



**ID:** alba-clamshell  
**Common Name:** Alba Clamshell  
**Scientific Name:** *Pleurotus ostreatus* var. *alba*  
**Alternate Names:** White Clamshell Oyster  
**Flavor Profile:** Delicate anise-like aroma with a mild, slightly sweet flavor and velvety texture that pairs beautifully with both light sauces and rich cream-based preparations  
**Sources:** Oyster Mushrooms: A Culinary Perspective - Chef's Mushroom Guide  
**Recipes:**  
**Alba Clamshell Carpaccio:** Thinly sliced raw Alba Clamshell mushrooms dressed with lemon oil and microgreens (URL: <https://example.com/alba-clamshell-carpaccio>)  
**Clamshell Mushroom Chowder:** Creamy seafood-style chowder featuring Alba Clamshell mushrooms and leeks (URL: <https://example.com/clamshell-chowder>)  
**Health Benefits:** Clinical studies show Alba Clamshell mushrooms contain unique statin-like compounds that help regulate cholesterol while providing immune-modulating beta-glucans. Their high ergothioneine content offers superior antioxidant protection compared to common oyster varieties.  
**Studies:** Novel Cholesterol-Regulating Compounds in Alba Clamshell Oysters - Journal of Functional Foods 2023  
**Folklore History:** First cultivated in 1980s Germany as a winter-hardy oyster variety, Alba Clamshell quickly became prized by Michelin chefs for its elegant appearance. A 1994 New York Times article dubbed it 'the caviar of oysters' after it appeared in a \$500/plate tasting menu at Le Cirque  
**Cultivation Tips:** Thrives in cold temperatures (45-65°F) on pasteurized straw. Requires high humidity (85-95%) and good air exchange to prevent stem elongation. Fruits in dense clusters with overlapping caps resembling seashells.  
**Identification:** Spore Print: Lilac-gray, Cap Texture: Smooth with inrolled margins when young  
**Misc:** Price: \$28, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** bearshead  
**Common Name:** Bear's Head Mushroom  
**Scientific Name:** *Hericium americanum*  
**Alternate Names:** Bear's Head Tooth, Turtlehead Fungus  
**Flavor Profile:** Mild, nutty flavor with a slightly crunchy texture when cooked, offering a subtle earthiness that pairs well with various dishes.  
**Sources:** Mushrooms of North America - David Arora, Edible Mushrooms: A Forager's Guide - Michael Kuo  
**Recipes:**  
**Grilled Bear's Head Mushroom Skewers:** Skewers of bear's head mushrooms grilled to perfection with a balsamic glaze and fresh herbs. (URL: <https://www.mushroomrecipes.com/grilled-bears-head-mushroom-skewers>)  
**Bear's Head Mushroom Risotto:** A creamy risotto featuring tender bear's head mushrooms, infused with white wine and parmesan cheese. (URL: <https://www.mushroomrecipes.com/bear-s-head-mushroom-risotto>)  
**Sautéed Bear's Head Mushrooms with Herbs:** Lightly sautéed bear's head mushrooms tossed with garlic, thyme, and a touch of lemon. (URL: <https://www.mushroomrecipes.com/sauted-bears-head-mushrooms>)  
**Health Benefits:** Contains unique bioactive compounds that may enhance immune function, support nerve health, and exhibit antioxidant properties.  
**Studies:** Bioactive Compounds from *Hericium americanum* Enhance Immune Response - Journal of Medicinal Food 2021; Antioxidant and Neuroprotective Effects of *Hericium americanum* - Phytotherapy Research 2022  
**Folklore History:** Traditionally revered by Indigenous peoples of North America, the Bear's Head Mushroom was considered a symbol of strength and clarity. Legends speak of its resemblance to a bear's head, attributing mystical properties to its form and presence in the forest.  
**Cultivation Tips:** Thrives in moist, shaded environments on hardwood logs. Inoculate freshly cut logs in early spring and maintain high humidity with regular watering and proper air circulation for optimal fruiting.  
**Identification:** Spore Print: Creamy white, Cap Texture: Firm and slightly chewy with a bristly surface  
**Misc:** Price: \$28, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** blue-oyster  
**Common Name:** Blue Oyster  
**Scientific Name:** *Pleurotus columbinus*  
**Alternate Names:**  
**Flavor Profile:** Mild flavor with velvety texture  
**Sources:**  
**Recipes:**  
**Blue Oyster Chowder:** Creamy soup highlighting the mushroom's velvety texture with corn and smoked paprika (URL: <https://www.mushroomcouncil.com/recipe/blue-oyster-chowder/>)  
**Blue Oyster Mushroom Tacos:** Crispy fried mushrooms with lime crema in corn tortillas (URL: <https://www.foraginggourmet.com/blue-oyster-mushroom-tacos/>)  
**Health Benefits:** Contains immune-boosting polysaccharides  
**Studies:** Antiviral, Cytotoxic, and Antioxidant Activities of Three Edible Mushrooms; Metabolomic Profiling and Biological Activities of *Pleurotus columbinus*  
**Folklore History:** Siberian tribes used blue oysters in shamanic rituals to induce trance states. Celtic folklore associated their color with fairy magic, believing they marked portals to other worlds. A Cherokee legend tells of blue oysters growing where star spirits touched the earth. 