

DRIED MUSHROOMS



Shiitake mushrooms *Lentinula edodes* are highly valued as food and tonic in the Far East where they have been cultivated for over 1,000 years. Shiitake are the second most common edible mushroom in the world, after white button mushrooms. Maitake *Grifola frondosa* are called 'King of Mushrooms' by researchers because of their beneficial qualities. Both are revered health foods. Research indicates their unique polysaccharides, especially beta-glucan, may be responsible for immune-strengthening properties.

Dried mushrooms are the only vegetable source of vitamin D, containing the sterol ergosterol, the vitamin D2 precursor. When exposed to light, this ergosterol converts to vitamin D2.

EDEN dried mushrooms are used the same way as fresh or other dried mushrooms in soups, stews, stir-fries, grain and pasta dishes, sauces, and casseroles. Simply soak to rehydrate. Soaking water may be reserved and used as part of a recipe or for soup stock. EDEN Shiitake and Maitake are grown without the use of fungicides, chemicals, or preservatives.

Gluten free and non-GMO. © pareve



EDEN Whole Shiitake Mushrooms

The finest young *donko* grade shiitake treasured for their thick caps with rich, savory flavor. Grown in their natural forest habitat, hand harvested, and naturally dried. A revered health food.

Ingredient

Shiitake Mushroom *Lentinula edodes*

UPC



Case Pack 12 / 0.88 oz

Case Pack UPC



EDEN Sliced Shiitake Mushrooms

Oak log grown in their natural forest habitat, stems are removed, and the caps are sliced and naturally dried. Rich, smoky flavor and nice texture.

Quickly rehydrates. Pre-sliced, easy to use.

Ingredient

Shiitake Mushroom *Lentinula edodes*

UPC



Case Pack 12 / 0.88 oz

Case Pack UPC



EDEN Maitake Mushrooms - organic

USA family farm organically grown and hand harvested. Rich in vitamin D with 50% Daily Value (DV), and niacin B3. Delicious, savory flavor and enjoyable texture.

Ingredient

Organic Maitake Mushroom *Grifola frondosa*

UPC



Case Pack 8 / 0.88 oz

Case Pack UPC



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