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Hans Petter Bakketeig
+47 47 674759
hanspetter@stilton.no

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Mette Alstad

Go Mushroom hunting! A Beginner's Guide

What do you need to know and what do you need to bring along to go mushroom hunting?

Where do you find a good mushroom forest? And how on earth do you know which mushrooms are edible and which ones to steer clear of?

Mushroom expert Mette Alstad has the answers to all of your questions.

Through Norway's largest foraging account, @mette.sanker, she inspires thousands of people to get out in search of mushrooms. In the book *Go mushroom hunting!* she has gathered everything you need to know to get started.

“A brilliant introduction . . . informative, fun and very well illustrated”

- Nettavisen

Mette Alstad

Mette Alstad is a mushroom expert and runs Norway's largest foraging account @mette.sanker on Instagram and TikTok. Through the Norwegian Mushroom and Crop Association, she contributes to mushroom checks, trips and courses. Alstad also works as a screenwriter and comedian.



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