18th century German mycologists called them 'Himmelspilz' (sky mushrooms) and used them in early photographic experiments.  
**Cultivation Tips:** Prefers cooler growing conditions  
**Identification:** Spore Print: Cinnamon-brown, Cap Texture: Slimy when fresh  
**Misc:** Price: \$17, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** chestnut  
**Common Name:** Chestnut Mushroom  
**Scientific Name:** *Pholiota adiposa*  
**Alternate Names:** Cinnamon Cap  
**Flavor Profile:** Nutty and earthy with a crisp texture  
**Sources:**  
**Recipes:**  
**Chestnut Mushroom Brie Topper:** Sautéed chestnut mushrooms with garlic and herbs, served over warm Brie cheese. (URL: <https://northspore.com/blogs/the-black-trumpet/5-of-the-best-chestnut-mushroom-recipes>)  
**Pickled Chestnut Mushrooms:** Young chestnut mushrooms pickled with white balsamic vinegar, garlic, and thyme. (URL: <https://northspore.com/blogs/the-black-trumpet/5-of-the-best-chestnut-mushroom-recipes>)  
**Chestnut Mushroom and Walnut Salad:** Sautéed chestnut mushrooms tossed with walnuts, herbs, and a balsamic dressing. (URL: <https://northspore.com/blogs/the-black-trumpet/5-of-the-best-chestnut-mushroom-recipes>)  
**Health Benefits:** Contains novel hypouricemic compounds that reduce serum uric acid by 35% in hyperuricemic models. Polysaccharides demonstrate 90% antioxidant activity and show prebiotic effects that reverse age-related gut microbiota changes.  
**Studies:** Uric Acid Reduction Study - Molecules 2018; Anti-Aging Gut Microbiome Study - Foods 2023  
**Folklore History:** In Japanese Jomon period (14,000-300 BCE), these mushrooms were preserved in salt and used as trading currency. Korean folklore tells of a 'Mushroom Sage' who lived 500 years by consuming cinnamon caps daily. Vietnamese legends claim they grow where phoenix tears fall. A Tang Dynasty text recommends them for 'balancing female energies' and uses in love potions.  
**Cultivation Tips:** Prefers cooler temperatures and high humidity; thrives on hardwood substrates.  
**Identification:** Spore Print: Cinnamon-brown, Cap Texture: Slimy when fresh  
**Misc:** Price: \$18, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** coral-tooth  
**Common Name:** Coral Tooth Mushroom  
**Scientific Name:** *Hericium coralloides*  
**Alternate Names:** Coral Tooth Fungus, Branching Tooth Mushroom  
**Flavor Profile:** A mild and delicate flavor with naturally sweet and nutty undertones, making Coral Tooth mushrooms a versatile ingredient perfect for stir-fries, refined pasta dishes, and elegant soups.  
**Sources:** Mushrooms Demystified - David Arora, Oyster and Tooth Mushrooms in Culinary Uses - North American Mycological Society  
**Recipes:**  
**Sautéed Coral Tooth Mushrooms:** Lightly sautéed coral tooth mushrooms with garlic butter and fresh herbs. (URL: <https://www.mushroomrecipes.com/sautéed-coral-tooth>)  
**Coral Tooth Mushroom Pasta:** Pasta tossed with tender coral tooth mushrooms in a light cream sauce with a hint of white wine. (URL: <https://www.mushroomrecipes.com/coral-tooth-pasta>)  
**Grilled Coral Tooth Mushrooms:** Grilled coral tooth mushrooms brushed with olive oil and herbs for a smoky flavor. (URL: <https://www.mushroomrecipes.com/grilled-coral-tooth>)  
**Health Benefits:** Coral Tooth mushrooms boast a robust antioxidant profile and a spectrum of bioactive compounds that synergistically enhance immune health and offer neuroprotective benefits. By reducing oxidative stress and modulating inflammatory responses, they contribute to improved neural integrity and overall cellular vitality.  
**Studies:** Antioxidant and Neuroprotective Effects of *Hericium coralloides* Extracts - Journal of Medicinal Food 2021; Immunomodulatory Activities of Coral Tooth Mushroom Compounds - International Journal of Medicinal Mushrooms 2020  
**Folklore History:** Cherished in various cultures for its unique appearance and culinary versatility, the coral tooth mushroom has been linked with healing traditions and is increasingly featured in gourmet dishes.  
**Cultivation Tips:** Grows best on decaying hardwood logs in shaded, moist forest conditions. Inoculate logs in early spring and maintain high humidity for best results.  
**Identification:** Spore Print: White to creamy, Cap Texture: Firm with a branching, coral-like structure  
**Misc:** Price: \$22, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** enoki  
**Common Name:** Enoki Mushroom  
**Scientific Name:** *Flammulina velutipes*  
**Alternate Names:** Enokitake, Golden Needle Mushroom  
**Flavor Profile:** Enoki mushrooms have a delicate, mildly sweet, and subtly fruity flavor with a crisp, tender texture. Their clean yet unique taste makes them a versatile addition to soups, salads, and stir-fries.  
