



*introducing...*

# mushrooms

Since ancient times, mushrooms have been a staple in many gourmet dishes.

- Mushrooms prefer moist, darker locations.
- Different types of mushrooms provide a range of antioxidants and nutrients, depending upon variety.
- Lion’s Mane is globe shaped with long spines. They offer a mildly sweet flavour.
- Shiitake are extremely popular for their savory taste and offer a good amount of fiber.
- Oyster mushrooms have a delicate texture with a mild, savory anise flavour.

**Lion’s Mane**

**Shiitake**

**Oyster**



<b>Uses</b>	Fresh Eating & Cooking		
<b>Size</b>	<b>Lion’s Mane</b>	<b>Shiitake</b>	<b>Oyster</b>
	10 - 25 cm	3 - 9 cm	5 - 25 cm
<b>Characteristics</b>	A very popular food that is great in many different dishes!		