



FOREST MUSHROOMS — INC. —

ST. JOSEPH, MN

Growers & Distributors of Specialty Mushrooms since 1985

Brown Beech and White Beech Mushrooms:



Beech Mushrooms grow in clusters of white edible stems topped with small spherical heads that are either pure white or mottled brown in color and are very attractive to the eye. Beech mushrooms are also known as “Hon-Shimeji”, and are one of the most popular mushroom varieties in Japan and China. The entire mushroom is edible, except for the very base of the cluster, which should be trimmed. This mushroom is best cooked to fully appreciate its sweet, nutty taste

and firm, crisp texture. There is no need to wash the clusters; use chopped or whole mushrooms in sautés, soups, or pasta dishes with light sauces. Beech mushrooms keep their shape and texture nicely when cooked, and make an attractive and tasty salad topper too!