And Cooking With Mushrooms

Online Library The Practical Mushroom Encyclopedia Identifying Picking And Cooking With Mushrooms | e540edcea2024b98bdc3347495cc5906


Lavishly illustrated with nearly three hundred gorgeous full-color photos, this engaging guidebook carefully describes forty different edible species of wild mushrooms found around Illinois and surrounding states, including Iowa, Wisconsin, Missouri, Indiana, and Kentucky. With conversational and witty prose, the book provides extensive detail on each edible species, including photographs of potential look-alikes to help you safely identify and avoid poisonous species. Mushroom lovers from Chicago to Cairo will find their favorite local varieties, including morels, chanterelles, boletes, puffballs, and many others. Veteran mushroom hunters Joe McFarland and Gregory M. Mueller also impart their wisdom about the best times and places to find these hidden gems. Edible Wild Mushrooms of Illinois and Surrounding States also offers practical advice on preparing, storing, drying, and cooking with wild mushrooms, presenting more than two dozen tantalizing mushroom recipes from some of the best restaurants and chefs in Illinois, including one of Food & Wine magazine's top 10 new chefs of 2007. Recipes include classics like Beer Battered Morels, Parasol Mushroom Frittatas, and even the highly improbable (yet delectable) Morel Tiramisu for dessert. As the first new book about Illinois mushrooms in more than eighty years, this is the guide that mushroom hunters and cooks have been craving. Visit the book's companion website at www.illinoismushrooms.com.

Many mushrooms - or the 'fruits of fungi' - are extremely valuable, wild-gathered products which are utilised for both their medicinal properties and as food. In many of the world's tropical and temperate forests, they are the source of many primary income for the people who live there. These forests range from temperate woodlands and small forests to high altitude forests in the Himalaya and tropical mionmo woodlands in south-central Africa. In south-west China, over 200 species of wild fungi in 64 genera are commercially traded while in Europe and North America, woodlands and small forests are the source of many highly-prized mushrooms and an essential resource for many small enterprises and collectors. Yet the increased demand for timber has resulted in the rapid expansion of forestry, which in turn has destroyed the natural habitat of many fungi, unbalancing both forest economics and ecology. Despite the economic, social and cultural values of fungi, there is a general lack of understanding of their importance to local livelihoods and forest ecology. This book aims to fill this gap and extends the People and Plants Conservation Series beyond the plant kingdom into the related world of fungi and mushrooms. It demonstrates the crucial roles that fungi play in maintaining forest ecosystems and the livelihoods of rural people throughout the world while providing good practice guidelines for the sustainable management of this resource and an assessment of economic value. It brings together the perspectives of biologists, anthropologists and forest and woodland managers to provide a unique inter-disciplinary and international overview of the key issues.

Mushrooms are popping up everywhere! On restaurant menus, in grocery aisles, at local farmer's markets, and not just the ubiquitous white buttons we've seen for years. What once were exotic are now almost commonplace -- shiitake, chanterelle, cremini, enoki, the list grows longer every year. Understanding how mushrooms grow is crucial to successfully cultivating them, and Mushroom Cultivation offers comprehensive instruction both on how mushrooms grow and how you can cultivate them yourself to enrich your soil, speed up your composting, and even to suppress weeds. Some cultivate mushrooms for medicinal use or make them into teas and tinctures. After reading Mushroom Cultivation, you'll discover that growing a mushroom is really no more difficult than growing a tomato. You just need a slightly different set of skills.

This revised edition includes a history of mushroom hunting worldwide; how to get equipped for mushroom forays; an illustrated guide to the common wild edible mushrooms; and cultivating, preparing and serving the harvest.

'Living by faith is a frightening idea for many people. It certainly was to Peter Jordan, who had a good job, a beautiful home, two newer cars, a growing family, and a respectable position in his church. In fact, entering missions was the last thing he thought he'd ever do. But God called him and his family out of the ordinary and into an uncertain, but ultimately fulfilling, life of trust and...
obedience. This true story of a family who shocked friends and family by leaving their comfortable life to follow God’s call will challenge your assumptions and inspire you to new endeavors. Faith can be a frightening place, but nothing compares to the adventure of entrusting yourself to the capable and loving arms of the Father.” --from the publisher.

