



Nutritional Information

Serving size: 1 large (5 ounces)

Low in calories, no saturated fat or cholesterol.

Excellent source of dietary fiber, protein, vitamin B6, folate, iron, and zinc.

Calories	64
Dietary Fiber	3 g
Protein	5 g
Iron	2 mg
Potassium	622 mg
Folate	40 mcg
Niacin	7.3 mg

Source: Nutrition Data,
<http://nutritiondata.self.com>



Grilled Oyster Mushrooms

Ingredients

1 tablespoon fresh orange juice
1 ½ teaspoons fresh lemon juice
1 teaspoon red wine vinegar
3 tablespoons olive oil
1 lb large oyster mushrooms, stems trimmed
¼ teaspoon coarse sea salt

Preparation

Whisk together juices, vinegar, and oil in a large bowl. Toss mushrooms gently with vinaigrette and marinate 15 minutes. Transfer mushrooms to another bowl with tongs, reserving vinaigrette.

If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is hot when you can hold your hand 5 inches above the rack for 1 to 2 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderately high.

Grill mushrooms in batches on oiled grilled sheet set on grill rack, which grill covered only if using gas grill, turning frequently, until golden brown, about 5 minutes per batch. Transfer to vinaigrette as grilled, then toss with sea salt.

Serves 4 – 6

Source: Epicurious.com

Selection, Storage and Preparation

What to Look For: Fresh Oyster Mushrooms are dry and smooth, with firm caps and stems. Avoid mushrooms that are bruised, wet or spotted.

How to Store: Oyster Mushrooms keep best in paper bags inside your refrigerator, where they can be kept for up to two weeks. You can extend your mushroom's storage life by placing a dry paper towel over the mushrooms.

Ways to Prepare: Oyster Mushrooms have a pleasant mushroom flavor, hold up well when cooked, and can be used almost anywhere you would use button mushrooms: soups, side dishes, spreads and dips, omelets, and pizza. They can be sautéed, stuffed, smoked, roasted or fried.

About Rebecca Farms

Jay and Rose Lewis founded Rebecca Farms, LLC in the summer of 2010. We are the only dedicated mushroom farm that is Certified SC Grown. Located in Hemingway, we currently cultivate seasonal varieties of oyster mushrooms year-round for sale to distributors, restaurants and gourmet markets.