



Mushroom, Oyster

Purchasing Specifications

Availability:

Year round

Growing Regions:

Canada, 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 - maintain storage temperature of 32-36 degrees F/0-2 degrees C. Do not sprinkle mushrooms with water or place in plastic bags.
- Size: 2-8in.
- Usage: Excellent substitute for seafood dishes, in stir-fries, sauteed as a vegetable dish, baked or grilled.
- Taste: Seafood taste, similar to an oyster; odor is pleasant, similar to anise.
- Skin Texture: Smooth.
- Flesh Description: Soft, chewy texture and a seafood-like flavor. Use seasonings suitable for seafood for a mock seafood effect.
- Shape: Typically, the caps are large and in a semi-circle; the stems are short and rarely visible under the caps.
- Outside Coloring: White - beige.

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 1mg	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.