A must-have guide for mushroom hunters in the Pacific Northwest Mushrooms of the Pacific Northwest is a compact, beautifully illustrated field guide to 460 of the region’s most common mushrooms. In addition to profiles on individual species, it also includes a general discussion and definition of fungus, information on where to find mushrooms and guidelines on collecting them, an overview of fungus ecology, and a discussion on how to avoid mushroom poisoning. More than 500 superb color photographs Helpful keys for identification Clear coded layout Covers Oregon, Washington, southern British Columbia, Idaho, and western-most Montana Essential reference for mushroom enthusiasts, hikers, and naturalists

A detailed and comprehensive guide for growing and using gourmet and medicinal mushrooms commercially or at home. “Absolutely the best book in the world on how to grow diverse and delicious mushrooms.”—David Arora, author of Mushrooms Demystified With precise growth parameters for thirty-one mushroom species, this bible of mushroom cultivation includes gardening tips, state-of-the-art production techniques, realistic advice for laboratory and growing room construction, tasty mushroom recipes, and an invaluable troubleshooting guide. More than 500 photographs, illustrations, and charts clearly identify each stage of cultivation, and a twenty-four-page color insert spotlights the intense beauty of various mushroom species. Whether you’re an ecologist, a chef, a forager, a pharmacologist, a commercial grower, or a home gardener—this indispensable handbook will get you started, help your garden succeed, and make your mycological landscapes the envy of the neighborhood.

Mycelium Running is a manual for the mycological rescue of the planet. That’s right: growing more mushrooms may be the best thing we can do to save the environment, and in this groundbreaking text from mushroom expert Paul Stamets, you’ll find out how. The basic science goes like this: Microscopic cells called “mycelium”—the fruit of which are mushrooms—recycle carbon, nitrogen, and other essential elements as they break down plant and animal debris in the creation of rich new soil. What Stamets has discovered is that we can capitalize on mycelium’s digestive power and target it to decompose toxic wastes and pollutants (mycoremediation), catch and reduce silt from streambeds and pathogens from agricultural watersheds (mycofiltration), control insect populations (mycopic pesticides), and generally enhance the health of our forests and gardens (mycoforestry and myco-gardening). In this comprehensive guide, you’ll find chapters detailing each of these four exciting branches of what Stamets has coined “mycorestoration,” as well as chapters on the medicinal and nutritional properties of mushrooms, inoculation methods, log and stump culture, and species selection for various environmental purposes. Heavily referenced and beautifully illustrated, this book is destined to be a classic reference for bemushroomed generations to come.

With the surging interest in foraging for mushrooms, those new to the art need a reliable guide to distinguishing the safe fungi from the toxic. But for beginner foragers who just want to answer the question “Can I eat it?”, most of the books on the subject are dry, dense, and written by mycologists for other mycologists. Frank Hyman to the rescue! How to Forage for Mushrooms without Dying is the book for anyone who walks in the woods and would like to learn how to identify just the 29 edible mushrooms they’re likely to come across. In it, Hyman offers his expert mushroom foraging advice, distilling down the most important information for the reader in colorful, folksy language that’s easy to remember when in the field. Want an easy way to determine if a mushroom is a delicious morel or a toxic false morel? Slice it in half – “if it’s hollow, you can swallow,” Hyman says. With Frank Hyman’s expert advice and easy-to-follow guidelines, readers will be confident in identifying which mushrooms they can safely eat and which ones they should definitely avoid.

