

# Our Favorite Books about Kingdom Fungi

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# 1. Entangled Life: How Fungi Make Our Worlds, Change Our Minds & Shape Our Futures

## Author: Merlin Sheldrake

Explore the hidden networks of fungi and their impact on the natural world. This is a beautifully written dive into the beauty of Kingdom Fungi that will leave you inspired and ready to explore all of the amazing things that are yet to be discovered in the wonderful world of mushrooms.

# 2. Mycelium Running: How Mushrooms Can Help Save the World

## **Author: Paul Stamets**

A detailed guide on the ecological role of mushrooms and how they can be used for ecological restoration. This is a great book if you're trying to understand how much of an impact mushrooms can make on the planet.

# 3. The National Audubon Society Field Guide to Mushrooms

# **Author: Gary Lincoff**

A comprehensive field guide to North American mushrooms, perfect for foragers. Beautifully photographed specimens of commonly found mushrooms, this is a great reference guide.

# 4. <u>Mushrooms of the Upper Midwest: A Simple Guide to Common Mushrooms</u>

# Authors: Teresa Marrone & Kathy Yerich

If you're curious about foraging, this is an easy-to-use guide for identifying mushrooms in the Upper Midwest region. As always, use caution when eating foraged foods and make certain that you have a 100% accurate identification before you consume it.

# 5. The Fungal Pharmacy: The Complete Guide to Medicinal Mushrooms & Lichens of North America

# Author: Robert Rogers

A deep dive into the medicinal properties of fungi and lichens. This is our all time favorite book for discovering the amazing potential that they have for wellness, it covers a lot of common illnesses and detailed potential solutions and it's a fascinating read.



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## 6. In Search of Mycotopia: Citizen Science, Fungi Fanatics, and the Untapped Potential of Mushrooms

#### **Author: Doug Bierend**

An exploration of the mycology community and the diverse world of fungi, an inspiring guide for Citizen Scientists.

### 7. Koji Alchemy: Rediscovering the Magic of Mold-Based Fermentation

Authors: Jeremy Umansky & Rich Shih

Koji is technically not a mushroom, but a gourmet fermented fungus - This is a fascinating look at the mycelium-based culinary art of koji fermentation.

#### 8. <u>Humongous Fungus: Underground & All Around</u>

#### Author: Lynne Boddy

An engaging look at the strange and giant world of fungi, ideal for both curious beginners and seasoned mycologists. (We love this one for families with kids, but plenty of grown ups have enjoyed reading it on their own!)

## 9. Radical Mycology: A Treatise on Seeing & Working with Fungi

Author: Peter McCoy

A comprehensive guide to integrating fungi into daily life, covering everything from cultivation to remediation.

#### 10. Organic Mushroom Farming and Mycoremediation: Simple to Advanced and Experimental Techniques for Indoor

#### and Outdoor Cultivation

**Author: Tradd Cotter** 

An in-depth manual for both beginner and advanced mushroom cultivators. This book covers a huge range of detailed techniques.

#### 11. Growing Gourmet and Medicinal Mushrooms

#### **Author: Paul Stamets**

A classic text on mushroom cultivation for food and medicine. This has a ton of really great reference details on so many species of mushrooms and gives recommended temperature and humidity guidelines and notes on different nuances of growing different kinds. Very handy.

#### 12. <u>The Mushroom Cultivator: A Practical Guide to Growing Mushrooms at Home</u>

Authors: Paul Stamets & J.S. Chilton

A beginner-friendly guide to mushroom cultivation techniques for home growers, lots of useful notes, tips & techniques.