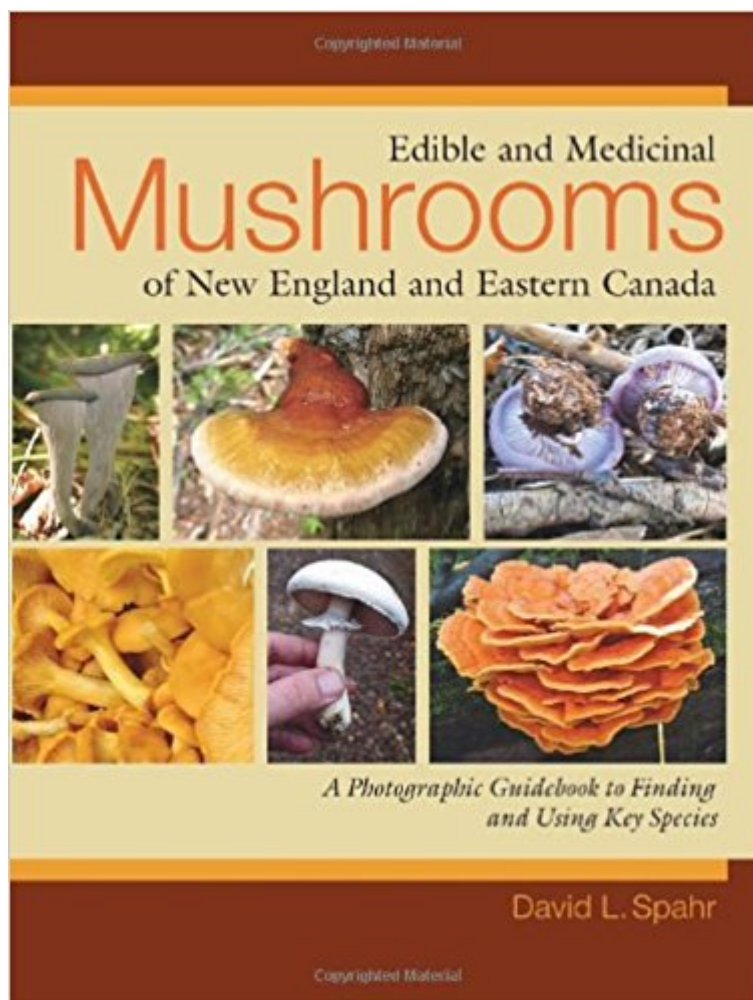


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# Edible And Medicinal Mushrooms Of New England And Eastern Canada: A Photographic Guidebook To Finding And Using Key Species



## Synopsis

This beautifully illustrated guidebook provides specific, easy-to-understand information on finding, collecting, identifying, and preparing the safer and more common edible and medicinal mushroom species of New England and Eastern Canada. Author David Spahr, a trained commercial photographer, here combines his mycological expertise and photographic skill to produce an attractive and detailed overview of his subject. Based on decades of practical experience and research, the book is written in a clear and forthright style that avoids the dry, generic descriptions of most field guides. *Edible and Medicinal Mushrooms of New England and Eastern Canada* also provides useful ideas for cooking mushrooms. Rather than simply providing recipes, the book discusses the cooking characteristics of each variety, with advice about matching species with appropriate foods. Many mushrooms contain unique medicinal components for boosting the immune system to fight cancer, HIV, and other diseases, and Spahr offers practical and prudent guidelines for exploration of this rapidly emerging area of alternative therapeutic practice.

## Book Information

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## Customer Reviews

"David Spahr combines his considerable knowledge of fungi, art, photography, fine cuisine, wine, and more into a beautiful and captivating book. For anyone interested in wild mushrooms, from beginner to expert, this unique work provides valuable information that you won't easily find anywhere else. I give it my highest recommendation."â Bill Russell, author of *Field Guide to the Wild Mushrooms of Pennsylvania and the Mid-Atlantic* "Clear, user-friendly information on every

aspect of mushrooming for the pothunter makes this the mushroom book I wish I had when I first began foraging."â "Wildman" Steve Brill, "America's Best-Known Forager," and author of Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild) Places and The Wild Vegetarian Cookbook "David Spahr has put together an informative book and a worthy addition to the knowledge of anyone interested in finding, identifying, photographing, and cooking wild mushrooms."â "Patrick Hamilton, chef for the Sonoma County Mycological Association (SOMA)â œFor arm-chair foragers or amateur mycologists â | the book offers photographs and helpful hints for collecting mushrooms in the woods and the fringes of the suburbs.â • â "Port City Life Magazine â œExcellent for the food connoisseur in your household. In addition, physicians, dieticians, nutritionists, health buffs and professional chefs will enjoy this book immensely.â •â "Basil & Spice

David Spahr has collected, photographed, and eaten wild mushrooms for 35 years. He is a member of the Maine Mycological Association and maintains a Web site devoted to the subject, [mushroom-collecting.com](http://mushroom-collecting.com). Also a second degree black belt and longtime tai chi practitioner, he lives in Washington, ME.

Perfect for the beginner to moderate mushroom hunters of New England. Living in CT there are plenty of places and edible goodies to find in the woods. This book helped identify and separate the good from the bad. Nice pictures and descriptions.....a good bathroom read! :)

I bought this book along with the Audubon Mushroom Guide. It's great! The pictures are very, very good. Descriptions are great. But, with mushrooms, you have to be so careful. I am very fortunate to have a good mushroom mentor and she even loves this book. Mushrooming rule of thumb: "There are old mushroomers and there are bold mushroomers, but there are never any Old Bold mushroomers".Never guess with mushrooms. It's amazing how many poisonous look a likes there are out there in the woods. Mistakes can be fatal! Study your guides but next to your good library of mushroom guides, you need to have a really good and trusted mentor!

Great book, beautiful photos. This is a collection of edible and medicinal mushrooms, not a complete guide. This is meant to be used with a more advanced mushroom guide for positive identification. That being said, this book covers a wide variety of choice edible mushrooms, and provides many photos of each species showing their many forms and color variations, something

other books lack. A great addition to my field guides.

Beautiful book and both pics and information on mushrooms are great and well presented

This book is perfect for beginners and experts

I love this book. It's great for those who love mushrooms but doesn't know them too well and is scared to pick them.

Very pleased with this product.

and were so impressed that we added this book to our library of books on mushroom foraging. We are glad because whereas our other books have about one thousand descriptions and photos, Mr. Spahr focuses only on the most common edible (and poisonous) and provides large pictures to accompany the readable descriptions.

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