Companion to the film Fantastic Fungi. Contributions from Michael Pollan, Andrew Weil, Eugenia Bone, and many more experts make Fantastic Fungi an awe-inspiring visual journey through the exotic, little-known realm of fungi and its amazing potential to positively influence our lives. An all-star team of professional and amateur mycologists, artists, foodies, ecologists, doctors, and explorers joined forces with time-lapse master Louie Schwartzberg to create Fantastic Fungi, the life-affirming, mind-bending film about mushrooms and their mysterious interwoven rootlike filaments called mycelium. What this team reveals will blow your mind and possibly save the planet. This visually compelling companion book of the same name, edited by preeminent mycologist Paul Stamets, will expand upon the film in every way through extended transcripts, new essays and interviews, and additional facts about the fantastic realm of fungi. Fantastic Fungi is at the forefront of a mycological revolution that is quickly going mainstream. In this book, learn about the incredible communication network of mycelium under our feet, which has the proven ability to restore the planet’s ecosystems, repair our health, and resurrect our symbiotic relationship with nature. Fantastic Fungi aspires to educate and inspire the reader in three critical areas: First, the text showcases research that reveals mushrooms as a viable alternative to Western pharmacology. Second, it explores studies pointing to mycelium as a solution to our gravest environmental challenges. And, finally, it details fungi’s marvelous proven ability to shift consciousness. Motivating both the visually stunning film and this follow-up book is an urgent mission to change human consciousness and restore our planet.

From the author of GROWING GOURMET AND MEDICINAL MUSHROOMS comes the only identification guide exclusively devoted to the world’s psilocybin-containing mushrooms. Detailed descriptions and color photographs for over 100 species are provided, as well as an exploration of their long-standing (and often religious) use by ancient peoples and their continued significance to
mushrooms. The geographic range covered by the book includes northern Florida, Georgia, South Carolina, North Carolina, Virginia, Delaware, Maryland, West Virginia, Kentucky, Tennessee, Arkansas, Louisiana, Mississippi, and Alabama. In addition to profiles on individual species, the book also includes a general discussion and definition of fungi, information on where to find mushrooms and collection guidelines, an overview of fungus ecology, and information on mushroom poisoning and how to avoid it.

The book seeks not to present a detailed history and discussion, but instead is intended to provide the student with an appreciation of the idea that all cuisines of the world have something unique to offer to a menu. The author strongly believes that foods of other nations (and even other areas of the United States) are often given short shrift by culture-bound students and chefs, and that every attempt should be made to open their minds to the unlimited possibilities available. The word “foodies” is introduced to refer to biases against foods outside your culture.

"This little book is big fun."—Michael Pollan

An illustrated mini-encyclopaedia of fungal lore, from John Cage and Terrence McKenna to mushroom sex and fairy rings. Fungipedia presents a delightful A–Z treasury of mushroom lore. With more than 180 entries—on topics as varied as Alice in Wonderland, chestnut blight, medicinal mushrooms, poisonings, Santa Claus, and waxy caps—this collection will transport both general readers and specialists into the remarkable universe of fungi. Combining ecological, ethnographic, historical, and contemporary knowledge, author and mycologist Lawrence Millman discusses how mushrooms are much more closely related to humans than to plants, how they engage in sex, how insects farm them, and how certain specimens happily dine on leftover radiation, cockroach antennae, and dung. He explores the lives of individuals like African American scientist George Washington Carver, who specialized in crop diseases caused by fungi; Beatrix Potter, creator of Peter Rabbit, who was prevented from becoming a professional mycologist because she was a woman; and Gordon Wasson, a J. P. Morgan vice-president who almost single-handedly introduced the world to magic mushrooms. Millman considers why fungi are among the most significant organisms on our planet and how they are currently being affected by destructive human behavior, including climate change. With charming drawings by artist and illustrator Amy Jean Porter, Fungipedia offers a treasure trove of scientific and cultural information. The world of mushrooms lies right at your door—be amazed!

The second edition of the Encyclopedia of Toxicology continues its comprehensive survey of toxicology. This new edition continues to present entries devoted to key concepts and specific chemicals. There has been an increase in entries devoted to international organizations and well-known toxic-related incidents such as Love Canal and Chernobyl. Along with the traditional scientifically based entries, new articles focus on the societal implications of toxicological knowledge including environmental crimes, chemical and biological warfare in ancient times, and a history of the U.S. environmental movement. With more than 1150 entries, this second edition has been expanded in length, breadth and depth, and provides an extensive overview of the many facets of toxicology. Also available online via ScienceDirect – featuring extensive browsing, searching, and internal cross-referencing between articles in the work, plus dynamic linking to journal articles and abstract databases, making navigation flexible and easy. For more information, pricing options and availability visit www.info.sciencedirect.com. *Second edition has been expanded to 4 volumes

*Encyclopedic A–Z arrangement of chemicals and all core areas of the science of toxicology *Covers related areas such as organizations, toxic accidents, historical and social issues, and laws *New topics covered include computational toxicology, cancer potency factors, chemical accidents, non-lethal chemical weapons, drugs of abuse, and consumer products and many more!

