

MAGNIFICENT MINDFUL MUSHROOMS

MAITAKE SHIITAKE



Dried Mushrooms

EDEN Shiitake Mushrooms are treasured. They have rich smoky flavor, tightly curled thick caps, nice texture, and are grown on oak logs in a natural forest habitat. A wonderful food with spectacular benefits.

Our Maitake Mushrooms are organic and USA family grown. Also known as 'Hen of the Woods' or the 'Cloud' mushroom.

As revered, traditional health foods, Shiitake and Maitake research indicates that their unique polysaccharides, especially beta-glucan, may be responsible for their immune strengthening properties. EDEN Shiitake and Maitake mushrooms are a very rare vegetable source of vitamin D in the form of the sterol ergosterol, the vitamin D2 precursor. Soak, rehydrate, and use like they are fresh.



many free recipes
edenfoods.com

