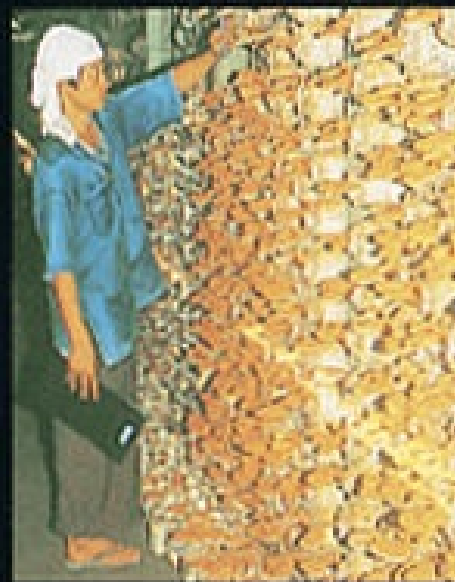


Growing Gourmet and Medicinal Mushrooms

THIRD EDITION



食用及び薬用きのこの栽培

PAUL STAMETS

This book should help advance the cause of mycology and mushroom biology worldwide. It will be an important reference for those who are interested in research as well as in the cultivation of mushrooms. *Growing Gourmet and Medicinal Mushrooms* is unique not only in its treatment of the technical aspects of growing gourmet and medicinal mushrooms, but also in its emphasis on the environmental importance of mushrooms in terms of world biological diversity.

—*S. T. Chang, Ph.D., The Chinese University of Hong Kong*

Growing Gourmet and Medicinal Mushrooms is a visionary quest—and Paul Stamets is your best possible guide—not just for informing you about growing mushrooms, but for transforming you into a myco-warrior, an active participant in a heroic, Gaian process of planetary health through mushroom cultivation.

—*Gary Lincoff, author of The Audubon Field Guide to Mushrooms*

Stamets draws on the collective experience of centuries of mushroom cultivation, creating a revolutionary model for the use of higher fungi. Not only does he cover every aspect of cultivation, he also addresses the issues of environmentalism, health, and business.

—*Alan Bessette, Ph.D., Utica College of Syracuse University*

Growing Gourmet and Medicinal Mushrooms is the most comprehensive treatment of the subject I have seen in my thirty years as a mycologist and mushroom specialist.

—*S. C. Jong, Ph.D., The American Type Culture Collection*

Pick up this book and prepare to be swept away into the world of mushroom cultivation on the tide of Paul's contagious enthusiasm. Doers and dreamers, students and teachers will all find something to enjoy in this book.

—*Nancy Smith Weber, Ph.D., Forest Sciences Department, Oregon State University*

This book, a true labor of love, makes a major contribution to our

knowledge of the practical production of gourmet and medicinal mushrooms.

—*Dan Royse, Ph.D., Penn State College of Agricultural Sciences*

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Gourmet and Medicinal
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Mycotopia:

An environment wherein ecological equilibrium is enhanced through the judicious use of fungi for the betterment of all lifeforms.

To my family
and
the Warriors of Hwa Rang Do



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