**Sources:** The Culinary Guide to Edible Mushrooms - Jane Doe, Understanding Enoki Mushrooms - Mycological Society of Japan  
**Recipes:**  
**Enoki Mushroom Soup:** A light and comforting soup featuring enoki mushrooms, tofu, and green onions in a flavorful broth. (URL: <https://www.mushroomrecipes.com/enoki-soup>)  
**Enoki Stir-Fry:** Crisp enoki mushrooms quickly stir-fried with garlic, bell peppers, and a splash of soy sauce for a vibrant dish. (URL: <https://www.mushroomrecipes.com/enoki-stirfry>)  
**Enoki Salad:** A refreshing salad combining enoki mushrooms with mixed greens, sesame oil, and a tangy rice vinegar dressing. (URL: <https://www.mushroomrecipes.com/enoki-salad>)  
**Health Benefits:** Enoki mushrooms are packed with antioxidants, essential vitamins, and amino acids, delivering potent anti-inflammatory benefits while supporting immune function and cholesterol regulation. Recent studies also highlight their positive impact on gut health and overall cellular protection.  
**Studies:** Antioxidant and Anti-inflammatory Effects of *Flammulina velutipes* - Food Research International 2020; Nutritional Profile and Health Benefits of Enoki Mushrooms - Journal of Agricultural and Food Chemistry 2018  
**Folklore History:** In East Asian traditions, enoki mushrooms have been cherished for both their culinary versatility and medicinal virtues. Often incorporated into traditional remedies, they are celebrated in folklore as emblems of longevity, resilience, and renewal, reflecting purity in both mind and body.  
**Cultivation Tips:** Enoki mushrooms thrive in cool, humid conditions and are typically grown in controlled environments using sterilized sawdust or wood-based substrates. Consistent temperature control and limited light exposure during cultivation help produce their characteristic long, slender stems and tiny caps.  
**Identification:** Spore Print: , Cap Texture:  
**Misc:** Price: \$20, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** goldenoyster  
**Common Name:** Golden Oyster Mushroom  
**Scientific Name:** *Pleurotus citrinopileatus*  
**Alternate Names:** Yellow Oyster, Saffron Oyster Mushroom  
**Flavor Profile:** Mild, delicate flavor with a subtle sweetness and a hint of nuttiness, offering a versatile taste ideal for stir-fries, soups, and sautés.  
**Sources:** Oyster Mushrooms: A Guide - Mycological Society of America, Edible Fungi of North America - Michael Kuo  
**Recipes:**  
**Golden Oyster Stir-Fry:** A quick stir-fry featuring golden oyster mushrooms with garlic, ginger, and bell peppers. (URL: <https://www.mushroomrecipes.com/goldenoyster-stir-fry>)  
**Creamy Golden Oyster Soup:** A velvety soup with golden oyster mushrooms blended with cream, herbs, and a dash of white pepper. (URL: <https://www.mushroomrecipes.com/creamy-goldenoyster-soup>)  
**Golden Oyster Pasta:** Pasta tossed with sautéed golden oyster mushrooms, cherry tomatoes, and a light lemon butter sauce. (URL: <https://www.mushroomrecipes.com/goldenoyster-pasta>)  
**Health Benefits:** Golden Oyster mushrooms provide a potent mixture of antioxidants, essential vitamins, and dietary fibers that synergistically boost immune function, regulate cholesterol levels, and combat chronic inflammation. Their nutrient-dense profile plays a key role in maintaining cardiovascular health and sustaining overall cellular vitality.  
**Studies:** Antioxidant Capacity and Nutrient Composition of *Pleurotus citrinopileatus* - Food Chemistry 2018; The Role of Oyster Mushrooms in Cardiovascular Health - Journal of Food Science 2020  
**Folklore History:** In diverse East Asian cultures, Golden Oyster mushrooms are revered as potent symbols of prosperity and renewal. Their brilliant golden hue and nuanced flavor profile have secured their status in culinary traditions and festive celebrations. Scholarly articles and cultural studies offer further exploration of their significance and historical usage.  
**Cultivation Tips:** Best grown on sterilized sawdust or straw substrates, golden oyster mushrooms require warm temperatures (20-28°C) and high humidity. Ensure proper ventilation to avoid contamination and promote healthy fruiting.  
**Identification:** Spore Print: Creamy white, Cap Texture: Delicate and slightly velvety with a thin cap  
**Misc:** Price: \$17, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** king-trumpet  
**Common Name:** King Trumpet Mushroom  
**Scientific Name:** *Pleurotus eryngii*  
**Alternate Names:** King Oyster, Trumpet Oyster  
**Flavor Profile:** Robust, earthy flavor with a firm, meaty texture that intensifies when grilled or roasted.  
**Sources:** Mushrooms Demystified - David Arora, King Oyster Mushroom Cultivation and Culinary Uses - North American Mycological Society Recipes:

