

# Versatility In Varieties



## Appearance

### WHITE BUTTON

Classic mushroom appearance with a short, thick stem and white cap; closed veil covers dark gills

## Flavor

Fairly mild, blends well with most flavors; flavor intensifies when cooked

## Culinary Use

Exceptionally versatile mushroom to serve fresh on salads, sauté or roast for pasta, pizza or mains



### CRIMINI

Similar in appearance to white button but with a light tan to rich brown cap and firmer texture; veil may be closed or open

Deeper, earthier, heartier flavor than white buttons; exposed gills yield even richer flavor

Full-bodied flavor makes them the perfect addition to beef, poultry and vegetable dishes



### PORTABELLA

A larger relative of crimini with tan or brown caps that measure up to 6 inches in diameter; veils are open to expose gills

Deep, meaty flavor and firm texture

Large size is perfect for grilling, broiling or roasting to serve as an entrée, appetizer or side; flavorful plant-based alternative to traditional burger patty



### SHIITAKE

Tan to dark brown in color with broad caps; open veils expose light gills; thin, curved stems that should be removed if fibrous

Firm, meaty texture rich in umami and woody flavors when cooked

Add a rich, meaty flavor and satisfying firm texture to soups, sides, stir-fries and entrees; exceptional in flavorful Asian dishes



### KING TRUMPET

Thick white stems with golden brown caps that are somewhat flat; tender vertical gills are exposed at top of stem

Delicate, nutty flavor and firm, meaty texture that mimics seafood like scallops

Cut lengthwise to grill, sauté or roast; fork shred as a meaty option for plant-based BBQ sandwiches; cut cross-wise and sear rounds as “scallops”



### MAITAKE

Delicate, rippling, gray-brown feather-like caps clustered around a central stem; also known as “Hen of the Woods” due to this distinctive appearance

Rich, woody, earthy taste and succulent texture

Cook as a whole cluster or tear into smaller pieces to suit any recipe; sauté in butter or oil until delicate edges reach desired crispness



### OYSTER

Found in gray, blue, pink and yellow with fanned flat caps clustered around a dense off-center stalk and open gills on the underside

Delicate texture and mild flavor that is often described as briny

Sear in whole large clusters “chicken under a brick” style for a juicy steak-like entrée, or tear into pieces and sauté to yield deliciously crisp edges



### LION'S MANE

Bright white with a unique shaggy exterior that resembles a lion's mane

Mildly sweet flavor and a tender texture that resembles shellfish like crab or lobster

Serve as an accompaniment or alternative to seafood; roast or pan sear until juicy and golden; tear into small pieces, batter and deep fry Bang Bang-style



### BEECH

Available in white and brown with long stems and medium sized caps; harvested in clusters called “bouquets”

Can be bitter when eaten raw; cooking yields sweet, savory and nutty flavor and satisfying crunchy texture

Cook in bouquets or trim to individual stems; excellent in stir fries or as last ingredient for soups; perfect for pickling for cheese boards