



A GUIDE TO THE WILD AND CULTIVATED FLAVORS OF THE MIGHTY MUSHROOM CATEGORY

Home to a great diversity of culinary wild and cultivated mushrooms, the western region of the U.S. is known for being a mushroom paradise. Eaters are exploring the world of mushrooms, and specialty varieties are growing in popularity. Versatile, tasty and filled with nutrients - with so many unique sizes, shapes, colors and flavor profiles, there's a marvelous mushroom for every moment.

CULTIVATED



Crimini

With a mild, earthy, savory flavor and meaty texture, this brown button is a versatile all-purpose mushroom.



White

A great all-purpose mushroom, the mild flavor and firm texture of white button is a tasty addition to pizza, soup, salads and more!



Portabella

Meatless Mondays, meet your best friend. Meaty and savory, this mushroom can be grilled, sauteed, baked or stuffed.



Trumpet Royale

Also known as King Trumpet. Firm with a savory, subtly briny flavor that can't be beat, this mushroom boasts a long shelf life. Slice the stem into rounds and sear for a vegan "scallop," or slice thin into strips and roast for a satisfying dish.



Oyster

This mushroom's name is inspired by its oyster-shaped cap. Velvety and dense with a mild flavor subtly reminiscent of the sea, Oyster mushroom is delicious pan-seared, sautéed or broiled.



Alba

With a flavor reminiscent of the sea and a crunchy texture when cooked, this versatile mushroom goes from stir-fry to sauté to soup with ease.



Brown Beech

Rich in flavor, this sweet, nutty mushroom has a dense texture that holds up well to cooking. From soups and sauces to stir-fries, Brown Beech easily adapts to favorite recipes.



Forest Nameko

Mildly fruity and earthy in flavor, this mushroom is the top choice for including in miso soup in Japan. It remains silky when cooked, so use Forest Nameko wherever a delicately textured variety is called for.



Velvet Pioppini

The robust flavor of this mushroom pairs well with pasta and red meat. With a texture similar to cooked asparagus, Velvet Pioppini is a delight to eat.





Nebrodini Bianco

Sweet, mildly peppery and subtly reminiscent of scallops, this mushroom's flavor is outstanding. Sturdy but tender when cooked, try Nebrodini Bianco fried, sauteed, broiled or roasted in favorite recipes.



Lion's Mane

The mildly sweet flavor and texture of this striking mushroom mimic crab, making it fun to cook in a variety of recipes.



Maitake

With a distinct aroma, earthy flavor and succulent texture, fans of fungi love this mushroom. Keep Maitake intact, roast a whole cluster or break it into smaller pieces to sauté or sear.



Large Shiitake

With a flavor reminiscent of the sea and a crunchy texture when cooked, this versatile mushroom goes from stir-fry to sauté to soup with ease.



Petite Shiitake

Small enough to use whole or slice and dice, this mushroom's rich umami flavor and delightful texture make it a great choice for so many recipes.

WILDCRAFTED



Golden Chanterelle

With its gorgeous golden hue and subtly sweet, fruity, foresty flavor, it's no wonder this is considered one of the most popular foraged mushrooms. Earthy Chanterelle is versatile and can be used in place of other cooked mushrooms in favorite recipes.



Blue Chanterelle

Rich in woodsy flavor and tender texture, this foraged mushroom is nutty and sweet. Delicious as a pizza topping, in risotto or any recipe calling for cooked mushrooms.



White Chanterelle

Mild and earthy in flavor with a peppery note and sweet aroma, this flavorful foraged mushroom is a perfect addition to favorite recipes.



Lobster

With its signature scent that's nutty, sweet and mildly reminiscent of the sea, this stunning mushroom is a great meat or seafood alternative. Dense and delightfully chewy when cooked, enjoy this foraged mushroom in chowder, pasta or even grilled.



Morel

The deep, earthy, woodsy flavor of this foraged mushroom makes it highly prized. Meaty in texture and with a hollow interior, Morel is great for stuffing, sautéing, breading or incorporating into favorite recipes that call for cooked mushrooms.



Hedgehog

Named for its unique appearance, this foraged mushroom has "teeth," not gills, under its cap. Tangy, peppery and sweet with a nutty and mild earthiness, the flavor and tender texture of Hedgehog lends itself well to a quick sauté or simmered in soup.





Chicken of the Woods

Meatless Mondays are more delicious with this foraged mushroom. Juicy and succulent when cooked, try it breaded and fried, incorporated into a stew or sauteed for a delicious plant-based meal.



Yellow Foot

Also known as Winter Chanterelle, this tender and tasty foraged mushroom has a mellow, earthy, nutty flavor when cooked. Quick to prep in the kitchen, try this mushroom in stir-fry, pasta or sautéed.



Matsutake

This foraged mushroom is highly prized for its distinct aroma with sweet cinnamon and cypress notes. Meaty, dense and slightly spicy, Matsutake can be broiled, roasted or sautéed.



Black Trumpet

With a rich, nutty, smoky flavor and dramatic color that pops on the plate, this tender foraged mushroom is fun to cook with. Use in sauces, pasta and soups that showcase its shape, color and flavor.



Cauliflower

Its mellow flavor, with subtle notes of almond and a texture compared to al dente noodles when cooked, makes Cauliflower versatile in the kitchen. This foraged mushroom is often sliced thick into "steaks" and grilled or incorporated into soup and stew.



Fried Chicken

Named for its meaty, chewy texture, not its flavor, this foraged mushroom has a mild, nutty taste. Delicious in soup, sautéed or as a pizza topping.



Pig's Ear

The rich, earthy flavor of this foraged mushroom and its firm, meaty texture make it ideal for soups, stews and sauces.



Porcini

Highly sought after for its delicate flavor, dense texture and rich, nutty aroma, this foraged mushroom is loved by chefs. Delicious in risotto, pasta and gravy.



Sweet Tooth

This foraged mushroom has a savory flavor and an earthy, grassy aroma. Sauté in butter as a delicious topper for grilled meat, toast or sauces.



Mycopia Chef's Sampler

With several unique varieties, these sampler packs are a fun way to experiment in the kitchen. Look for these types of mushrooms in convenient grab-and-go packs from Mycopia:

- —Alba
- —Brown Beech
- Forest Nameko
- —Maitake
- Nebrodini Bianco
- $-\mathsf{Trumpet}\:\mathsf{Royale}$
- Velvet Pioppini

Sure to make mushroom-lovers happy!

Why Organic Mushrooms?

 $Mush rooms\ are\ very\ porous,\ acting\ like\ a\ sponge\ that\ absorbs\ everything\ in\ their\ environment.$

 $That's \ great \ news \ when \ they're \ soaking \ up \ delicious \ flavor \ in \ recipes... but \ bad \ news \ when \ that \ environment \ includes \ dangerous \ toxins.$

 $Certified\ organic\ mushrooms\ are\ grown\ free\ from\ harmful\ synthetic\ pesticides\ and\ fertilizers,\ making\ them\ the\ healthiest\ choice\ for\ people\ and\ the\ planet!$

