



mushrooms.ca^{nada}

Fresh. Simple. Good.

Canadian Mushrooms

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Fresh: From Canadian Farms 24/7/365

Simple: Easy to serve, prepare and store

Good: Mushrooms are low in calories, low in fat, low in cholesterol, and contain no trans fats. They are a good source of riboflavin, niacin, copper and pantothenic acid.

White/Button

Mild, woody flavour when raw, delicate when cooked. Enhances other foods. Add to soups, salads, pastas, stir-fries and meat dishes.

Brown/Crimini

Rich, nutty flavour. Substitute for, or combine with white mushrooms in any recipe. Sauté, stir-fry, grill or bake.

Portabella

Intense meaty flavour, with a robust texture. Great for grilling or stuffing. Make as great substitute for meat as a vegetarian entrée or for the ultimate mushroom burger.

Shiitake

Woody flavour and soft texture when cooked. Best stir-fried or sautéed. Add to poultry, meat or pasta dishes. Remove and discard tough stems before cooking.

Oyster

mild flavour when cooked. Soft velvety texture. As versatile as other mushrooms. Use alone or with other varieties in a stir-fry or mushroom medley.

Enoki

Grassy with a slight woody flavour. Delicate in texture. Best used raw, makes a great alternative to bean sprouts. Add to salads or as a garnish on soups or main dishes.

All of these great mushroom varieties are available in bulk, 8 oz. packages; whole or sliced. Store in the refrigerator in a brown paper bag until ready to use. Simply wipe off with a damp paper towel or a dry brush. Mushrooms make a meal Fresh. Simple. Good.

For more information and recipes visit www.mushrooms.ca.