

How well do you know your fungi?



BUTTON & CRIMINI

- mild umami flavor
- buttons are a young version of crimini
- flavor intensifies with cooking



PORTABELLA

- hearty, savory, and meaty
- size is perfect for a burger or other meaty replacement



SHIITAKE

- earthy, woodsy flavor with meaty texture
- tough stems can be removed and used for a mushroom stock



OYSTER

- velvety and dense
- can be gray, yellow, pink, or blue
- edges will crisp when seared



BEECH

- harvested in clusters and can be white or brown
- may be bitter when raw but turns sweet, savory, and nutty with cooking



MAITAKE

- also known as 'hen of the woods'
- woodsy flavor, succulent texture



KING TRUMPET

- largest of the oyster mushroom family
- delicate, nutty flavor, with firm texture
- shred stems or slice cross-wise to mimic a scallop



LIONS MANE

- unique shaggy texture
- mildly sweet with seafood-like flavor and delicate texture
- prized for adaptogenic properties



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Mushrooms are full of umami, one of the five basic taste types that provides a savory, meaty mouthfeel.

Mushrooms provide important nutrients, including selenium, potassium, riboflavin, niacin, vitamin D, and fiber.

Certain types of mushrooms contain [adaptogens](#)—a natural substance that may reduce stress, improve cognition, boost immunity, support gut health, and provide anti-inflammatory benefits. Lion's mane, Chaga, Reishi, and Cordyceps are common adaptogenic varieties.

Mushrooms are a planet-friendly option, as they can be grown indoors with limited space and light, and do not require much energy or water.

Blend chopped and cooked mushrooms with ground animal proteins to improve the nutrition, flavor, and sustainability of your dish.