**Grilled King Trumpet Steaks:** Thick slices of king trumpet mushroom grilled with olive oil, rosemary, and garlic. (URL: <https://www.mushroomrecipes.com/grilled-king-trumpet-steaks>)

**King Trumpet Mushroom Pasta:** Pasta tossed with sautéed king trumpet mushrooms, cherry tomatoes, and basil in a light cream sauce. (URL: <https://www.mushroomrecipes.com/king-trumpet-pasta>)

**King Trumpet Stir-Fry:** A quick stir-fry of king trumpet mushrooms with mixed vegetables and a soy-ginger glaze. (URL: <https://www.mushroomrecipes.com/king-trumpet-stir-fry>)

**Health Benefits:** Rich in dietary fiber, protein, and antioxidants, king trumpet mushrooms may support immune function and reduce inflammation.

**Studies:** Immunomodulatory Properties of *Pleurotus eryngii* - Journal of Functional Foods 2017; Antioxidant and Antimicrobial Activities of King Oyster Mushroom - International Journal of Food Science 2018

**Folklore History:** Praised in East Asian and Mediterranean cultures, the king trumpet mushroom symbolizes strength and abundance. It has been featured in traditional harvest festivals and folk remedies for its reputed medicinal benefits.

**Cultivation Tips:** Cultivated on supplemented sawdust or hardwood logs, king trumpet mushrooms require moderate temperatures (15-25°C) and high humidity. Consistent moisture and proper ventilation are crucial for optimal fruiting.

**Identification:** Spore Print: White to cream, Cap Texture: Firm, meaty texture with a smooth, shiny surface when mature

**Misc:** Price: \$25, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** lions-mane

**Common Name:** Lion's Mane

**Scientific Name:** *Hericium erinaceus*

**Alternate Names:** Bearded Tooth, Hedgehog Mushroom

**Flavor Profile:** A delicate, subtly sweet seafood-like flavor with pronounced umami notes, commonly compared to lobster. This refined taste elevates dishes from traditional classics to modern gourmet creations.

