



EDIBLE AND POISONOUS  
MUSHROOMS  
OF THE WORLD

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# WARNINGS

Certain poisonous and edible mushrooms are easily confused. Before eating any mushroom, be absolutely sure of its identity and edibility. When it comes to mushrooms that are not illustrated in this book, or that are known to vary in appearance from the illustrations included in this book, it may be necessary to consult other texts listed in the bibliography, or a mushroom specialist. Please note, however, that the edibility of many mushrooms is still unknown. If there is any doubt whatsoever as to the identity and edibility of a mushroom, do not eat it. Even for a mushroom known to be edible, one should eat only a small amount the first time. Moreover, when eating wild mushrooms or new cultivated mushrooms, always place some uncooked ones aside in the refrigerator in case there has been a mistake or there is an allergic reaction to the mushroom. If any illness is experienced after eating a mushroom, consult a doctor immediately.

Reasonable efforts have been made to publish reliable data and information, but the authors and publisher cannot assume responsibility for the validity of all materials or for the consequences of their use. The publishers and the authors can take no responsibility for the misidentification of mushrooms by the users of this book nor any illness that might result from their consumption.

## Lưu ý

Một số loại nấm độc rất khó phân biệt với các loại nấm có thể ăn được. Vì vậy trước khi ăn bất cứ loại nấm nào, bạn phải biết chắc chắn về nguồn gốc và tổ chức của nó. Bạn cần tra cứu lại danh mục cuốn sách hoặc tham vấn các chuyên gia về nấm nếu gặp phải những loại nấm không được mô tả trong cuốn sách này hoặc hình dấp của nó khác với những loại được minh họa. Xin lưu ý, chúng ta vẫn chưa biết rõ nguồn gốc và độc tố của một số loại nấm. Vì vậy xin đừng ăn nếu bạn có nghi ngờ về nguồn gốc và độc chết của các loại nấm đó. Khi ăn các loại nấm dại hoặc các giống nấm mới, bạn nên luôn để dành một ít vào tủ lạnh phòng khi bạn bị dị ứng với loài nấm đó. Nếu cảm thấy khó chịu sau khi ăn bạn nên đến xem bác sỹ ngay lập tức. Tác giả và nhà xuất bản đã nỗ lực để mang đến cho bạn những thông tin chính xác đáng tin cậy.

Tuy nhiên chúng tôi sẽ không chịu trách nhiệm về sự chính xác tuyệt đối của các thông tin trên và hậu quả của việc sử dụng nó. Chúng tôi sẽ không chịu trách nhiệm nếu độc giả không phân biệt đúng các loài nấm và những căn bệnh gây ra bởi sử dụng các loài nấm trên.

## 注意

毒茸か食べられる茸か紛らわしいのがあります。茸を食べる前に、その正体と食用性を、必ずご確認ください。この本に描かれていない茸、またはこの本に含まれている図とその外見が異なっていることが知られている茸については、参考文献に挙げられている他の教本を調べたり、茸の専門家に相談する必要があるかも知れません。しかしながら、食用性がまだ知られていない茸は多いので、初めてその茸をお試しになれる際は常に少量お召し上がりになることをお気に留めください。もしその茸の正体と食用性が少しでも疑わしい場合は、お召し上がりにならないでください。野性の茸や新たに培養された茸をお召し上がりになれる際は、誤りがあった場合やその茸にアレルギー反応があった場合に備えて、料理されていない茸をいくつか別に冷蔵庫に取っておいてください。もし茸を食べた後に何か病状が現われた場合は、直ちに医師にご相談ください。

信頼性のある資料や情報を出版するのにかなりの努力が成されましたが、著者と出版者は全ての資料に関する有効性とまたはその利用法の結果に関して、責任を負えません。著者と出版者は、この本の利用者が茸の正体を間違ったり、茸を食べたことから起こる如何なる病状に関しては責任は取れません。

