

Paul Stamets

Quotes

Mushrooms, Unique, Numbers, Oysters, Friendly, Tree, Firsts, Fall, Nature, Believe, Cancer, Life And Death, Force, Buddhist, Understanding, Ironic, Motivation, Today, Eating, Europe

Fungi are the interface organisms between life and death.

~Paul Stamets

Fungi are the grand recyclers of the planet and the vanguard species in habitat restoration.

~Paul Stamets

Mycelium is Earth's natural Internet.

~Paul Stamets

The task that we face today is to understand the language of nature.

~Paul Stamets

I love a challenge and saving the Planet seems like a good one.

~Paul Stamets

I believe nature is a force of good. Good is not only a concept, it is a spirit

~Paul Stamets

From dead plant matter to nematodes to bacteria, never underestimate the cleverness of mushrooms to find new food!

~Paul Stamets

If you do not know where the mushroom products you are consuming are grown, think twice before eating them.

~Paul Stamets

If we just stay at the crest of the mycelial wave, it will take us into heretofore unknown territories that will be just magnificent in their implications.

~Paul Stamets

Although the trends are promising and reishi mushrooms exhibit a

number of interesting medicinal properties, modern scientific techniques have yet to affirm its traditional 'panacea polypore' status.

~Paul Stamets

Chaga is one of the weirdest mushrooms you may ever see. A fungal parasite found on birch trees, Chaga is a hardened, blackened, crusty formation that looks like a bursting tumor.

~Paul Stamets

The virus-to-cancer connection is where medicinal mushrooms offer unique opportunities for medical research.

~Paul Stamets

Lions mane may be our first smart mushroom. It is a safe, edible fungus that appears to confer cognitive benefits on our aging population.

~Paul Stamets

Vitamin D from mushrooms is not only vegan and vegetarian friendly, but you can prepare your own by exposing mushrooms to the summer sun.

~Paul Stamets

Enoki mushrooms, a tasty variety commonly sold in grocery stores, were one of the first mushrooms studied for preventing cancer.

~Paul Stamets

Although oyster mushrooms have been studied extensively and support health in a number of ways, it is also extremely important to always cook oyster mushrooms!

~Paul Stamets

For many years, I have sought and studied Agarikon, an unusual mushroom native to the old growth conifer forests of North America and Europe.

~Paul Stamets

Growing the mycelium of the Chaga mushroom under laboratory conditions provides an ecologically friendly alternative supply of this unique medicinal mushroom.

~Paul Stamets

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