



# Mushroom, Enoki

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

USA

### Receiving Information:

- Selection: Look for mushrooms that are well-formed and are free of slime or decay.
- Washing: Don't wash mushrooms before storing them because if mushrooms absorb excess water they will soften. When ready to use, quickly rinse in cool water and drain. Shake gently to remove excess water and pat dry.
- Storage: Keep mushrooms in the original packaging until ready to use. Once opened store unwashed fresh mushrooms in a brown paper bag in the refrigerator. Fresh, raw mushrooms should never be frozen.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: Yes
- Dehydration; general deterioration: Fresh mushrooms may exhibit dehydration or general deterioration if they are stored in an area with low humidity - maintain humidity level of 90-98%.
- Bruising: Rough handling may cause bruising of mushrooms. Keep handling to a minimum. Do not stack heavy produce on top of fresh mushrooms.
- Dark spotting; slimy texture: Indication of improper storage conditions.
- Do not sprinkle mushrooms with water or place in plastic bags.

- Outside Coloring: White-beige
- Usage: Enoki are enjoyed raw; trimmed, then separated into small clumps or individual strands. Toss with light salad ingredients—feathery leaves, tart-sweet fruit, mini-vegetables. Add to hot foods just before serving.
- Variety AKA/Synonyms: Enokitake, Enokidake, Golden Needle Mushroom, Velvet Shanks, Velvet Foot, Winter Mushrooms
- Shape: Fragile, flower-like with long, slender stems and tiny caps.
- Taste: Its oddly un-mushroomy flavor fits in with other gentle Japanese flavors; mild, a bit yeasty, fruity, and acid.

## Nutrition Facts

**Serving Size: "Mushroom, raw" 1 cup pieces or slices**

Amount Per Serving

Calories 15	Fat Calories
_____	
	% Daily Value*
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 4mg	0%
Total Carbohydrates 2g	2%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 2g	5%
Potassium 223mg	5%

Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%

\*Percent Daily Values are based on a 2,000-calorie diet.