



# MYCOPIA SPECIALTY MUSHROOMS

**Pioneers in Exotic Mushroom Cultivation Since 1977—“No longer wild, but far from tame”**

Mushrooms are functional foods, good sources of micronutrients and active biological compounds that support a healthy immune system. They are high in protein and antioxidants, are iron-rich, excellent for heart health, help fight cancer and lower cholesterol.



## Alba Clamshell

An albino strain of the Brown Clamshell. Crisp to crunchy texture, with an almond aroma, and shellfish-like flavor, the Alba Clamshell is excellent with fish and shellfish. We recommend a hot sauté to coax the most flavor out of this mushroom.



## Brown Clamshell

Crisp to crunchy texture, with an almond aroma, and shellfish-like flavor. Similar in character to Alba Clamshell but more versatile. It is a pleasant addition to seafood soups or bisques, stews, sauces, or stir-fries. Roast to deepen flavors.



## Lion's Mane

Lion's Mane is a large, white shaggy mushroom that resembles a lion's mane as it grows. A slightly sweet and flavorful mushroom that resembles crab or lobster meat. Lion's Mane contains bioactive compounds that have beneficial effects on the body. Try in vegan/vegetarian crab cakes.



## Maitake Frondosa

Maitake Frondosa is wonderfully adaptable with a fabulous, forest aroma and a light, crunchy texture. The other common name for this variety is Hen-of-the-Woods.

Traditional in Asian cuisine, but its rich versatile flavor also finds complements with roasted meats and chicken, cheeses, dark leafy greens, and hearty grains.



## Oyster

This meaty mushroom has a slightly firm texture and a mildly earthy flavor. Wonderful in soups, sauces, or pasta dishes. When cooked, oyster mushrooms have a smooth oyster-like texture, and some say a slight hint of seafood flavor.



## Trumpet Royale

Trumpet Royale has a wonderful savory flavor, a firm, meaty texture, and an amazing shelf life. It can be sautéed, grilled, braised, stewed, or broiled. Unlike many mushrooms, the stem has the same wonderful texture and flavor as the cap – nothing is wasted.

## Chef's Sampler

A wonderful mix of 4 exotic varieties perfect for the chef in all of us. May include Forest Nameko, Trumpet Royale, Nebrodini Bianco, Maitake Frondosa, Alba Clamshell and Brown Clamshell.

*Inquire with your Earls' sales representative for more information.*

## How To Clean Mushrooms

Mycopia's cultivated mushrooms are organically grown on a substrate of sterilized sawdust. Do not rinse with water as this is not necessary and will change the texture of the mushrooms. Simply trim the very bottom (where a little sawdust may still cling) and they are ready for use. They are shipped in clusters because it keeps them fresher.

## Storage Tips

Store in the coldest part of your refrigerator. After opening the basket or container, store any unused mushrooms in a brown paper bag.

Discover delicious recipes by variety and meal type.  
<https://www.mycopia.com/recipes>



earlsorganic.com Office 415.824.7419 Fax 415.824.7819