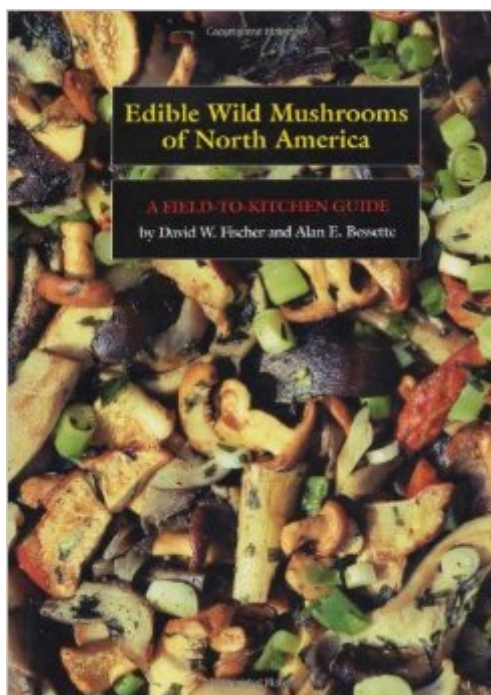


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Edible Wild Mushrooms Of North America: A Field-to-kitchen Guide



Synopsis

Unusual shapes and colors make many mushrooms alluring to the eye, while the exotic flavors and textures of edible mushrooms are a gourmet delicacy for the palate. Yet many people never venture beyond the supermarket offerings, fearing that all other mushrooms are poisonous. With amateur mushroom hunters especially in mind, David Fischer and Alan Bessette have prepared *Edible Wild Mushrooms of North America*. This field guide presents more than 100 species of the most delicious mushrooms, along with detailed information on how to find, gather, store, and prepare them for the table. More than 70 savory recipes, ranging from soups and salads to casseroles, canapes, quiches, and even a dessert, are included. Throughout, the authors constantly emphasize the need for correct identification of species for safe eating. Each species is described in detailed, nontechnical language, accompanied by a list of key identifying characteristics that reliably rule out all but the target species. Superb color photographs also aid in identification. Poisonous "lookalikes" are described and illustrated, and the authors also assess the risks of allergic or idiosyncratic reactions to edible species and the possibilities of chemical or bacterial contamination.

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Customer Reviews

Edible Wild Mushrooms of North America (David W. Fischer and Alan E. Bessette, University of Texas Press, Austin, 1992) is becoming a hard to find item. I bought it when it was newly published, but I needed another copy to give as a Christmas gift. The book itself is the best review of edible mushrooms you can find. Included are a lot of inedible mushrooms that you need to know about if you are going to go out and collect fungi to eat or even if you are going to buy them at a fresh

market. Never eat a mushroom if you cannot positively identify it. What a disappointment that could be if you have found a wonderful looking patch in the woods or in your yard but you are in doubt. This book will give you all the information you need to be informed and make your decision. A friend of mine told me about finding some attractive white mushrooms in his lawn. I asked him if he had any idea what they were. "Oh- they're the Destroying Angel. I saw the picture in a book." Well, he didn't read far enough because it was not the time of year for *Amanita virosa* to be fruiting, and the trees that they grow in association with were nowhere nearby. Yes, the mushroom had some of the characteristics of an *Amanita*, but there were crucial differences. If he had seen those differences, he would have recognized meadow mushrooms and known that he could have made a fine meal of them. Some people avoid wild mushrooms that way. They don't want to consider the possibility of mycophagy. I have hunted mushrooms for many years and have several mushroom guides - this book is my favorite by far. It concentrates on great tasting wild mushrooms and also identifies several of the most common toxic species. The photos are great and do a very nice job of showing the tops and undersides of most fungi.

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