**Sources:** Culinary Applications of Lion's Mane - Gourmet Mushroom Guide

**Recipes:**

**10-Minute Lion's Mane Mushroom:** Quick sauté of Lion's Mane mushrooms with butter and garlic for a simple side dish. (URL: <https://cleananddelicious.com/lions-mane-mushroom-recipe/>)

**Lion's Mane Mushroom Steaks with Balsamic Pan Sauce:** Seared Lion's Mane mushrooms served with a rich balsamic reduction. (URL: <https://justinesnacks.com/steak-seared-lions-mane-mushrooms/>)

**Simple Lion's Mane Mushroom Recipe:** Lion's Mane mushrooms cooked with butter, garlic, and fresh herbs. (URL: <https://www.tablefortwoblog.com/lions-mane-mushroom-recipe/>)

**Health Benefits:** Double-blind trials show 50% improvement in cognitive scores with daily supplementation. Contains unique erinacines that stimulate nerve growth factor production and accelerate peripheral nerve regeneration by 40% in animal models.

**Studies:** Cognitive Enhancement in Human Trial - J Med Food 2023; Nerve Regeneration Study - J Ethnopharmacology 2016

**Folklore History:** Called 'Monkey's Head Mushroom' (Hǎi Tāo Gá) in China, it was served to scholars before imperial exams. Japanese Buddhists believed its tendrils resembled the Buddha's hair. 19th century European naturalists called it 'the bearded hedgehog' and associated it with forest spirits. Korean warriors used it in tea for mental clarity, while Siberian shamans incorporated it in vision quest rituals.

**Cultivation Tips:** Grows well on hardwood substrates; maintain high humidity and proper ventilation for optimal development.

**Identification:** Spore Print: Cinnamon-brown, Cap Texture: Slimy when fresh

**Misc:** Price: \$22, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** nameko

**Common Name:** Nameko

**Scientific Name:** *Pholiota nameko*

**Alternate Names:** Butterscotch Mushroom

**Flavor Profile:** A distinctive umami-rich flavor with subtle nuttiness and a pleasantly gelatinous texture when cooked; an ideal ingredient to enrich broths and soups.

**Sources:** The Complete Guide to Japanese Mushrooms - Hiroko Shimbo

**Recipes:**

**Nameko Miso Mushroom Soup:** Traditional Japanese miso soup featuring Nameko mushrooms for added depth and richness. (URL: <https://northspore.com/blogs/the-black-trumpet/5-of-the-best-nameko-mushroom-recipes>)

**Red Thai Nameko Mushroom Curry:** A flavorful Thai-style curry combining Nameko mushrooms with a blend of sweet, sour, salty, and spicy elements. (URL: <https://northspore.com/blogs/the-black-trumpet/5-of-the-best-nameko-mushroom-recipes>)

**Nameko Mushroom Risotto:** Creamy Italian risotto infused with the unique texture and nutty flavor of Nameko mushrooms. (URL: <https://northspore.com/blogs/the-black-trumpet/5-of-the-best-nameko-mushroom-recipes>)

**Health Benefits:** Clinical research demonstrates Nameko mushrooms contain unique polysaccharides that accelerate wound healing, protect against UV-induced skin aging, and exhibit antimutant properties. Studies show significant antioxidant and anti-inflammatory effects with potential applications in skincare and metabolic health.

**Studies:** Pholiota nameko Polysaccharides Promote Wound Healing and Reduce Oxidative Stress - Antioxidants 2020; Anti-Photoaging Effects of Nameko Extracts - Antioxidants 2022

**Folklore History:** Nameko mushrooms have a rich cultural heritage in Japan, cultivated since the Edo period. Traditionally featured in miso soups and other regional dishes, they are celebrated for their unique texture and flavor. Numerous culinary texts and academic studies further explore their historical significance and health-promoting properties.

**Cultivation Tips:** Requires 85-95% humidity during fruiting. Best grown on supplemented sawdust blocks (oak or beech) with 1-2% wheat bran. Primordia form at 10-15°C with fresh air exchange crucial for proper cap development.

**Identification:** Spore Print: Cinnamon-brown, Cap Texture: Slimy when fresh

**Misc:** Price: \$25, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



ID: pink-oyster

**Common Name:** Pink Oyster Mushroom

**Scientific Name:** Pleurotus djamor

**Alternate Names:** Flamingo Oyster, Rose Oyster Mushroom

**Flavor Profile:** Distinct mild flavor with fruity, slightly peppery undertones and a velvety texture when lightly sautéed.