Discover the edible riches your backyard, local parks, woods, and even roadside! In The Joy of Foraging, Gary Lincoff shows you how to find fiddlehead ferns, rose hips, beach plums, bee balm, and more, whether you are foraging in the urban jungle or the wild, wild woods. You will also learn about fellow foragers—experts, folk healers, hobbyists, or novices like you—who collect wild things and are learning new things to do with them every day. Along with a world of edible wild plants—wherever you live, any season, any climate—you’ll find essential tips on where to look for native plants, and how to know without a doubt the difference between edibles and toxic look-alikes. There are even ideas and recipes for preparing and preserving the wild harvest year-round—all with full-color photography. Let Gary take you on the ultimate tour of our edible wild kingdom!

"Whether you get your mushrooms from the supermarket or the forest floor, a worthy addition to your library." —Star Tribune

Get ready to fall in love with wild mushrooms! Absolutely everything you need to know to make mushrooming a lifestyle choice, from finding, storing, preserving, and preparing common and unusual species. Packed with content and lore from more than 20 skilled foragers around the country, Wild Mushrooms will help mushroom hunters successfully utilize their harvest, and includes practical information on transporting, cleaning, and preserving their finds. One of the best things about cooking wild mushrooms is that every time you open your dried caches, their unique aroma recalls your foraging experience creating an immediate and visceral connection back to the forest. There is no finer way to appreciate food. You will not only learn the best ways to locate, clean, collect, and preserve your mushrooms from the experts, the book will also discuss safety and edibility, preservation techniques, mushroom sections and flavor profiles, and more. Recipes will be categorized by mushroom species, with 115 recipes in total. Recipes include: Smoked Marinated Wild Mushrooms Black Trumpet, Blood Orange, and Beet Salad Maitake Beef Stew Candy Cap and Walnut Scones Baked Brie with Chanterelle Jam Porcini with Braised Pork Medallions Yellowfoot Mushroom Tart And more! From pickling to rich duxelles, soups, salads, and even mushroom teas, tinctures, jams, and ice cream, these recipes and
invaluable insider tips will delight everyone from the most discerning mycophiles to brand new fungus fanatics.

A must-have for mushroom hunters in the northeast The Northeast is one of the best places to find mushrooms; they are both abundant and spectacularly diverse. Mushrooms of the Northeastern United States and Eastern Canada is a compact, beautifully illustrated guide packed with descriptions and photographs of more than 500 of the region’s most conspicuous, distinctive, and ecologically important mushrooms. Covers Connecticut, Delaware, Illinois, Indiana, Maine, Massachusetts, Minnesota, New Hampshire, New Jersey, New York, Ohio, Pennsylvania, Rhode Island, Vermont, Wisconsin, and the Canadian provinces of New Brunswick, Newfoundland, Ontario, and most of Quebec More than 550 superb color photographs Helpful keys for identification Clear, color-coded layout An essential reference for mushroom enthusiasts, hikers, and naturalists

“An invaluable guide for the feast in the East.” —Hank Shaw, author of the James Beard Award–winning website Hunter Angler Gardener Cook The Northeast offers a veritable feast for foragers, and with Leda Meredith as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Northeast Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in New York, Connecticut, Massachusetts, Maine, New Hampshire, Vermont, Pennsylvania, New Jersey, Delaware, and Rhode Island.

Edible wild plants, mushrooms, fruits, and nuts grow along roadways, amid country fields, and in urban parks. All manner of leafy greens, mushrooms, and herbs that command hefty prices at the market are bountiful outdoors and free for the taking. But to enjoy them, one must know when to harvest and how to recognize, prepare, and eat them. The Complete Guide to Edible Wild Plants, Mushrooms, Fruits, and Nuts provides everything one needs to know about the most commonly found wild foods—going beyond a field guide’s basic description to provide folklore and mouth-watering recipes for each entry, such as wild asparagus pizza, fiddlehead soup, blackberry mousse, and elderberry pie. This fully illustrated guide is the perfect companion for hikers, campers, and anyone who enjoys eating the good food of the earth. With it in hand, nature lovers will never take another hike without casting their eyes about with dinner in mind.

