



# FOREST MUSHROOMS — INC. —

ST. JOSEPH, MN

*Growers & Distributors of Specialty Mushrooms since 1985*



**Enoki:** Enoki mushrooms are slender white clusters of delicate mushrooms that are cultivated in jars and shipped to market in vacuum sealed plastic bags of about 4 ounces per bag. The mushrooms have a mild, sweet flavor and are often eaten raw as a garnish on a salad, though they can also be cooked lightly. Before using enoki mushrooms, rinse them thoroughly and trim off the roots at the base of the cluster. Add enoki to salads, sandwiches, soups, pasta sauces, and stir-fried rice and vegetable dishes. To retain the delicate flavor of the mushrooms, add them at the end of the cooking process.