



香菇 — 有益的食用菌 MUSHROOM - THE BENEFICIAL FUNGUS



或许有人会以为香菇属于菜类，其实香菇是属于食用菌的一种。香菇含有高蛋白质以及磷、镁、钾等一些我们不常摄取的矿物质。香菇的胆固醇量非常低，其碳水化合物能够帮助人们维持血糖稳定。香菇的味道鲜美，是营养丰富的天然食品，多吃能够增强身体免疫能力。

Mushrooms contain high protein and also phosphorous, magnesium and potassium – all of which are nutrients which are normally not part of our nutritional intake. The cholesterol level of mushrooms is low, and its carbohydrates help to keep the level of blood sugar in our body stable.

什么叫原木菇?

What are Log-grown Mushrooms?

使用木材切段后，在木材上打孔，植入菌种，并且合理地堆放在户外，让其自然生长。原木菇在种植过程中，完全接受大自然的阳光、雨露及相关的养分，慢慢生长。

These species of mushroom are naturally grown in the holes of logs where they are left to receive sunlight, rain and nutrients.



什么是木屑菇?

What are Sawdust-grown Mushrooms?

将木材粉碎成颗粒状的木屑配以麦皮、蔗糖或玉米等辅助营养原料，装入塑料菌筒袋中绑紧，再以高温杀菌，后经过冷却、接种培育而成。多置于室内或菇棚中，产量较高。

Logs are grinded into sawdust and placed into bacteria tube bags along with cane sugar and corn as nutritional ingredients. The bags are tied up tightly and sterilized before cooling and inoculation. They are normally placed indoors and produced higher harvests.



怎么选择优质的香菇? How to choose Good Quality mushrooms?

怎样选择优质的香菇? 首先注意香菇是否干度佳、菇型完整、厚度、表面鲜亮，而伞内颜色以米黄色的最好; 另外，以嗅觉来辨识的话，闻起来有自然香气的为佳。

Good quality mushrooms are dry, meaty, complete in shape and have a nice texture. The gills beneath the mushroom cap is light yellow in colour. These mushrooms also have a natural and fragrant smell.



浙江花菇

特点 肉软滑，味道香
注意 吸水性强，浸泡时间短，需要30分钟至45分钟。
建议 烹炒

ZHEJIANG MUSHROOM

Soft and fragrant. Highly absorbent, takes a shorter time to soak in water (between half an hour to 45 minutes). Suitable for stir-frying.



河南花菇

特点 肉厚，口感佳
注意 吸水性强，浸泡时间短，需要30分钟至45分钟。
建议 烹炒

HENAN MUSHROOM

Fleshy and good taste. Highly absorbent, takes a shorter time to soak in water (between half an hour to 45 minutes). Suitable for stir-frying.



日本花菇 (中国培植)

特点 木屑种植，肉软滑，味道香
注意 此香菇的外观媲美日本花菇，因而被一些不法商家假冒成日本花菇销售

JAPANESE SHIITAKE MUSHROOM

(CHINA-CULTIVATED)
Cultivated in sawdust, smooth and soft flesh with fragrance. These mushrooms may be sold illegally as fake Japanese Shiitake Mushrooms.



原木花菇 (中国技术种植)

特点 肉结实，口感佳
注意 吸水性强，浸泡时间长，需要1小时至2小时。
建议 以焖煮为佳

LOG-GROWN MUSHROOM (CHINA-CULTIVATED)

Firm texture with good taste. Less absorbent, requires a longer time to soak in water. More suitable for braising and stewing.



日本原木花菇 (日本技术种植)

特点 肉道更香浓。
注意 吸水性强，浸泡时间长，需要1小时至2小时。
建议 以焖煮为佳

JAPANESE LOG-GROWN SHIITAKE MUSHROOM

Firm texture, good taste and fragrant. Less absorbent, requires a longer time to soak in water. More suitable for braising and stewing.