



Mushroom, Shiitake

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/Handling:

- 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.

- Dehydration; general deterioration: Fresh mushrooms may exhibit dehydration or general deterioration if they are stored in an area with low humidity.
- 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.
- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: Yes

- Variety AKA/Synonyms: Black Forest, Black Mushroom, Black Winter Mushroom, Brown Oak Mushroom, Chinese Black Mushroom, Emperors Mushroom, Golden Oak Mushroom, Oriental Black Mushroom.
- Outside Coloring: Dark brown - black cap
- Shape: Large semi-circle cap with a short stem.
- Flesh Description: Meaty.
- Taste: Rich, meaty flavor.
- Usage: Shiitake have many uses in many Asian cuisines. They are delicious fried, grilled, or steamed.
- Skin Texture: Smooth, soft.

Nutrition Facts

Serving Size: 1 cup pieces or slices, raw

Amount Per Serving

Calories 15	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 4 mg	0%
Total Carbohydrates 2 g	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.