



Mushrooms for Health: Medicinal Secrets of Northeastern Fungi

Greg Marley

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There is a burgeoning interest in natural medicines in the United States. Among these natural health powerhouses are mushrooms, and here mycologist Greg Marley introduces ten species found in New England-and elsewhere, too, in many cases. Marley describes where to find and how to prepare these fungi and lists their health-supporting benefits. On a comforting note, Marley says there are no poisonous look-alikes for any of these beneficial fungi!

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