

# A Beginners Guide to Edible Fungi Mushrooms



A Beginners Guide to Edible Fungi Mushrooms Table of Contents Introduction Knowing more about Mushrooms Mushrooms in Medicine Cultivated varieties Of Mushrooms Types of Popular Mushrooms in Cuisine Morels Chanterelles Cantharellus cibarius or trumpet mushrooms Black Trumpets Porcini Shitake or Golden oak mushrooms Oyster Mushrooms Enoki Mushrooms Portobello Mushrooms Truffles Hon-Shimeji- Beech Mushroom The Death Cap Amanita phalloides Fly Agaric- Amanita muscaria How to Avoid the After Effects of Inedible Mushrooms Tips Precautions while Hunting Mushrooms in the Wild Cultivating Mushrooms in Your Home Conclusion Author Bio Publisher

Introduction For millenniums, mankind has been looking towards nature to find easily available food supplements. While animals and birds provided him with protein, he also looked towards the plant kingdom to provide you with herbs, spices, and other edible means of food. Out of these mushrooms and all their varieties have been an integral part of his cuisine down the centuries, all over the world. In ancient China mushrooms were used in alternative medicine more than 3000 years ago. They are still used to cure a number of ailments, along with problems related to the nerves, mind and psyche. The mushrooms used here in minute quantities have psychoactive and psychedelic properties. That is why ancient medicine men normally gave them to patients, who believed that they had gone through a spiritual trance which was life defining. These psychedelic trance inducing mushrooms are now called shrooms and even though they are illegal in many parts of the world, they are eaten by people who want a fix. Edible mushrooms are called mushrooms, while the poisonous varieties were called toadstools. Only very experienced mushroomists know the

difference between an edible variety and a poisonous variety. And this comes only with proper training from older experienced mushroom collectors.

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