

Shiitake Mushroom

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Shiitake mushroom may prevent viruses and benefits the immune system

GEEK TALK

Lentinula edodes

BUT WE TALK

Chinese black mushroom, black forest mushroom, black mushroom, golden oak mushroom, oakwood mushroom

DID YOU KNOW?

Native to East Asia and still very popular there today, shiitake mushrooms have long been used for their vast medicinal uses. The mushroom caps typically range in 2-4" in diameter and are the second most cultivated edible mushroom in the world.

Today shiitake mushrooms have become popular across the world but are still most popular in Asia where they have been a staple of traditional medicinal uses for hundreds of years.

KITCHEN PHARMACY

- Shiitake mushrooms are believed to have great medicinal uses. Perhaps their greatest benefit is to the immune system where it is thought to help prevent many viruses.
- In addition, shiitake mushrooms are thought to be preventive against tumors as well as many types of cancer.
- Lastly, they are believed to be very helpful in lowering cholesterol and providing cardiovascular support.

