








Versatility In Varieties

White button mushrooms are by far the most popular mushroom variety, representing 90 percent of mushrooms consumed in the United States. Have you ever run into a shopper that claims to dislike white button mushrooms? Well, what if you had another whole arsenal of mushrooms you could recommend, all with unique taste profiles and culinary applications?

Get To Know Your 'Shrooms

Type	Appearance	Taste	Culinary Use	Recipe	Nutrition
White Button 	Classic appearance with a short, thick stalk and a white cap.	Fairly mild; blends well with most flavors. Flavor intensifies when cooked.	Try them raw on salads, or sautéed or roasted for pasta, pizza, and mains. Blend well with chicken, turkey or pork.	Mushroom Meatloaf with Mushroom Gravy	Good source of the antioxidants selenium, the B vitamins riboflavin, niacin and pantothenic acid and copper. ¹ Contains 2.8 mg of the antioxidant ergothioneine and 6 IU of vitamin D. ²
Crimini (also known as baby 'bellas or browns) 	Similar in appearance to whites but have a light-tan to rich-brown cap and a firmer texture.	Deeper, earthier, heartier flavor than whites	Full-bodied taste makes them the perfect addition to beef, wild game and vegetable dishes. Blends well with ground beef.	Muffin Tin Meatloaves	Excellent source of the antioxidants selenium, copper, phosphorus, B vitamins riboflavin, niacin and pantothenic acid. ¹ Contains 4.9 mg of the antioxidant ergothioneine. ²
Portabella 	A larger relative of Criminis, portabellas have tan or brown caps and measure up to six inches in diameter.	Deep, meat-like flavor and texture	Can be grilled, broiled or roasted and served as an appetizer, entrée or side dish. A flavorful vegetarian alternative, can grill and serve as "burgers". Blends well with ground beef.	Pesto Portobello Pizzas	Excellent source of the antioxidant selenium. Good source of phosphorus, copper and B vitamin niacin. ¹ Contains 4.3 mg of the antioxidant ergothioneine. ¹

With more varieties in your toolbox, you can recommend mushrooms to shoppers for every taste preference and occasion. Your customers will be excited to open up their taste buds to a new umami experience.

Type	Appearance	Taste	Culinary Use	Recipe	Nutrition
Maitake (also known as Hen of the Woods) 	A wild, rippling, feathery look with fan-like caps.	Rich, woody taste	Grill or broil maitake mushrooms as high heat develops their characteristic flavor.	Maitake and Porcini Mushroom Burger	Excellent source of copper and niacin; more than 2 grams of fiber.
Shiitake 	Tan to dark brown in color, have broad, umbrella-shaped caps, wide open veils, tan gills, and curved stems that should be removed.	Meaty texture and are rich in umami and woody flavors when cooked	Add a meaty flavor and texture to soups, sides, stir-fries, and entrees. Use shiitakes in any recipes calling for mushrooms, but they especially work well when paired with Asian-inspired flavors.	Shiitake and Chicken Lettuce Wraps	Excellent source of copper (85% when cooked), the antioxidant selenium, and pantothenic acid, ¹ providing more than 30 percent of the Daily Value.
Enoki 	Tiny, button-shaped caps and long, spindly stems.	Mild tasting and crunchy	Try them raw in salads and sandwiches. Or, use them as an ingredient in soups, such as a stock made with soy sauce and tofu.	Mushroom Orzo with Parsley, Lemon Zest and Olive Oil	Good source of B vitamins riboflavin and pantothenic acid. Excellent source of niacin. Contains more than 300 mg of potassium per serving and more than 2 grams of fiber, 8 percent of the Daily Value. ¹
Oyster 	Can be gray, pale yellow, or even blue, with a soft, velvety texture.	Very delicate flavor	Delicate and tender, oyster mushrooms cook very quickly, making them a great option for quick meals like stir-frys, and simple soups.	Oyster Mushroom and Lentil Soup	Excellent source of copper and B vitamins riboflavin, niacin and pantothenic acid. Contains 2 grams of fiber, 7% percent of the Daily Value and nearly 3 grams of protein, 6 percent of the Daily Value. ¹

1. US Department of Agriculture (USDA), Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018. Internet: <http://www.ars.usda.gov/nutrientdata>. 2. Dubost, N.J., et al. (2006). Identification and quantification of ergothioneine in cultivated mushrooms by liquid chromatography-mass spectroscopy. International Journal of Medicinal Mushrooms, 2006. 8:3. pg 221. Table 3. (attached).

Visit mushroomcouncil.com for the latest news, recipes and blog posts.

