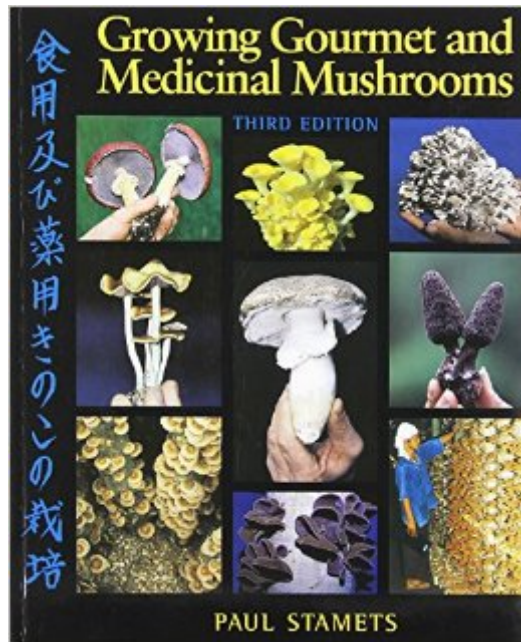


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# Growing Gourmet And Medicinal Mushrooms



## Synopsis

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.

## Book Information

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## Customer Reviews

I have to admit, I did not know Paul Stamets was this generation's premier mycologist. After reading this volume, there is no doubt of it. He is objective, a true mycologist of the highest order, and a down-to-earth pragmatic steward of the environment. I have learned a lifetime of valuable information...both scientific as well as practical know-how from this book, (a rare feat). Not only does Stamets enthuse the reader with the miracle of possibilities in cultivating mushrooms for the environment, nutrition, (yes nutrition), and health benefits of Reishi and other mushrooms, he details how it is to be done, (by individual cultivators and/or commercial operations alike).I cannot express more to any reader of this review how important it will be to have this standard volume on your bookshelf. If you are curious about how mushrooms "work", you must own this book. If you want to have this volume as a practical guide to growing mushrooms indoors OR outdoors, buy this volume. If you are a commercial grower and you want to increase production, create your own sterile spore production facility, you must buy it.I have never met Paul Stamets, and have no vested interest in making this recommendation. However, after reading this book, I am as enthused as the author

about the subject of practical mycology. I hope you will be too!

There is nothing I can say that hasn't been said. There is a wealth of information on just about every mushroom that people use for food or for medicine. I was primarily interested in the Morel Mushroom cultivation which is in Chapter 21, but there is a web reference, to quote Paul Stamets "Once nice overview of cultivation techniques can be found at [...]". I found this was in error and tracked down the new web address to the Morel Cultivation information Paul Stamets was pointing readers to over here "[...]". One of the best resources in this book is the Cultivation Problems and Their Solutions: A Troubleshooting guide. Missing however is a detailed section on cultivation insect pests. This I found in Paul Stamets previous book *The Mushroom Cultivator*. So you may want to consider getting both, especially if you find a discounted bundle offer from . If you are done reading Field Guides and/or walking around your local wilderness on mushroom foray hunts by yourself or with a local club / society, then you will not go wrong by choosing this book. 5 Stars well earned.

This is a magnum opus of colossal proportions covering most every mushroom species conceivable for human consumption... most, I say, because I am an enthusiast of psychoactive mushroom species, and as such, I was in for a colossal let-down. I was recommended this book as a "must-have". I was told that this book contained definitive facts about growth parameters, development cycles, substrate formulas, and species characteristics. Indeed it does... just not about the mushrooms I was looking for. The only psilocybin mushroom even documented in this behemoth is *psilocybe cyanescens* which is known to resist indoor cultivation due to its unsatisfiable temperature requirements. Mr. Stamets is a wise man, and I've known him to say that, generally speaking, you can take the same technique for growing similar species on similar substrates and get the same results (hint, hint). However there are more straightforward texts for those of us with specific interests in specific species, and I cannot in good faith recommend this one for those purposes. So, why do I give this book five stars? The failure was mine not the author's. I should have done my research. This book is actually quite fascinating; although I don't see amateurs reading Chapter 17, and then running out to buy an autoclave. Mr. Stamets clearly envisions a readership of serious mushroom producers with industrial-sized ambitions. Prepare to encounter the "high-pressure extrusion method" and to be awed by photographs of column cultures climbing ten-feet high. You'll even learn how to convert that forgotten old barn in your backyard into a viable grow-factory. Good luck.

I was pleasantly surprised at the overall quality of this book when I received my copy in the mail. It is chock full of photographs with an entire section in the center devoted to color photographs. It is extremely well written and presents the facts of mycology, the current limitations of the field, and interjections of personal experience. Growing Gourmet and Medicinal Mushrooms is much more than just a "how to" book, it discusses the science and life cycle of mushrooms along with brief histories of mycology. It is textbook quality (BTW college textbooks go for around \$100 each these days) and provides specific guides for growing choice species in the latter portion of the book. It is not an identification guide however and I recommend picking up an audobon society field guide as a companion to this source. Some basic knowledge of chemistry and agriculture will help you get the most out of this book.

If you don't have a previous edition, be sure to get this one. If you have an older edition and have an interest in cultivating any of the added species, this edition is essential. If you just want to keep up to speed on Paul's new ideas, this book is the way to do it. We recommend it highly.

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.

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