

ORGANIC MAITAKE MUSHROOMS (MAO)

Description: Organic Maitake Mushrooms (Hen of the Woods) (*Grifola frondosa*) is an annual mushroom which grows in a clustered mass on hard woods in eastern regions of North America. Cooked, it is delicious, with a light, pleasant taste and a pungent smell with a soft texture. These mushrooms are white, curly shaped clusters with bluish black streaks of color.

Physical Properties

Appearance	Ivory and grayish brown color.
Size	Approximatley 1 1/2" to 2" in length with some smaller pieces.
Size	This is a natural product so size and shape with vary

Organoleptic Properties

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

Chemical Properties

Moisture	Maximum: 10 %	Method: Halogen Thermogravimetric Analysis
Naturally Occurring Sulfites	Maximum: 125 ppm	

Microbiological Properties

Standard Plate Count	Maximum: <500,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: <1000 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: <1000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: <1000 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).

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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 Maitake 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	0.00	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

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STORE IN A DRY, COOL PLACE.

Nutrition Facts

servings per container	
Serving size about 3 pieces (10g)	
Amount per serving	
Calories	30
	% 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.

Organic Maitake Mushrooms (also know as Hen of the Woods Mushrooms) have a light, pleasant taste, a pungent smell and a firm texture. Although they grow wild in frilly, clustered masses up to several feet in width, our dried Hen of the Woods Mushrooms are broken down into more manageable pieces from 1/2 to 5 inches.

- Grayish white with streaks of tan and brown
- Great in pasta and risotto
- Rehydrated and brushed with oil, they respond well to roasting and grilling
- 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 covered with boiling water and let soak for 15 to 20 minutes. Rinse well. Or, rinse and then add directly to any recipe that will cook at least 25 minutes.

SUGGESTED USES

- The Hen of the Woods' mild flavor makes it a perfect accompaniment for strong flavors such as smoked foods
- Firm, meaty texture makes it an easy substitute for meat in vegetarian main dishes
- Great in risotto and pasta
- Rehydrated and brushed with oil, it responds well to roasting and grilling

RECIPE

Pasta with Hen of the Woods and Garlic
 1 ounce dried Organic Hen of the Woods Mushrooms, re-hydrated, liquid reserved and strained through a coffee filter
 1 cup heavy cream
 8 garlic cloves, chopped
 2 tablespoons butter
 3 tablespoons sherry
 Juice and zest of 1/4 lemon
 1/4 cup julienned onion
 1/2 cup tomato concasse
 Salt
 Ground black pepper
 1 pound dried pasta (any shape), cooked
 Add butter to a large saucepan over medium-high heat. Add onion, and sauté until caramelized.
 Add garlic, and cook just until softened and fragrant.
 Add mushrooms, reserved mushroom liquid, sherry, lemon zest and lemon juice. Cook until reduced by half.
 Add heavy cream and tomato concasse. Cook until reduced to a slightly thickened consistency.
 Season to taste with salt and ground black pepper. Serve over cooked pasta.
 Makes 4 servings

INGREDIENTS

Organic Maitake Mushrooms.



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THIS PRODUCT ORIGINATES FROM CHINA