

Gourmet Mushrooms

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Did you know?

Gourmet (or Exotic) mushrooms are “primary decomposers”. A group of fungi with the unique ability to break down crude plant material and convert it to highly nutritious fruiting bodies (mushrooms). This process of breaking down plant material to release its nutrients is called composting and the left-overs of the plant material is called compost.

Gardening tip: After the final mushroom harvest, break up the remaining compost block and use it as an organic fertilizer in your herb or vegetable garden!

At the moment there are ~33 species of exotic mushrooms that can be cultivated. The most common are the various kinds of Oyster and Shiitake mushrooms. Other exotics include Enoki, Beech (or Buna-Shimeji), Nameko, Maitake, Reishi, Wood Ears, Lion’s Mane, Cauliflower and Jelly Mushrooms

Nutritional Value of Gourmet Mushrooms

- Up to 30% protein per dry weight. *Beef (25%), Lamb (23%), Chicken (26%), Fish (18-22%)*
- High in Vitamins (*Vit D, Folic Acid, Niacin, Riboflavin...*)
- High in Minerals (*Potassium, Selenium...*)
- High levels of the potent anti-oxidant called Ergothioneine (*immune support + protection of the eyes, skin, liver, kidneys & bone marrow*)
- Low in Calories, Sodium & Cholesterol

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Mushrooms! The hidden superfood!

Exotic mushrooms also contain a carbohydrate fraction called the β -Glucan fraction that has valuable medicinal properties: Anti-tumor/cancer, anti-inflammatory, anti-bacterial, anti-viral, anti-diabetic, cholesterol-lowering- and potent immuno-stimulating.

[Lindequist et al. 2005. *The pharmacological potential of mushrooms.*]