



Growers & Distributors of Specialty Mushrooms since 1985



Cauliflower is a light yellow-colored leafy mushroom that looks much like cauliflower, sponge, or coral. This somewhat uncommon mushroom has a strong but pleasantly fresh sweet floral aroma. Make sure to clean cauliflower well under running water and then shake them dry. Cauliflower is good sauteed or roasted and pairs well with softer foods like polenta or egg dishes. **The brief Cauliflower mushroom season is generally from October to November.**