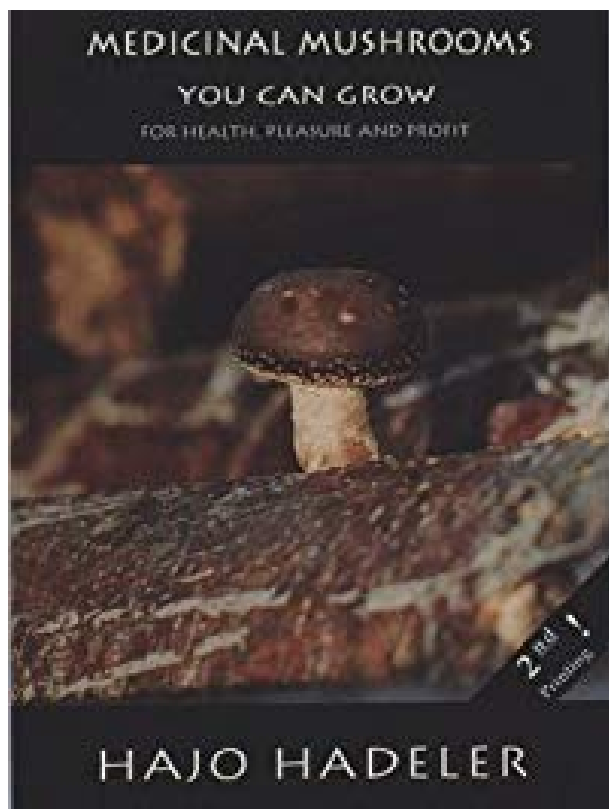


Medicinal Mushrooms You Can Grow For Health, Pleasure and



Language	English
Pages:	196
Author:	Steven Seneschal
ISBN10:	0921136021
Published:	by The Cariaga Publishing House
Goodreads Rating:	3.67
Genre:	Uncategorized

[Medicinal Mushrooms You Can Grow For Health, Pleasure and.pdf](#)

[Medicinal Mushrooms You Can Grow For Health, Pleasure and.epub](#)

In this timely, informative and profusely illustrated manual, the author explains both traditional log-growing techniques and the latest enriched-substrate "space bag" technology for the cultivation of medicinal fungi. There is an extensive introduction to Traditional Chinese Medicine (TCM) as well with its emphasis on prevention, harmony and balance - an area, where Shiitake and Reishi mushrooms in particular are rapidly gaining the recognition they deserve in the West.