Sustainable Diets with Mushrooms

Shiitake (Lentinula edodes)

Traditional use in feudal China & Japan

Prevention of oral diseases:
- Caries preventative activity
- Antibacterial & antifungal activity
- Reduction in oral biofilm formation & antigingival effects

Nutrition: Meat Versus Fungi

Protein,
- B vitamins (niacin, thiamine, riboflavin & B6),
- Vitamin D (grown in UVB),
- Fiber,
- Copper,
- Potassium,
- Magnesium,
- Zinc
- B vitamins (folate, riboflavin, thiamine, pantothenic acid, niacin)
- Antioxidants (selenium, glutathione (GSH))

Yeast (Saccharomyces cerevisiae)

Used in leavening bread & brewing beer.

Fleischmann's developed an active dry yeast that does not require refrigeration & has a longer shelf-life since 1988.

Lion’s Mane (Hericium erinaceus)

Diabetes Mellitus therapeutic properties

Koji (Aspergillus oryzae)

Koji produces hydrolases in the saline fermentation of soybeans to produce the traditional Chinese & Japanese seasonings sake, miso and soy sauce.

Produces cutinase & hydrophobin (to recruit cutinase) which can degrade plastic.


Foraging Practices

1) Pick far from polluted/industrial areas to avoid contaminated specimens.
2) Never pick what you can’t ID with certainty.
3) Only harvest from trees that have already fallen.
4) Only consume fresh mushrooms.
5) Take every measure to avoid disturbing the environment.

Caution: Mushrooms MUST BE COOKED! Heating mushrooms breaks down certain compounds that may make you sick. These compounds vary among species. However, anything you buy at the grocery store should be safe to eat if cooked. If you forage for mushrooms, don’t eat what you find unless you are 100% sure you know what it is. If you suspect you have eaten something toxic, the poison control center can be reached by calling 1(800)222-1222.