

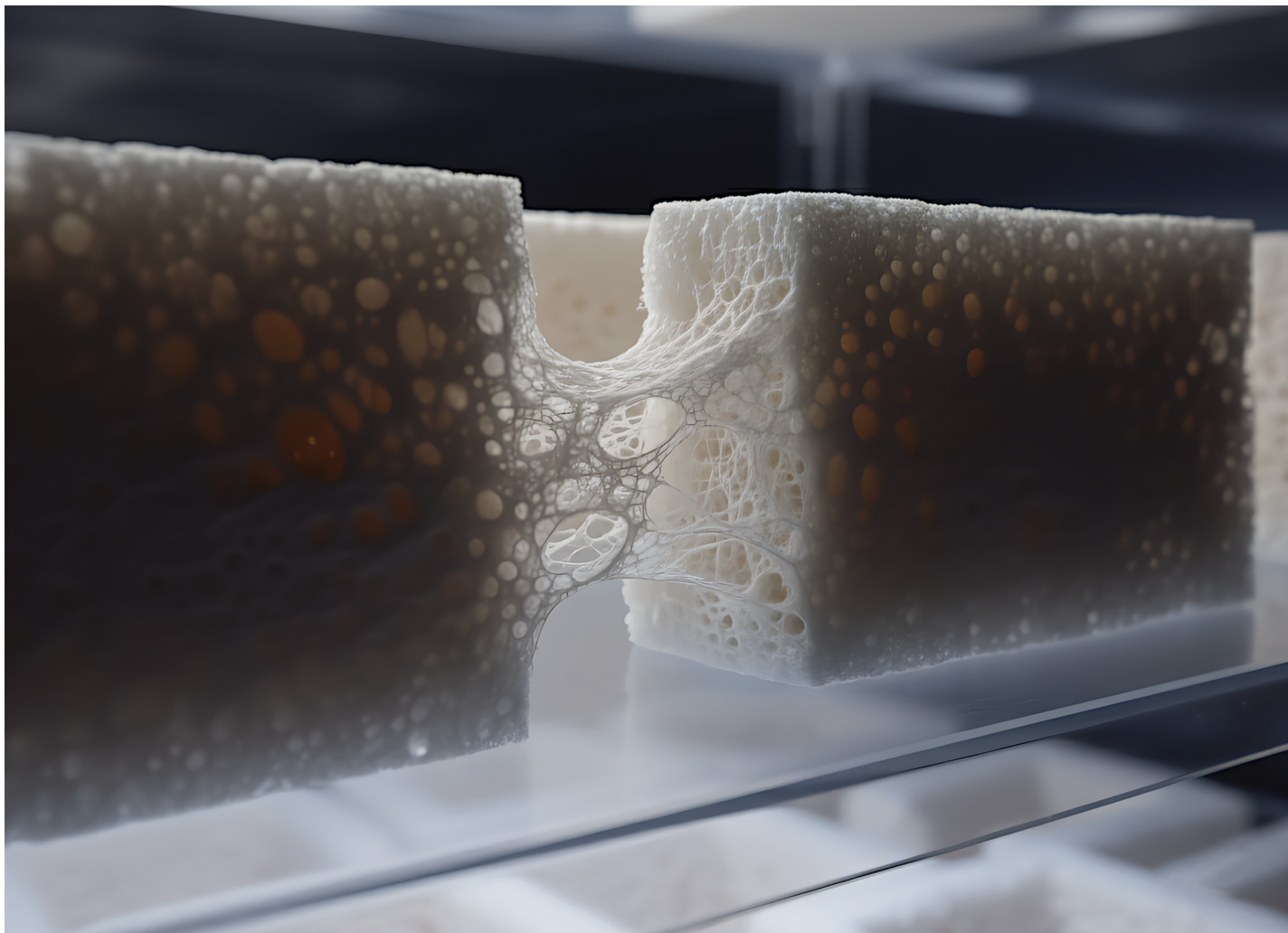
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Showcasing research from Professor Ruehs' and Fischer's laboratories, Institute of Food, Nutrition and Health, ETH Zurich, Zurich, Switzerland.

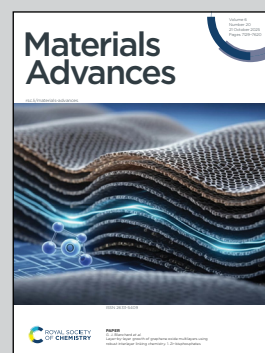
Quantifying fungal growth in 3D: an ergosterol-based method to distinguish growth modes

Mycelium colonization of fungi into substrates occurs in three dimensions. Quantifying fungal biomass based on radial colonization will underestimate the growth vigor of the fungi. Here, we assessed fungal growth of *Ganoderma sessile* by measuring ergosterol for both radial colonization and local growth, which reflects invasive penetration into the substrate and mycelium network densification. Our results show that differentiating local and global growth allows the correct quantification of both growth profiles to the final global biomass accumulation.

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