



September 9, 2009

Inspirational Thought Of The Day

"People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily."

~ Zig Ziglar

Oyster Mushrooms - Feature Product of the Week



Since the launch of our Oyster Mushroom program a couple of weeks back we have received great reviews from our customers. What makes this program successful is that it extends its shelf life, reduces the breakage and easy portion control, which in the long run preserves the freshness and appearance of the Oyster Mushrooms for our customers.

Oyster Mushrooms certainly live up to their name, since they look, smell and taste like oysters. With virtually no stalk, this mushroom's oyster-shaped caps usually grow in layers on dead deciduous wood (or on some supermarket shelves), like clusters of oysters. The moist, hairless, fragrant, white to smoky-gray caps are 2-8 inches wide. Shelf life is 7 days in the refrigerator.

Cooking Suggestions:

The oyster mushroom is frequently used in Japanese, Korean and Chinese cookery as a delicacy: it is frequently served on its own as soup, sometimes stuffed, or in stir-fry recipes with soy sauce.



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As the temperature continues to drop during the fall months it is common to eat fuller dishes to be compensative. The simplest way is to incorporate mushrooms into as many dishes as possible to have a healthier diet. They enhance the flavor and texture, but also increase the nutrition level and get you eating healthier. This next recipe will satisfy your appetite and balance out your dietary intake.

Beef and Oyster Mushrooms Fusili



Ingredients:

- 2 carrots
- ½ onion
- 3 tbsp. oil
- 1 can of tomatoes
- 1 lb. oyster mushroom
- 1lb. ground beef
- Salt and pepper to taste
- ½ bok choy (blanched)
- pasta cooked according to instructions

Directions:

In a lightly oiled pan, sauté the onions and carrots, and when they are partially tender (soft), add in meat and mushrooms, followed by tomatoes. Let this cook at medium heat and when it starts to simmer, reduce the heat to low and continue to let it simmer. Add salt and pepper to taste. (Note: For a little variation, you can add in some curry powder so you get a light curried tomato-based sauce). When the sauce and gravy are partially reduced and all the ingredients are cooked, add in pasta and mix well. Before serving, turn off the heat, you can add in bok choy (already blanched) and mix into pasta or just serve the bok choy around the pasta.

Source: <http://teczcape.blogspot.com/2008/07/beef-and-mushroom-pasta-with-bok-choy.html>

Oyster Mushroom Nutritional Facts:

The oyster mushroom provides a high amount of protein and an equally high amount of essential fatty acids and minerals, along with eight different amino acids and some B vitamins. They are one of the few members of the genera that contains vitamin C. All these qualities make them a healthy choice for everyone's diet.



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