



Mushrooms



- ◆ Mushrooms are not plants; they are a separate Kingdom of Fungi that is hidden. The part of the fungus that we see is only the “fruit” of the organism.
- ◆ Mushrooms grow from spores, not seeds, and a single mature mushroom will drop as many as 16 billion spores!
- ◆ Penicillin and Streptomycin are examples of potent antibiotics derived from fungi.
- ◆ When consumed, they have strong effects on our immune system. They up a weak immune system OR they down a strong but misdirected immune system that cause auto-immune disorders (allergies, arthritis, asthma, etc.)
- ◆ Excellent source of niacin. Good source of selenium, dietary fiber, potassium, Vitamins B1, B2 and D. No cholesterol, low in calories, fat and sodium. Contain anti-oxidants to support a strong immune system.
- ◆ Fungi recycle plants after they die and transform them into rich soil. If not for this, the Earth would be buried in several feet of debris and life on our planet would soon disappear.
- ◆ You can make beautiful colors by boiling wild mushroom and dipping cloth in the resulting broth. The [Rainbow Beneath My Feet](#) is a book that tells you how to make dyes with mushrooms.
- ◆ ***The world of fungi holds many secrets yet to be discovered. Perhaps you will help to unveil the many mysteries of mushrooms!***