

Organic Oyster Mushrooms (MOP)

Description: Oyster mushrooms (*Pleurotus ostreatus*) are named for their similarity in color and shape to the mollusk. They are a cultivated mushroom with a wild mushroom flavor and firm texture.

Physical Properties

Appearance	Ivory to tan color.
Size	Typical of oyster mushrooms, irregular.

Organoleptic Properties

Flavor	Typical of dried wild mushrooms, earthy, smoky.	
Aroma	Typical of dried mushrooms, earthy, smoky	Method: Organoleptic Analysis

Chemical Properties

Moisture	Maximum: 20 %	Method: Halogen Thermogravimetric Analysis
Naturally Occurring Sulfites	Maximum: 125 ppm	

Microbiological Properties

Standard Plate Count	Maximum: 1,000,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 5,000 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 5,000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: 5,000 cfu/g	Method: FDA BAM or AOAC equivalent
E. Coli	<3 MPN/g	Method: FDA BAM or AOAC equivalent
Salmonella	NEG/25g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Bag in box or to customer specification.
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

Defect Tolerance

Foreign Material	Shall not contain any foreign material including but not limited to wood, paper, plastic, glass
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Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product is a 100% pure, natural substance. It does not contain any artificial, synthetic or natural identical additives.
BE Status	This product does not contain bioengineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.

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"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.

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Ingredient Statement

Organic Oyster Mushrooms.

Product Certifications

Certified Kosher Parve

Certified Organic by Baystate Organic Certifiers

Proximate Analysis

Protein	9.58	g
Carbohydrate	75.37	g
Moisture	9.50	g
Ash	4.56	g
Fat	0.99	g

Nutritional Analysis

Serving Size	100.00	g
Calories	296.00	
Total Fat	0.99	g
Saturated Fat	0.23	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	13.00	mg
Total Carbohydrates	75.37	g
Dietary Fiber	11.50	g
Sugars	2.21	g
Protein	9.58	g
Vitamin A	0.00	IU
Vitamin C	3.50	mg
Calcium	11.00	mg
Iron	1.72	mg
Added Sugars	0.00	g
Vitamin D	3.90	mcg
Potassium	1,534.00	mg

ORGANIC OYSTER MUSHROOMS



STORE IN A DRY, COOL PLACE.

Nutrition Facts

servings per container	
Serving size about 1/4 cup (10g)	
Amount per serving	30
Calories	
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 8 g	3%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0.4 mcg	0%
Calcium 1.1 mg	0%
Iron 0.2 mg	0%
Potassium 153.4 mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Oyster Mushrooms' mild flavor, tender texture and graceful seashell-like shape-similar in color and shape to their namesake shellfish-make them a versatile addition to many recipes.

- Fan-shaped, slightly convex light tan to brown caps and off-white, widely spaced gills that run the length of the stem
- Our Oyster Mushrooms are harvested and dried young when they are 1 to 2 inches wide and at peak flavor
- Quick-cooking, they are ideally suited to stir-frying
- Certified Organic to the specifications of the USDA National Organic Program

BASIC PREP

Rinse mushrooms under cold running water to remove any possible debris. To rehydrate prior to use, place desired amount into a bowl, cover with boiling water and let soak for 15 to 20 minutes. Or, rinse and add directly to any recipe that will cook for at least 25 minutes.

SUGGESTED USES

- A great mushroom to flavor light cream sauces for chicken and fish, or to add to fish chowders and light cream soups
- Delicious in au gratin dishes
- Try marinating them in olive oil, then grilling or broiling to emphasize their meaty texture
- An ideal mushroom for Asian stir-fries, as they cook very quickly

RECIPE

Stir-fried Oyster Mushrooms with Garlic

5 ounces dried Organic Oyster Mushrooms
2 to 3 tablespoons vegetable oil
3 cloves garlic, sliced
1/2 cup chicken or vegetable broth
2 tablespoons soy sauce
2 scallions, green parts only, finely sliced

Rinse Oyster Mushrooms under cold running tap water to remove any debris. Place mushrooms in a bowl, and cover with boiling water. Let soak 15 to 20 minutes. Drain, and rinse. Cut into bite-size pieces. Heat a wok or large, heavy skillet over high heat. Add oil and swirl around pan before adding garlic. Cook, stirring constantly, for 1 minute. Add mushrooms and stir-fry for 2 minutes. They will shrink somewhat as they cook. Pour in broth and soy sauce, and bring to a boil. Continue stirring until mushrooms are tender and liquid has mostly evaporated or been absorbed.

Add scallions, stirring a few times, then transfer to serving dish.

Makes 4 servings

Oyster Mushrooms, being thin and delicate, benefit from quick, high-heat cooking methods, such as stir-frying. These very simple stir-fried mushrooms, flavored with garlic and soy sauce and garnished with scallions, are a perfect example. Serve them alongside other Chinese dishes and appreciate their simplicity and flavor.

INGREDIENTS

Organic Oyster Mushrooms.



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THIS PRODUCT ORIGINATES FROM CHINA