## 경고

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## He Whakatūpato

Kei haere pōhēhē te tangata ki te kato i ngā harore me ngā kōpurawhetū, kei riro mai ko ngā harore paihana i te taha o ngā harore e taea te kai! I mua i te kainga i tētahi harore, kia tino mōhio koe he aha taua harore! Kia tae ki ngā harore kāore i tāia he pikitia i tēnei pukapuka, ki ngā harore rānei he rerekē te āhua i tēnā rā, i tēnā rā, arā, he rerekē i ngā whakaahua i tēnei pukapuka, me tiki rawa ki ngā pukapuka kua oti te whakarārangi i te rārangi pukapuka. Ā, me haere rānei ki te tino tangata pūkenga mō ngā harore katoa. Kia tūpato! Kāore anō ngā tohunga kia mōhio ki te tōtika o ngā harore katoa hei kai. Mehemea kātahi anō koe ka kai i tētahi harore, me whakamātau kau atu, kia iti te kainga. Mehemea kei te rangirua ō whakaaro, kāore koe e mōhio he aha rawa taua harore, kaua e kainga. Kia tae koe ki te kai i ngā harore i tupu noa i te tuawhenua, ki ngā harore hou rānei, nā te tangata i whakatupu, meatia atu ētahi harore mata tonu, (kāore i tunua) ki roto i te pouaka makariri. He mea tēnei mō ngā wā kua pōhēhētia ngā momo harore, mō ngā ohonga pāwera (allergic reaction) rānei o te tangata ki taua harore. Ki te māuiui te tangata i muri i te kainga o tētahi harore, whakapā tika atu ki te tākuta.

I mahi nui mātou ki te tā i ngā mōhio tangata whai tikanga, me ōna whakamārama katoa e tika ana, heoi anō, e kore e taea e te kaiwhakaputa te kī, he pono tūturu ngā whakamārama katoa a te tangata kē i roto i tēnei pukapuka, me ngā āhuatanga ka puta i te haringa hei tino kōrero whai-mana e te tangata. Kāore hoki te kaiwhakaputa me ngā kaituhi e whakaae ka tau te hē ki a rātou mō te whakaingoa pōhēhē a te tangata kē, i ētahi o ngā harore i tēnei pukapuka, me ngā māuiuitanga tērā pea ka pā ki te tangata i te kainga o aua harore.

## คำเตือน

เห็นบางชนิดสามารถนำมารับประทานได้และบางชนิดเป็นเห็ดที่มีพิษซึ่งสามารถทำให้เกิดความสับสนได้เสมอ แต่ก่อนที่จะรับประทานเห็ดชนิดใดก็ตาม ก็จะต้องให้แน่ใจจริงๆว่าเป็นเห็ดที่เรารู้จักและสามารถรับประทานได้ สำหรับเห็ดใดก็ตามที่มีได้นำมาแสดงไว้ในหนังสือเล่มนี้ อาจจำเป็นต้องไปค้นคว้าหาความรู้เพิ่มเติมจากหนังสือเล่มอื่นตามที่มีรายชื่อปรากฏอยู่ในหน้าบรรณานุกรม หรือไปขอรับคำปรึกษาจากผู้เชี่ยวชาญด้านเห็ด และขอให้โปรดทราบไว้ด้วยว่ายังมีเห็ดอีกเป็นจำนวนมากที่ยังไม่ทราบว่าจะสามารถรับประทานได้หรือไม่ หากต้องรับประทานเห็ดชนิดใดเป็นครั้งแรก ก็ขอให้รับประทานเพียงจำนวนเล็กน้อยก่อน เมื่อมีข้อสงสัยว่าเป็นเห็ดชนิดใดและสามารถรับประทานได้หรือไม่ ก็ไม่ควรรับประทานเข้าไป และเมื่อต้องรับประทานเห็ดที่ขึ้นเองหรือเห็ดชนิดใหม่ที่ได้มาจากการเพาะเลี้ยง ขอให้มีส่วนที่ยังมิได้ปรุงเป็นอาหารจัดเก็บไว้ในตู้เย็นจำนวนหนึ่ง เมื่อมีความผิดพลาดเกิดขึ้นจากการเพาะเลี้ยง หรือมีอาการแพ้ที่เกิดขึ้นจากเห็ดนั้นๆ ถ้ารับประทานเห็ดเข้าไปแล้วมีอาการไม่สบายขึ้นมา ก็ให้ไปพบแพทย์ทันที

หนังสือเล่มนี้ได้พยายามที่น่าเสนอที่มีรายละเอียดและเนื้อหาที่น่าเชื่อถือ แต่ผู้เขียนกับผู้พิมพ์โฆษณาไม่สามารถแสดงความรับผิดชอบต่อความสมจริง สมจังของสาระเนื้อหาหรือสิ่งอื่นใดที่จะเกิดขึ้นตามมาภายหลังจากที่ได้นำไปปฏิบัติ ดังนั้นผู้เขียนและผู้พิมพ์โฆษณาจึงไม่สามารถรับผิดชอบต่อการใช้หนังสือเล่มนี้ไปใช้ระบุชนิดของเห็ดแล้วเกิดความผิดพลาด หรือต่อความเจ็บป่วยที่เกิดจากการรับประทานเห็ดเหล่านั้น