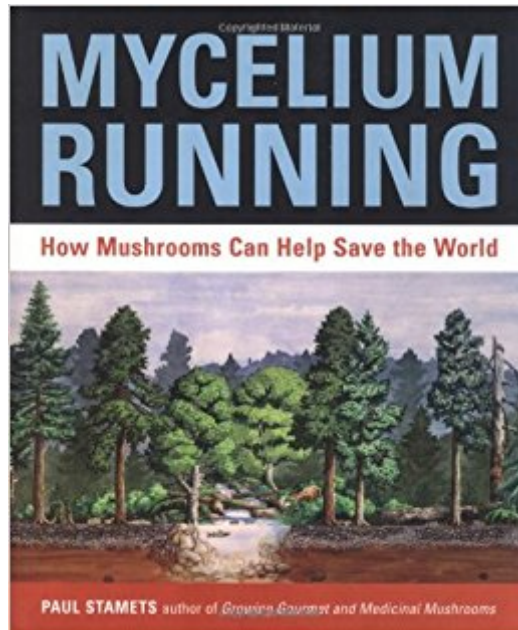




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Mycelium Running: How Mushrooms Can Help Save The World



Synopsis

Mycelium Running is a manual for the mycological rescue of the planet. That's right: growing more mushrooms may be the best thing we can do to save the environment, and in this groundbreaking text from mushroom expert Paul Stamets, you'll find out how. The basic science goes like this: Microscopic cells called "mycelium"--the fruit of which are mushrooms--recycle carbon, nitrogen, and other essential elements as they break down plant and animal debris in the creation of rich new soil. What Stamets has discovered is that we can capitalize on mycelium's digestive power and target it to decompose toxic wastes and pollutants (mycoremediation), catch and reduce silt from streambeds and pathogens from agricultural watersheds (mycofiltration), control insect populations (mycopesticides), and generally enhance the health of our forests and gardens (mycoforestry and myco-gardening). In this comprehensive guide, you'll find chapters detailing each of these four exciting branches of what Stamets has coined "mycorestation," as well as chapters on the medicinal and nutritional properties of mushrooms, inoculation methods, log and stump culture, and species selection for various environmental purposes. Heavily referenced and beautifully illustrated, this book is destined to be a classic reference for bemushroomed generations to come.

Book Information

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Customer Reviews

As a physician and practitioner of integrative medicine, I find this book exciting and optimistic because it suggests new, nonharmful possibilities for solving serious problems that affect our health

and the health of our environment. Paul Stamets has come up with those possibilities by observing an area of the natural world most of us have ignored. He has directed his attention to mushrooms and mycelium and has used his unique intelligence and intuition to make discoveries of great practical import. I think you will find it hard not to share the enthusiasm and passion he brings to these pages.

--From the foreword by Andrew Weil, MD, author of *Eating Well for Optimum Health*

“Stamets is a visionary emissary from the fungus kingdom to our world, and the message he’s brought back in this book, about the possibilities fungi hold for healing the environment, will fill you with wonder and hope.”

--Michael Pollan, author of *The Botany of Desire*

“This is the kind of book I love: highly factual and practical and mixed with the spiritual content that sets the great writers apart from all the rest.”

--John Norris, former deputy commissioner of the Food and Drug Administration and founder of the Bioterrorism Institute

“This is the first book to give the Kingdom of the Fungi its proper place in the scheme of things. It is the most important book on nature that I’ve seen in years.”

--Gary Lincoff, author of *National Audubon Society Field Guide to North American Mushrooms*

A paradigm-changing book. Stamets’s visionary insights are leading to a whole new understanding of how mushrooms, scarcely seen and rarely appreciated, regulate the earth’s ecosystems.

--John Todd, founder and president of Ocean Arks International

“This visionary and practical book should be an instant classic in the emerging science of how to use nature’s wisdom and fecundity to rescue the earth and ourselves from the unwelcome consequences of human cleverness.”

--Amory B. Lovins, chief executive officer of Rocky Mountain Institute

“This gospel of fungi contains crucial pragmatic solutions showing us how to work with nature in order to heal nature.”

--Kenny Ausubel, founder and co-executive director of Bioneers

“In his respectful and casual way, Paul brings depth and clarity to the complexity of fungi and its place in the natural order, all the while engaging us in fungi knowledge for healing our planet.”

--Guujaaw, president of the Haida Council, Haida Nation

“Stamets’s best work to date, *Mycelium Running* provides a wealth of information showing how fungal mycelia and mushrooms can profoundly improve the quality of human life. Should be mandatory reading for government policy makers.”

--S. T. Chang, professor emeritus, Chinese University of Hong Kong

A manual for healing the earth and creating sustainable forests through mushroom cultivation, featuring mycelial solutions to water pollution, toxic spills, and other ecological challenges. Mycotechnology is part of a larger trend toward using living systems to solve environmental problems and to restore ecosystems. Covers mycorestoration (biotransforming stripped land),

mycofiltration (creating habitat buffers), mycoremediation (healing chemically harmed environments), and mycoforestry (creating truly sustainable forests). More than 300 full-color photographs.

A book of discovery on a topic of which most people know little.

Amazing book and arrived in wonderful condition.

Very well written and informative book on the world of fungi and how they support our ecosystems.

Thank you very much

comprehensive

This book is an amazing resource not only explaining about the benefits of the various species covered, but explains very simply how to cultivate, harvest, prepare & consume them! Very good information & excellent pictures accompanied the text. Very well written & researched. Worth much more than the price! Fungus really can save the world!

I read this book out of sheer ignorance of the topic and simply a desire to learn. I had no idea mushrooms/fungi were so amazing. I've learned a great deal and i even started to put some of the information from the book to use. I made a spore print from a mushroom i found in my yard after a few days of generous rain and low temperature weather. After the sport print i took the spores and i'm going to try and grow them on cardboard! I'm so excited to see if it works. If you are interested in mushrooms, or just want to learn, this book will be great for you!

Highly repetitive. Seems more like a reference book than an introduction to mycoremediation. The first part of each section can be summarized as "xxx creates selective bacterial ..." but it demonstrates the truth that plants, animals, fungi, and bacteria are more interconnected than we really grasp right now. Not sure how much of it can be used commercially because of the patents. But it runs a decent gamut of differing myco-techniques that can be used both large and small scale. Gives the impression that anyone can do it.

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