



# FOREST MUSHROOMS

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INC.

ST. JOSEPH, MN

*Growers & Distributors of Specialty Mushrooms since 1985*



**Oyster Mushrooms:** Oyster Mushrooms are grown on wheat straw right here in Minnesota. They are harvested in fan-shaped clusters blue-grey in color, and have a wonderful fresh aroma. Oyster mushrooms can be eaten raw or cooked. Uncooked, they can be sliced across the “grain” of the gills on the underside of the caps, and then sprinkled over the top of a salad, where they will add an unusual shape and texture, as well as a sort of peppery flavor which comes from the uncooked enzymes in the mushrooms. When cooked, the flavor becomes more mild but very pleasant and mellow, with a meaty but tender texture. Oysters are a compliment to almost any pasta dish, stir-fry, pizza, stew, or cream soup. They are also wonderful in omelettes and other egg dishes.