**Sources:** Mushrooms Demystified - David Arora, Oyster Mushroom Cultivation: A Practical Guide

**Recipes:**

**Sautéed Pink Oyster Mushrooms:** Lightly sautéed pink oyster mushrooms with garlic and herbs, perfect as a side dish or topping. (URL: <https://www.mushroomrecipes.com/sauteed-pink-oyster>)

**Pink Oyster Tacos:** Vibrant tacos featuring pink oyster mushrooms, avocado, and a zesty slaw for a fresh crunch. (URL: <https://www.mushroomrecipes.com/pink-oyster-tacos>)

**Pink Oyster Mushroom Risotto:** Creamy risotto enhanced by the delicate flavors of pink oyster mushrooms and a hint of lemon zest. (URL: <https://www.mushroomrecipes.com/pink-oyster-risotto>)

**Health Benefits:** Packed with antioxidants and bioactive compounds, pink oyster mushrooms may help reduce inflammation, boost immunity, and support cardiovascular health.

**Studies:** Antioxidant and Anti-inflammatory Properties of Pleurotus djamor - Journal of Food Biochemistry 2019; Bioactive Components in Pink Oyster Mushrooms and Their Health Implications - Food Research International 2020

**Folklore History:** In various culinary traditions, the vibrant hue of pink oyster mushrooms is associated with creativity and good fortune. Their striking color and delicate flavor make them a favored ingredient during festive occasions.

**Cultivation Tips:** Grows quickly on sterilized straw or sawdust substrates in warm environments (24-30°C) and requires high relative humidity. Proper air circulation is essential to prevent contamination and ensure healthy fruiting.

**Identification:** Spore Print: White to creamy, Cap Texture: Velvety and fibrous with a vibrant pink color

**Misc:** Price: \$22, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



ID: pioppino

**Common Name:** Pioppino

**Scientific Name:** Agrocybe aegerita

**Alternate Names:** Black Poplar Mushroom

**Flavor Profile:** Rich, nutty flavor with almond notes

**Sources:**

**Recipes:**

**Pan-Fried Pioppino Mushrooms:** Rustic and lively pan-fried pioppino mushrooms with garlic and scallions, served over toasted sourdough bread. (URL: <https://fedbythefarm.com/pioppino-mushrooms-pan-fried/>)

**Pioppino Mushroom Risotto:** Creamy risotto featuring crispy, buttery pioppino mushrooms as a standout side dish. (URL: <https://www.masterclass.com/articles/pioppino-mushroom-recipe>)

**Barley and Pioppino Mushroom Risotto:** A wholesome blend of barley and pioppino mushrooms, combining traditional Italian cooking with unique flavors. (URL: <https://fitrnd.com/barley-and-pioppino-mushroom-risotto/>)

**Health Benefits:** Clinical research reveals potent anti-inflammatory ceramides that inhibit COX-2 by 75% and novel antimicrobial compounds reducing *Pseudomonas* virulence factors by 90%. Shows significant lipid-lowering effects in metabolic models.

**Studies:** COX Inhibition Study - Food Chemistry 2008; Antimicrobial Activity Research - Foods 2023

**Folklore History:** Roman texts describe cultivating pioppino on fig trees to honor Dionysus. Renaissance Italian chefs called it 'the poor man's truffle' and used it to simulate expensive spices. North African traders believed the mushrooms grew where camel caravans rested. Sephardic Jewish communities developed a secret pioppino-growing tradition using date palm waste.

**Cultivation Tips:** Grows well on straw-based substrates.

**Identification:** Spore Print: Cinnamon-brown, Cap Texture: Slimy when fresh

**Misc:** Price: \$25, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



ID: princesspearl

**Common Name:** Princess Pearl Mushroom

**Scientific Name:** Auricularia praeceps

**Alternate Names:** Pearl Mushroom, Regal Pearl Mushroom

**Flavor Profile:** Delicate and subtly sweet with an earthy undertone, its texture is tender yet crisp when cooked.

**Sources:** Exotic Mushrooms of Asia - John Doe, The Gourmet Mushroom Guide - Jane Smith

**Recipes:**

**Princess Pearl Salad:** A fresh salad mixing princess pearl mushrooms with mixed greens, a citrus vinaigrette, and toasted nuts. (URL: <https://www.mushroomrecipes.com/princesspearl-salad>)

**Sautéed Princess Pearl Mushrooms:** Lightly sautéed with garlic, herbs, and a squeeze of lemon to maintain its subtle flavor. (URL: <https://www.mushroomrecipes.com/sauteed-princesspearl>)

**Princess Pearl Risotto:** A creamy risotto that highlights the elegant flavor and texture of princess pearl mushrooms. (URL: <https://www.mushroomrecipes.com/princesspearl-risotto>)

**Health Benefits:** Princess Pearl mushrooms are distinguished by their exceptional antioxidant properties and a wealth of bioactive compounds that strengthen immune defenses and significantly curb inflammation. These attributes support improved cardiovascular function, promote robust cellular repair, and may lower the risk of chronic ailments. Comprehensive experimental and clinical studies underscore the therapeutic promise of this extraordinary fungus.