In The Fungal Pharmacy, noted herbalist Robert Rogers introduces readers to more than 300 species of medicinal mushrooms and lichens found in North America. These fungi, Rogers explains, have the capacity to heal both the body and, through the process of myco-remediation, the planet itself. Throughout the book, he documents their success in optimizing the immune system and treating a wide range of acute and chronic diseases, including cardiovascular, respiratory, and liver problems, blood sugar disorders, cancer, and obesity. Entries discuss the mushroom or lichen’s medicinal traits and properties, including active chemical components, preparation methods (including extracts, essences, and essential oils), and historical as well as modern-day usage. Two hundred full-color photos and thorough descriptions make identification easy for the reader. Rogers also delves into the cultural, religious, and literary significance of each mushroom, featuring fascinating tidbits about each one’s etymology and history.

This reference guide will help the reader to understand these plants better in order to achieve success with all the different types. It contains information on growth, spread, size and flowering as well as habitat and suitable growing conditions.’

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“Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes has taught me that my backyard is full of free food! Way to go, Sergei.” —John Mackey, CEO of Whole Foods Market In this field guide to foraging wild edible plants, Sergei Boutenko (son of raw-food guru Victoria Boutenko) explores the health benefits of wild-harvested food, explains how to safely identify trailside weeds, herbs, fruits, and greens that grow worldwide, and shares his delicious, nutrient-dense recipes. Sergei Boutenko has been gathering wild plants since he was 13, when, early on in a 6-month hike from Mexico to Canada, he and his raw-food family ran out of provisions and turned to foraging for survival in the wild. Back in civilization, Boutenko was dismayed by the inferior quality of store-bought food and industrial agriculture, and began to regularly collect wild plants near his home and on his travels. Now, in Wild Edibles, he shares knowledge gleaned from years of live-food wildcrafting and thriving in harmony with nature. This practical guide to plant foraging gives hikers, backpackers, raw foodists, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to identify, harvest, and prepare wild edible plants. The book outlines basic rules for safe wild-food foraging and discusses poisonous plants, plant identification protocol, gathering etiquette, and conservation. Boutenko explores in detail the many rewards of eating wild flora: environmental protection, sustainability, saving money, economic self-sufficiency, and healthy living. He draws on thoroughly researched nutrition science to make a compelling case for the health benefits of a diverse, local-food diet that includes wild greens. The majority of the 60 edible plants described in this field guide can be found worldwide, including common-growing trees. Over 300 color photos make plant identification easy and safe. A chapter containing 67 high-nutrient vegan recipes—including green smoothies, salads and salad dressings, spreads and crackers, main courses, juices, and sweets—provides inspiration to join Sergei on the trail to radiant health.
From the basics of using mushroom kits to working with grain spawn, liquid cultures, and fruiting chambers, Stephen Russell covers everything you need to know to produce mouthwatering shiitakes, oysters, lion’s manes, maitakes, and portobellos. Whether you’re interested in growing them for your own kitchen or to sell at a local market, you’ll soon be harvesting a delicious and abundant crop of mushrooms.

Recommended as a Great Summer Read by Colorado Public Radio In Mushrooms of the Rocky Mountain Region, Vera Evenson, curator of the Sam Mitchel Herbarium of Fungi at the Denver Botanic Gardens, covers species of mushrooms found in Colorado, New Mexico, Utah, and Wyoming. This comprehensive guide features introductory chapters on the basics of mushroom structure, life cycles, and habitats. Profiles for 220 mushroom species include color photographs, keys, and diagrams to aid in identification, and tips on how to recognize and avoid poisonous mushrooms.

