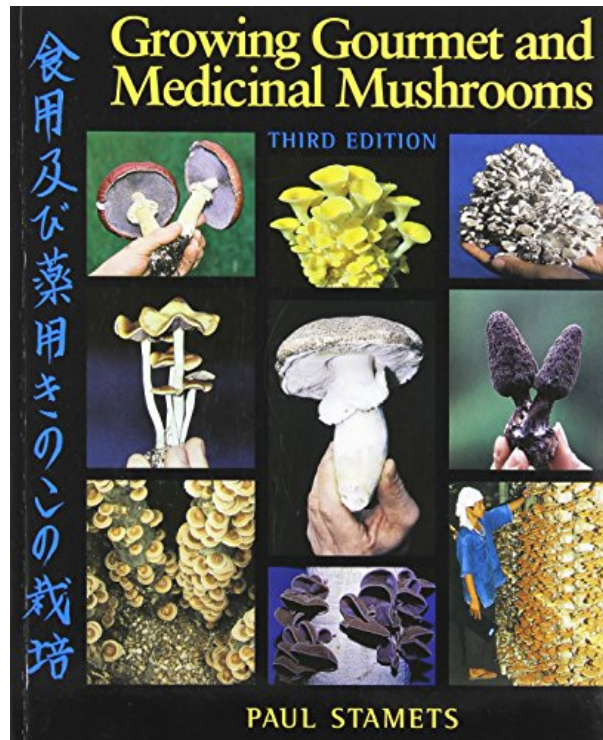
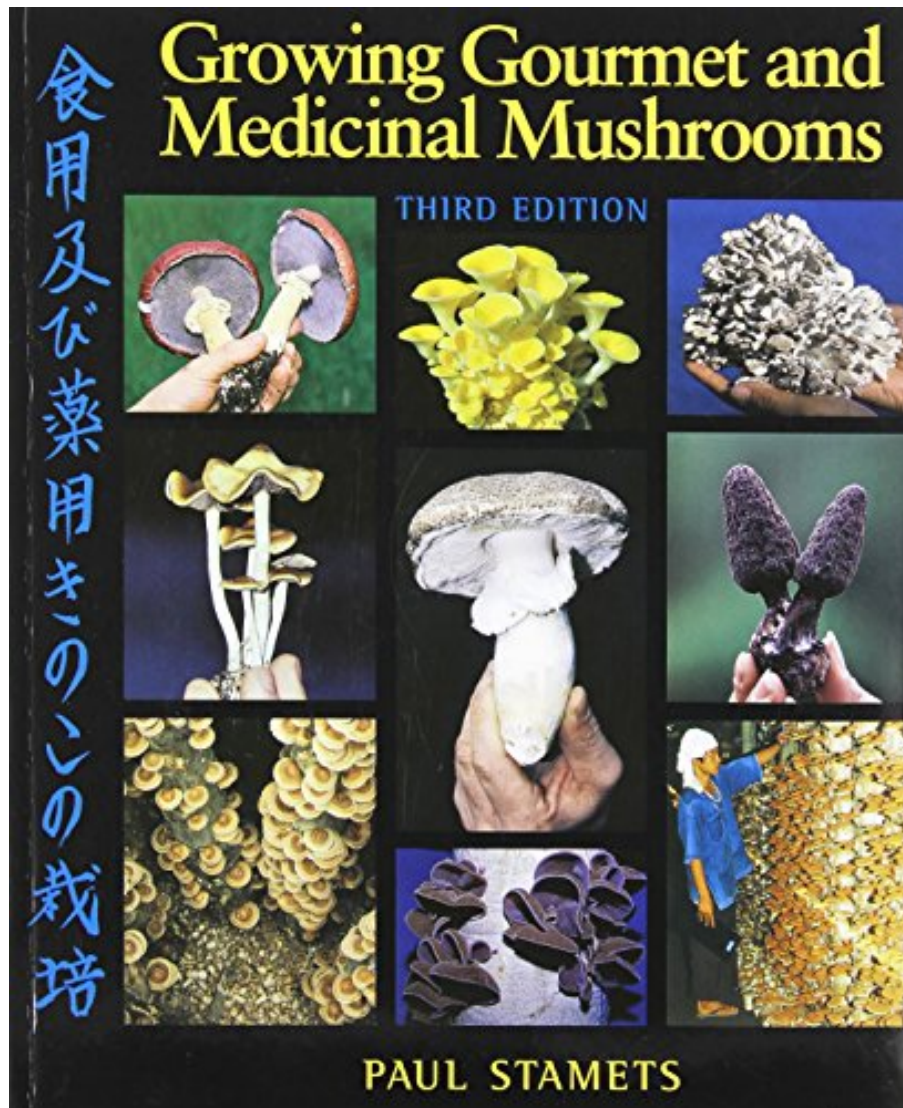