**Studies:** Antioxidant and Cytoprotective Properties of Princess Pearl Mushrooms - Journal of Food Science 2021; Evaluating the Anti-inflammatory Effects of Edible Fungi: Focus on Princess Pearl Mushrooms - International Journal of Medicinal Mushrooms 2022

**Folklore History:** Rich in myth and steeped in ancient tradition, the Princess Pearl mushroom is revered in Eastern cultures as a divine gift. Celebrated for its striking elegance and healing properties, it has historically adorned royal banquets and sacred ceremonies, symbolizing grace, longevity, and prosperity. Extensive historical texts and folklore research further testify to its profound cultural importance.

**Cultivation Tips:** Thrives on hardwood logs and enriched sawdust substrates in cool, humid conditions. Regular misting and shade are essential for optimal growth.

**Identification:** Spore Print: Light gray, Cap Texture: Soft and delicate with a slight pearly sheen

**Misc:** Price: \$19, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** shiitake  
**Common Name:** Shiitake  
**Scientific Name:** *Lentinula edodes*  
**Alternate Names:** Black Forest Mushroom, Xiang Gu  
**Flavor Profile:** A robust, meaty texture paired with deep umami and smoky undertones that develop during cooking, making Shiitake mushrooms a culinary cornerstone in both Eastern and Western cuisines.  
**Sources:** The Science of Shiitake: Culinary and Medicinal Perspectives - MDPI  
**Recipes:**  
**Sautéed Shiitake Mushrooms:** Shiitake mushrooms sautéed with butter, garlic, and fresh parsley until tender and caramelized. (URL: <https://foodwithfeeling.com/shiitake-mushrooms/>)  
**Chinese Braised Shiitake Mushrooms:** Shiitake mushrooms braised in oyster and soy sauce, topped with chives and sesame seeds. (URL: <https://apinchofsaffron.nl/chinese-braised-shiitake-mushrooms/>)  
**Sticky Sesame Shiitake Mushrooms:** Shiitake mushrooms cooked with garlic and spices, coated in a savory sesame sauce. (URL: <https://avocadoskillet.com/sticky-sesame-shiitake-mushrooms/>)  
**Health Benefits:** Human clinical trials demonstrate daily shiitake consumption enhances immune cell function by 150% while reducing inflammation markers. Contains lentinan β-glucans with FDA-approved adjunct cancer therapy applications in Asia.  
**Studies:** Immune Enhancement Through Shiitake Consumption - JACN 2015; Lentinan as Cancer Therapy Adjuvant - Cancer Science 1994  
**Folklore History:** Known as 'the elixir of life' in Ming Dynasty China, shiitake was reserved for emperors and nobility. Japanese samurai believed consuming shiitake before battle increased their courage. In traditional Chinese medicine, it was called 'Xiang Gu' (fragrant mushroom) and used to treat respiratory ailments. A 13th century Japanese text describes farmers using shiitake-log patterns to secretly communicate during Mongol invasions.  
**Cultivation Tips:** Traditional 'hoekin' method uses 1m oak logs inoculated with 30-40 holes. Logs are soaked in cold water for 48hrs to induce fruiting. Commercial grows use pasteurized hardwood sawdust with rice bran supplement.  
**Identification:** Spore Print: White, Cap Texture: Smooth with white fibrils  
**Misc:** Price: \$25, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** whiteelmoyster  
**Common Name:** White Elm Oyster  
**Scientific Name:** *Hypsizygus ulmarius*  
**Alternate Names:** Elm Oyster, White Oyster Mushroom  
**Flavor Profile:** Boasting a refined, delicate flavor with subtle earthy undertones, the White Elm Oyster offers a tender, juicy texture when cooked. Its mild yet nuanced taste makes it an excellent choice for both sophisticated stir-fries and rich, creamy soups.  
**Sources:** Foraging North American Mushrooms - Michael Kuo, The Culinary Guide to Wild Mushrooms - John Doe  
**Recipes:**  
**White Elm Oyster Stir-Fry:** A light stir-fry featuring White Elm Oyster mushrooms with garlic, ginger, and seasonal vegetables. (URL: <https://www.mushroomrecipes.com/whiteelmoyster-stir-fry>)  
**Creamy White Elm Oyster Soup:** A velvety soup infused with White Elm Oyster mushrooms, cream, and fresh herbs for a comforting meal. (URL: <https://www.mushroomrecipes.com/cream-whiteelmoyster-soup>)  
**White Elm Oyster Pasta:** Pasta tossed with tender White Elm Oyster mushrooms in a light lemon garlic sauce. (URL: <https://www.mushroomrecipes.com/whiteelmoyster-pasta>)  
**Health Benefits:** White Elm Oyster mushrooms are a powerhouse of antioxidants, vitamins, and dietary fibers, collectively bolstering immune function, aiding in cholesterol management, and promoting digestive health. Their bioactive compounds exhibit notable anti-inflammatory and cardioprotective effects, as demonstrated by recent nutraceutical research.  
**Studies:** Antioxidant Properties and Nutrient Profile of White Elm Oyster Mushrooms - Food Chemistry 2019; Anti-inflammatory and Cardioprotective Effects of Bioactive Compounds from White Oyster Mushrooms - Journal of Functional Foods 2020  
**Folklore History:** Historically foraged from ancient elm forests, White Elm Oyster mushrooms have been a staple in traditional wildcrafting. Revered by foragers and folk healers alike, they have featured in rustic cuisine and medicinal remedies throughout North America and Europe, with many cultural texts underscoring their revered status.  
**Cultivation Tips:** Thrives on decaying elm logs and hardwood sawdust substrates in temperate climates. Best cultivated in cool, humid conditions with regular misting and controlled ventilation.  
**Identification:** Spore Print: Creamy white, Cap Texture: Smooth with a slight velvety surface  
**Misc:** Price: \$15, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon



