ example	

DIFFICULT WORDS

Words that you find difficult to say or understand

WORD	01
how can I understand better + example	

WORD	02
+ example	

WORD	02
+ example	

WORD	02
how can I understand better + example	

One man's trash is another man's treasure.

Notes

Good job for finishing the lesson through. If you were to **give yourself stars** for doing your best, how many stars will you give to yourself for today's hardwork?



KEY ANSWERS

A1
1F 2B 3E 4D 5C 6A

A2
1 mushrooms
2 cellar
3 coffee
4 source
5 company
6 second

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FEEDBACK

EDUCARE