



Oyster Mushrooms

Info Booklet

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International Supplier of Mushrooms and Mushroom Products

About Biobritte:

“Biobritte Agro Solutions Private Limited” is top mushroom company in India which grows different type of mushrooms which includes edible or culinary mushrooms and medicinal mushrooms. Biobritte believes in quality and international standards.

Biobritte follows strict hygienic conditions for growing; post-harvest processing, Packing and Distribution.

Oyster Mushrooms



Basic Information:





Oyster Mushrooms are edible mushrooms of *Pleurotus* spp. With a rich traditional history stretching back at least 3,000 years in Asian cultures, the Oyster Mushroom was seen as a culinary delight as much as a medicinal fungi. In Traditional Chinese Medicine (TCM), this mushroom is prescribed for muscle, joint and tendon relaxation, to strengthen veins and increase kidney function.

According to mycological genius Paul Stamets, the Oyster Mushroom is “The Workhorse of Gourmet Fungi”. This is due to the fact it has been discovered that not only are they an exceptional ally to our health, these mushrooms have the seemingly unique ability to degrade environmental toxins, and especially hydro-carbon based contaminants. Their role as guardians of the biosphere is becoming clear as new research into their complex biochemistry proves their potential to combat hunger, improve immunity and clean up polluted lands.

About the product:

Oyster mushrooms are a very versatile mushroom, and are an entire genus of mushroom called 'pleurotus' as opposed to being one single type. This genus contains over 15 different edible species with colours ranging from pink (pleurotus djamour), yellow (pleurotus citrinopileatus), blue (pleurotus columbinus), brown and grey (pleurotus ostreatus). These mushrooms are relatively easy to grow, and can adapt to many different mediums, such as: cereal straw and grain, paper and cardboard, wood-chip, and even textiles. Because of this, that they are relatively easy to grow and harvest.

Types of Mushrooms:

<p>Grey Oyster Mushrooms</p>  <p>Pleurotus Sajorcaju</p>	<p>• White Oyster Mushrooms</p>  <p>Pleurotus Florida</p>
<p>Pink Oyster Mushrooms</p>  <p>Pleurotus Eous</p>	<p>Blue Oyster Mushrooms</p>  <p>Pleurotus ostreatus</p>

Constituents:

Beta-glucan Polysaccharides, Anti-oxidant Amino Acids (Ergothioneine), Lovastatin, Minerals, Range of B vitamins and High in Protein.

Culinary Uses:

Most commonly this mushroom is consumed as a food. Add the powder to smoothies, or to soups, stews and mushroom dishes to give depth of flavor.

Oyster mushrooms are unique in that they don't have the typical deep, earthy flavour that we associate with other mushrooms such as the shiitake or the field mushroom. They are quite mild and sweet, which means they are perfect for adding taste and texture to all kinds of cuisine. When freshly picked, they have a subdued smell that is similar to anise, though this smell wears away shortly after they are picked. By growing your own oyster mushrooms, you can ensure that they are as fresh and distinctive as possible when you use them in your dishes.

Their thin texture, fast cooking times, and have a subdued flavour which makes them widely used in dishes such as rice dishes, stir fries and stews. The mild taste ensures that it does not overpower any dish that it is used in, and even when used extremely fresh, picked straight from us, the gentle taste it imparts compliments rather than dominates a dish.

Nutritional Importance and Benefits:

Immune System

Oyster Mushrooms contain complex carbohydrates made up of small sugar molecules known as polysaccharides, more specifically they contain certain polysaccharides, *beta-D-glucans*. These powerful compounds naturally boost the immune system by optimising its response to disease and infections. Over 150 years of research has found that beta glucans act as immunomodulator agents, meaning they trigger a cascade of events that help to regulate the immune system and make it more efficient.

Specifically, beta glucans stimulate the activity of *macrophages* - versatile immune cells that ingest and demolish invading *pathogens* and stimulate other immune cells to attack. Macrophages also release *cytokines*, chemicals that when secreted enable the immune cells to communicate with one another. In addition, beta glucans stimulate lethal white blood cells (*lymphocytes*) that bind to tumours or viruses, and release chemicals to destroy them.

Heart Health

Oyster Mushrooms have a natural cholesterol reducing effect similar to lovastatin, (a synthesized drug that treats patients with excessive blood cholesterol). These mushrooms have been widely studied for their effect on modulating blood cholesterol levels and evidence shows that Oyster Mushrooms have the ability to reduce triglycerides and LDL cholesterol.

It has also been found that Oyster Mushrooms contain *erogothioneine*, a lesser known antioxidant amino acid that protects the cells of the body, reducing triglycerides which can cause cardiovascular disease.

Finally, the rich nutrient content of these mighty mushrooms can reduce high blood pressure – another pre-cursor to heart disease and damage to the coronary arteries.

Antibacterial

“The Journal of Agricultural and Food Chemistry” published a study in 1997. The results showed that Oyster Mushrooms have significant antibacterial activity due to an active compound, “*benzaldehyde*”, which was shown to reduce bacterial levels in the body.

It seems that the compounds released by the mushroom to digest organic material from nature to use it for food are also the same compounds that can help combat infections in the body.

NUTRITIONAL FACTS (1 cup or per 86 gram)	
Calories	28
Fat	0.3g
Sodium	15.5mg
Carbohydrates	5.2g
Fiber	2g
Sugars	0.95
Protein	2.9g

High in	Low in
protein & fibre	Calories
iron, zinc, potassium, phosphorus & selenium	fat free
calcium	cholersterol-free
folic acid	gluten-free
vitamins B1, B3, B5 & B12	very low in sodium
vitamin C & vitamin D	

Workout and Mushroom Health Benefits

Mushrooms are edible fungi and derive from plants without chlorophyll. Although they vary greatly in their color, texture, shape, and properties, the health benefits of mushrooms are vast.

Not only can mushrooms make you bigger and protect you against diseases and infections, but they're also full of proteins, vitamins, minerals, amino acids, antibiotics, and antioxidants that you can't always find in vegetables.

Per half cup serving, mushrooms contain a gram of protein, 21 calories and no fat, compared to a 1-ounce helping of meat that has 75 calories and up to 5 grams of fat. This is why the mushroom is one of the greatest additions to your diet to lose weight, while still building muscle. Here's how mushrooms help to whittle your waistline.

THE BENEFITS

>> With a gram of protein per serving, you can “muscle up” any salad, sauce or vegetable snack throughout the day, keeping your metabolism high and your growth on track.

>> Due to the nutrient density, they actually rank higher than most fruits and vegetables in vitamin and antioxidant levels, and some researchers say that mushrooms are one of the rare foods that people can eat with no side effects.

>> They are good source of potassium, a powerful muscle mineral that can also help to lower the risk of heart disease and hypertension. They also contain 80-90% water weight, which will make you feel fuller longer.

>> They have B vitamins, including riboflavin, niacin, and pantothenic acid, which help to provide energy by breaking down proteins, fats, and carbohydrates. Researchers estimate that by simply substituting mushrooms for ground beef in one meal every week, you can lose five pounds in a year without other changes.

>> Often grouped with vegetables, mushrooms provide many of the nutritional attributes of produce, as well as attributes more commonly found in meat, beans or grains. Not only are they low in calories, cholesterol free, gluten free, low in sodium but they also provide other important nutrients including selenium, polysaccharides, and antioxidants that fight prostate and breast cancer.

Our Products:

1. Fresh Mushrooms



2. Dry Mushrooms



3. Dry Mushroom Powder



4. Mushroom Cookies



5. Mushroom Pickles



6. Mushroom Chips



To order please contact:

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