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About the Author

PAUL STAMETS is the founder of Fungi Perfecti and codirector and founder of the Rainforest Mushroom Genome and Mycodiversity Preservation Project. He is the author of two seminal textbooks, *The Mushroom Cultivator* and *GROWING GOURMET AND MEDICINAL MUSHROOMS*, has been published in numerous journals, and is presenting more lectures on mycology than he can keep track of. An advisor and consultant to the Program for Integrative Medicine at the University of Arizona Medical School and the 1998 recipient of the Collective Heritage Institute's Bioneers Award, Stamets lives in Kamilche Point, Washington with his collection of more than 250 medicinal mushroom cultures.

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After years of living in awe of the mysterious fungi known as mushrooms-chefs, health enthusiasts, and home cooks alike can't get enough of these rich, delicate morsels. With updated production techniques for home and commercial cultivation, detailed growth parameters for 31 mushroom species, a trouble-shooting guide, and handy gardening tips, this revised and updated handbook will make your mycological landscapes the envy of the neighborhood.

- Sales Rank: #25439 in Books
- Brand: Fungi Perfecti
- Published on: 2000-10-25
- Released on: 2000-10-25
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 2.00" w x 7.40" l, 2.78 pounds
- Binding: Paperback
- 614 pages

Features

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Buy it. Read it. Grow it. Eat it. With no cholesterol!

By Jer

The only issue I have with this book is that Paul is operating on such a grand scale. Much of his ideas and suggestions, though absolutely sound, need to be downsized if intended to be applied by this reader. Not a big issue for me, as the foundational understanding is what I was truly after, and this book provides that. I plan to read it again once I've finished with the author's other book, *Mycelium Running*. If you don't have that book yet, quit screwing around and go buy it. Such a good read! And for those gardeners among us (like me), pair this and *Mycelium Running* with *Teaming with Microbes* (Lownfels&Lewis) and *Teaming with*

Nutrients (Lowenfels). There are a lot of books, but these have all been great for me in my pursuit of a healthier food source for my family. Atherosclerosis is a killer, people. Source your protein better. Paul will show you how.

11 of 11 people found the following review helpful.

Not for the beginner

By W.M. Hamilton

I was looking for something I could read as a beginner to start growing my own mushrooms, this book is not it. It is however jam packed full of information, but is just somewhat difficult to sift through all of it and get a good understanding on what I am doing without a bunch of reading....this book is way thicker than I had imagined it would be. If you are looking for a book on mushrooms and have a good background on them and looking to fine tune your skills this would be helpful for you. If you are like me and just looking to get started I would choose something less confusing.

0 of 0 people found the following review helpful.

Here is a tip for you, and the rest are worth it too!!!

By todd fischer

you need to get 3 books in the series, Mycelium Running, The Mushroom Cultivator, MycoMedicinals, and this book, growing gourmet and medicinal mushrooms! u need to have a small library of books if ur going to do it right. Here is a very practical book for growing them on a small scale, like at home, like me!! its "the essential guide to "Cultivating Mushrooms"< in big letters on the cover! by Stephen Russell !! this is an excellent practical book, in plain English, not so much in technical names, and it very good at showing exactly how to do it !! the other 3 go in to more detail, if u want to know more, but this last books tells it how it is in real life and in your backyard or basement. you will never know how good or bad it is, if u don't start ordering some soon! u may pick up only 1 tip from a whole book, but that tip maybe the key to ur success or ur failure!

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