

Chaga - (powder) extractions, do not drink tea every day, it contains higher levels of oxalic acid. **Chicken of the woods** - (powder or pieces) sauces, soups and stews, needs to be cooked long and slow if using pieces. **Reishi** - (powder, slices) bitter and tough, use in extractions. **Lobster** - powder, pieces, rehydrates well. **Maitake** - (powder, pieces) extracts, teas, rehydrates well, rich and woody with excellent meaty flavor. **Matsutake** - (powder, pieces) rehydrates well, excellent peppery flavor. **Morels** - (pieces, whole) rehydrate well, rich, smoky, fragrant, goes well with any meats, pastas, eggs, creamy dishes. The possibilities are endless. **Oyster** - (powder, pieces) does not rehydrate well, ends up chewy, but great in sauces, soups, breads as powders. **Paddy Straw** - (whole and pieces) rehydrates really well, great umami, used mostly in asian cuisine. **Porcini** - (powder, sliced pieces) rehydrates well, very strong, deep flavor, goes well with poultry and stuffings. **Wood Ear** - (whole, pieces) rehydrates very well, crunchy, great in sweet and sour soups or stir fries. **Candy Cap** - (powder, whole) used in desserts, has a maple syrup aroma. **Hedgehogs** - (powder, pieces) does not rehydrate well, great flavor, used in soups and sauces. **Turkey Tail** - (whole) extractions, flavoring for soups and stocks. **Yellow Foot Chanterelle** - (powder, pieces) best used as powders in soups and sauces, cooked whole, they tend to be chewy and tough. **Black Oregon Truffle** - (powder) strong, addictive, rich flavor and aroma, can be used in sauces, soups, pastas, stews, and more. **White Oregon Truffle** - (powder) strong, addictive, rich flavor and aroma, can be used in sauces, soups, pastas, stews, and more.

1 oz dried mushrooms reconstitutes to about 3-4 oz.

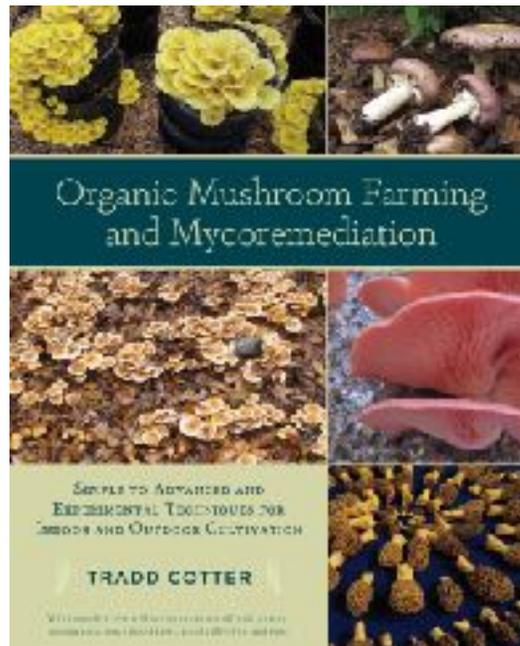
Dried mushrooms keep anywhere from six months to a year, as long as they're stored in a dark, dry place.



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For more in-depth instruction and advice pick up a copy of Tradd's book **Organic Mushroom Farming and Mycoremediation**



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Wild and
Cultivated Dried
Mushrooms

Dried mushrooms pack a lot of flavor. Even a small amount will add enormous flavor to a dish.

Medicinal mushrooms like Reishi are great for making extraction, as they are woody and bitter.



All mushrooms contain medicinal compounds. But not all are edible. Some are too tough to eat, or do not taste good.

Dried mushrooms can be used in a variety of ways. Some mushrooms rehydrate really nicely in warm water, but others don't, and can only be used as powders.



Some mushrooms are bitter, and woody, and those we recommend using only for extracts or teas if you can handle the bitterness. Turkey tails are very woody, but they are a great addition to any soups for flavor and medicinal value.

You can use mushrooms in soups, adding the powders into pasta flour, breading, breads, sauces, as a meat substitute in gravies, and so much more.

Rehydrating mushrooms is super easy. Boil some water, and pour them over the dried mushrooms. Let sit for about 15-20 minutes. Swish the mushrooms around in the water, so all the grit settles to the bottom. The water contains

a lot of flavor. Keep it. Simply strain it through a coffee filter, and use it in whatever recipe you are using. Another way to rehydrate mushrooms in cool water. This method takes longer, however the mushrooms will retain more flavor.

Powders do not need to be rehydrated, just add the powders into whatever you are cooking. 1 oz of dried mushrooms reconstitutes to about 3-4 oz.



All edible mushrooms also contain amazing medicinal compounds.

Here is a list of all the mushrooms we offer, what format they come in, and how to use them.

Agarikon - (powder) for making extractions.
Black Trumpets - (powder or whole) rich and buttery, rehydrates well, sauces, soups.
Chanterelles - (powder, pieces) best used as powders in soups and sauces, cooked whole, they tend to be chewy and tough, fruity aroma.
Cordyceps - (powder) extractions.