

The Earth Salon
an initiative of Shambhala Touching the Earth Collective
presents

FUNGI FACTS

with Nicole Wolf



Maitake growing on Oak.

**Sunday, May 14th, 2023 Noon – 1:30 pm ADT
(11am – 12:30 pm Eastern)**

Free

Every footstep we take on the ground impacts more than 300 miles of mycelium — the fungal “super highway.” As the mycelium — the mushroom’s roots — works to keep nature healthy by transferring nutrients, its fruiting body, the mushroom, is able to keep humans healthy.

Mushrooms are proven to heal, boost, support and defend our bodies' healing. People have used mushrooms as medicine for thousands of years. While there is still much to learn about their properties, 2 handfuls out of the 10,000 known mushrooms in the world are scientifically studied and proven by modern analysis to benefit humans.

Join **Nicole Wolf** as she shares fascinating fungi facts and how mushrooms have in many ways impacted her life.

<https://us02web.zoom.us/j/81262050347>

Passcode: sacred



Nicole Pressly Wolf

I was raised as a city girl and being a lifelong environmental activist, journalist and secret science nerd, I never imagined I'd be able to farm or care directly for the earth beyond my written activism. Moving West, I wanted my next "career" to be intentional work in a practical and tactile environment, not in front of a computer. Oh, and for the benefit of all. Now, with America's fungi awakening, I have found my true way forward. Since the move, I have become fascinated with mushrooms and devoured books, films, teachings. I attended numerous mushroom growing workshops, and began a daily supplement of powdered mushrooms looking for support with all that comes with aging, from brain power to general energy. Within weeks I noticed my memory had improved and my energy was up. I was hooked! All that I have learned about the fungi kingdom inspires awe and wonder. Farming mushrooms and creating a permaculture farm has allowed me to offer health to my family, my community, and the planet.

The monthly **Earth Salons** are an initiative of the *Shambhala Touching the Earth Collective*, and are curated and facilitated by Deborah Luscomb, with occasional guest 'experts'.

We appreciate your donation in any amount!

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Any funds contributed will be used to offer honorariums to our guest speakers.