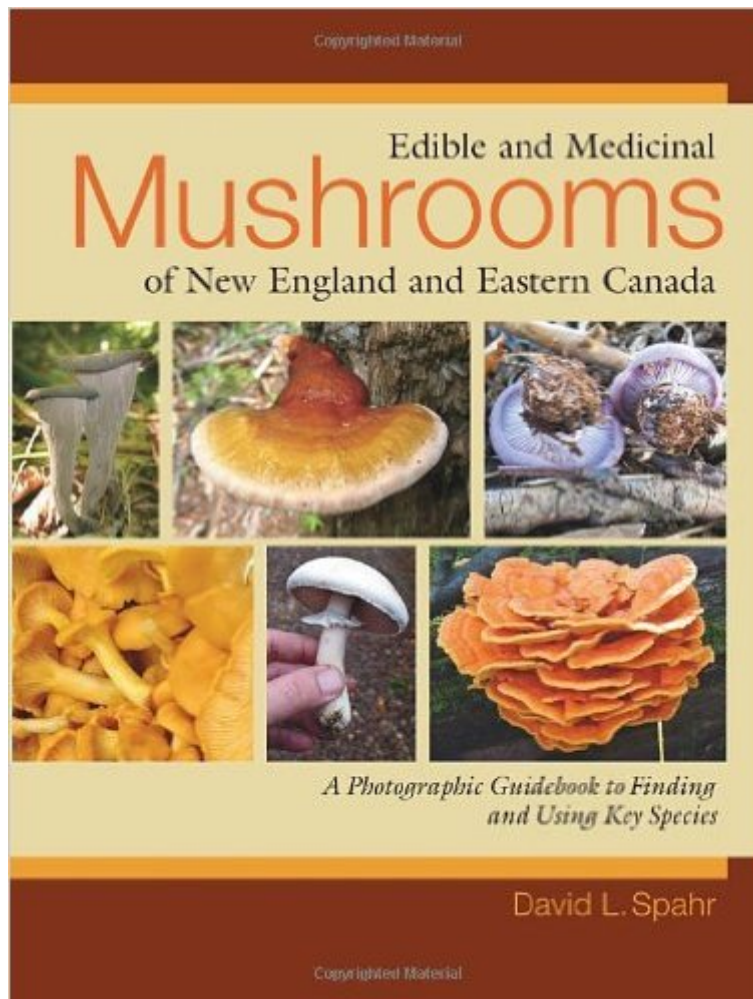


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# Edible And Medicinal Mushrooms Of New England And Eastern Canada



## 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

If the *Field Guide to North American Mushrooms* is like a telephone directory, which lists every number, then David Spahr's *Edible and Medicinal Mushrooms of New England and Eastern Canada* is the "little black book" of mushrooms, containing intimate details about your very best and favorite specimens. Spahr's book covers about two dozen "easy-to-find, relatively safe, edible and medicinal mushrooms." He provides lots of detailed, practical advice, including what to take (and not take) on

a mushroom hunt, exactly where and when to look for them, how to take good photos, and how to prepare them. Since acquiring this book, I've been able to identify a Giant Puffball, Parasols, Blewits and others which I had previously never seen. All I have to know is, "it's in the book" and I can quickly identify, prepare and eat it (without fear of poisoning). The book has also enabled me to more positively identify other mushrooms, including Artist's Conk, Honey Mushroom and Turkey Tails. Spahr has eliminated the head scratching, time wasting and fumbling around, looking for a photo that matches your mushroom. Best of all, you won't leave behind a great mushroom because you're not sure what it is.

**MUSHROOMS - Edible and Medicinal** by David L. Spahr  
Reviewed by Dr. Joseph S. Maresca  
This volume has virtually every variety of mushrooms popularized in the organic foods marketplace. Each mushroom type is presented in full color together with its proximate location and use; namely, edible, non-edible or medicinal. Mushrooms are fungi. The fungi release digestive enzymes to decompose living and dead matter. There are 100,000 species consisting of molds, yeasts and mushrooms. There are specific rules for collecting mushrooms and identifying them. i.e. pores, teeth and ridge networks. There are specific tree types which host mushrooms. i.e. Maples host Oyster Mushrooms in the fall and early winter. Digital cameras with at least 5 megapixels should be employed to obtain high quality pictures of mushrooms in their natural state. The Maitake mushrooms are known to have considerable medicinal properties. For instance, they aid in boosting the immune system to fight cancer and stabilize blood pressure. Secondary uses include anti-hypertension and anti-diabetic properties. A full 98% of the Maitake mushrooms are found around oak and dead tree trunks. Ideally, mushrooms should be washed with a sink sprayer. The book provides an extensive section on compatible wines to specific mushroom types. For instance, Chanterelle mushrooms may be eaten with a dry white wine. Hedgehog mushrooms go well with Sherry or Port wine. The Horse Mushroom goes good with dry red wine. This acquisition would be excellent for the food connoisseur in your household. In addition, physicians, nutritionists, health buffs and professional chefs will enjoy this book immensely. An excellent bibliography is provided for the readership. The book is priced reasonably.

Living in New England I often enjoy woods walks & have noticed many mushrooms growing in the wild. I thought it'd be great harvesting those mushrooms, enjoying something different from the available supermarket varieties. My grandmother was a master mushroom picker, she knew which ones were okay to eat. A shame she didn't pass that knowledge onto me. I bought this book hoping

to educate myself, & despite the plentiful, high-quality photos, many of the poisonous mushrooms look nearly identical to the non-poisonous--you really need a pro to point out the differences. Thanks to the book I have harvested chaga from a birch tree in my yard & enjoy the "tea" from it. And it's nice recognizing what's what out there in the woods growing beside the trail.

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 like 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!

Edible and Medicinal Mushrooms of New England and Eastern Canada I am a mushroom fanatic of a sort. I also am forester's daughter, I was exposed to wild mushrooms before I could walk. I grew up in a society where wild mushroom collecting was a national past time. So I guess I come here from a bit of a different platform than your average reader. In season, I spend many hours most days canvassing woods, meadows and anywhere else mushrooms grow. I have dozens of mushroom guide books, but we all know one never has enough of them....The simple truth is, no matter how good a mushroom book is, none of them, stand alone, exhaust the topic. One simply has to cross reference descriptions, look at different pictures of the same species, type the latin names into google and look some more. I love to identify species that are new to me. But this is mushrooms. They can provide you with a divine meal if you know what you collected, or send you to the hospital or worse if you think you know what you got in that basket. Mushrooms are delicious, exciting and ruthlessly unforgiving. Extensive library is a must. This is a very nice addition. Spahr's book covers about two dozen "easy-to-find, relatively safe, edible and medicinal mushrooms." He provides lots of detailed, practical advice, including what to take (and not take) on a mushroom hunt, exactly where and when to look for them, how to take good photos, and how to prepare them. 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

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Edible and Medicinal Mushrooms of New England and Eastern Canada Poisonous Mushrooms You

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