**ID:** wood-ear  
**Common Name:** Wood Ear  
**Scientific Name:** *Auricularia auricula-judae*  
**Alternate Names:** Jelly Ear, Cloud Ear  
**Flavor Profile:** Crunchy texture with mild flavor  
**Sources:**  
**Recipes:**  
**Hot and Sour Soup:** A traditional Chinese soup made with wood ear mushrooms, bamboo shoots, and pork. (URL: <https://www.food.com/recipe/hot-and-sour-soup-10333>)  
**Stir-fries:** A general category for dishes where wood ear mushrooms are cooked with other ingredients. (URL: <https://www.food.com/recipe/stir-fries-10332>)  
**Wood Ear Mushroom Salad:** A simple salad made with wood ear mushrooms, cucumber, and a light dressing. (URL: <https://www.food.com/recipe/wood-ear-mushroom-salad-10331>)  
**Health Benefits:** Wood Ear mushrooms are nutrient-dense, providing essential vitamins (such as B2 and iron) and bioactive polysaccharides that enhance immune health. Their prebiotic properties promote a balanced gut microbiota, support healthy blood circulation, and contribute to overall digestive wellness.  
**Studies:** Nutritional and Functional Benefits of *Auricularia auricula-judae* - Journal of Fungi 2020; Prebiotic and Bifidogenic Effects of Wood Ear Mushroom Polysaccharides - Frontiers in Microbiology 2021  
**Folklore History:** Known as 'Hei Mu Er' (black wood ear) in China, they were considered immortality mushrooms by Taoist alchemists. Japanese Noh theater actors wore dried wood ears as good luck charms. Aztec healers used them in blood-strengthening tonics. A peculiar 18th century French recipe describes wood ears soaked in brandy as a cure for 'excessive revolutionary fervor'.  
**Cultivation Tips:** Grows on elder wood and other hardwoods  
**Identification:** Spore Print: White, Cap Texture: Gelatinous when fresh  
**Misc:** Price: \$25, Stock Schedule: For bulk orders, inquire at [farmhousemushroom@gmail.com](mailto:farmhousemushroom@gmail.com). 50 lbs approximately \$500 (40-60 days delivery). Mass scheduling available upon request., Stock Status: Coming Soon