



# FOREST MUSHROOMS

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INC.

ST. JOSEPH, MN

*Growers & Distributors of Specialty Mushrooms since 1985*

## **NEWLY POPULAR MUSHROOM VARIETIES:**

### **Maitake (Hen of the Woods):**



Maitake mushrooms are now cultivated and available year-round and are certified organic; they are grown on sterilized sawdust in small jars, and are packaged in small “Balloon” packs of 4 ounces each. The packaging keeps the delicate mushrooms from being damaged during handling and also facilitates a long

shelf life for this mushroom. Maitake mushrooms form a brown to gray cluster of “petals” or fronds on a fused, central stalk. Growing in the wild they are found at the base of oak trees, where they resemble a hen with its feathers ruffled up; thus the common name “hen of the Woods”.

Do not wash this mushroom unless you are using the wild-harvested product in season. Just slice, then sauté in butter or oil. Maitake is wonderful in egg dishes, tempura, pasta sauces, soups, stews, and any other recipe calling for mushrooms. It adds a rich flavor to any dish, and is most similar in flavor to Shiitakes mushrooms. Like Shiitake, the Maitake mushroom is the subject of many studies to determine medicinal qualities; there is evidence that Maitake is helpful in the treatment and prevention of certain kinds of cancers, high blood pressure, diabetes and high cholesterol.

## **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!

## King Oyster and King Trumpet (Trumpet Royale):



King Oyster mushrooms bear little resemblance to Oyster mushrooms. The King Oyster somewhat resembles a bowling pin in its shape; most of the mushroom is a thick, white edible stem, topped with a small tan-colored cap. The King Trumpet (also known as Trumpet Royale), is a smaller version of the King Oyster, with a shorter stem and larger cap which is slightly trumpet-shaped. The King oyster and King trumpet are best marinated and then grilled or roasted in order to render them tender and moist. If the mushroom is to be sautéed or stir-fried it needs to be sliced before cooking. Tastes great with chicken and fish dishes. Slice the stems one-half inch thick and sauté with baby scallops.