304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you’ll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole’s extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body’s natural ability to repair itself. With the medicinal herbal reference guide included, it’s very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you’ll find inside: On page 145 learn how to make a powerful “relieving” extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You’ll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of autoimmune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

First genuinely up-to-date guide to psychedelic mushroom cultivation in years, containing information on both indoor and outdoor varieties. Contains step-by-step photographs and illustrations with detailed directions for the cultivation of four different psilocybin species, a resource guide for supplies and an introduction to mushroom biology, plus essays on the use of psychoactive mushrooms in traditional and modern contexts and ethnobotanical advice exploring medicinal use and the plant-human relationship.

The first fully-illustrated book to not only help readers cook with mushrooms, but also to help them forage for fungi in the wild. The Edible Mushroom Book is part field guide, part cookbook. Beginning in the kitchen, readers learn how to prepare wild fungi for cooking, then how to make sixty mouthwatering recipes from Scrambled Chanterelles to Baked Mushroom Polenta. Moving on to the field, The Edible Mushroom Book tells you where and when to forage, provides an identification guide, and includes information on more than fifty-five edible mushrooms.

Since the publication of the first edition, important developments have emerged in modern mushroom biology and world mushroom production and products. The relationship of mushrooms with human welfare and the environment, medicinal properties of mushrooms, and the global marketing value of mushrooms and their products have all garnered great attention.

What a rare mushroom can teach us about sustaining life on a fragile planet Matsutake is the most valuable mushroom in the world—and a weed that grows in human-disturbed forests across the Northern Hemisphere. Anna Lowenhaupt Tsing's account of these sought-after fungi offers insights into areas far beyond just mushrooms and addresses a crucial question: What manages to live in the ruins we have made? The Mushroom at the End of the World explores the unexpected corners of matsutake commerce, where we encounter Japanese gourmets, capitalist traders, Hmong jungle fighters, Finnish nature guides, and more. These companions lead us into fungal ecologies and forest histories to better understand the promise of cohabitation in a time of massive human devastation. The Mushroom at the End of the World delves into the relationship between capitalist destruction and collaborative survival within multispecies landscapes, the prerequisite for continuing life on earth.

Arranged alphabetically, covers the most popular, edible mushrooms and provides photographs of the mushrooms in their growing locations and in close-up identification shots.

This beautiful and original book, fully illustrated from some of the rarest sources, is an account by two leading authorities of the creation and decoration of Europe’s most charming herbas. The illustrations, many in splendid color, are taken from manuscripts and books chronicling human curiosity about the medicinal properties of plants, and making an unconscious record, through the strange (sometimes ludicrous) customs and procedures they describe, of life in past times.

“This full color guide makes foraging accessible for beginners and is a reliable source for advanced foragers.” —Edible Chicago The Midwest offers a veritable feast for foragers, and with Lisa Rose
as your trusted guide you will learn how to safely find and identify an abundance of delicious wild plants. The plant profiles in Midwest Foraging include clear, color photographs, identification tips, guidance on how to ethically harvest, and suggestions for eating and preserving. A handy seasonal planner details which plants are available during every season. Thorough, comprehensive, and safe, this is a must-have for foragers in Illinois, Indiana, Iowa, Minnesota, Michigan, Missouri, Nebraska, Ohio, South Dakota, and North Dakota.

From the author of GROWING GOURMET AND MEDICINAL MUSHROOMS comes the only identification guide exclusively devoted to the world’s psilocybin-containing mushrooms. Detailed descriptions and color photographs for over 100 species are provided, as well as an exploration of their long-standing (and often religious) use by ancient peoples and their continued significance to modern-day culture. Some of the species included have just been discovered in the past year or two, and still others have never before been photographed in their natural habitats.

A unique field guide brimming with detailed descriptions, vibrant photos, and fascinating facts about British Columbia?5 most common?and most distinctive?mushroom species.

-- The complete guide to identifying, picking and using mushrooms -- a photographic A-Z and 100 original recipes -- Photographic A-Z of the most popular mushrooms, seen both in situ and in close-up identification shots -- At-a-glance information on habitat and season, and storing hints for every mushroom -- Carefully selected identification guide to poisonous and inedible species, for extra security -- 100 fabulous recipes for both bought and freshly picked mushrooms -- Over 600 stunning original colour photographs -- Step-by-step photographs of every recipe for complete ease-of-use, with expert hints and tips throughout

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