



Edible and Medicinal Mushrooms of New England and Eastern Canada

David L. Spahr

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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.

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