

# Shiitake *Lentinula edodes*

**Characteristics:** brownish cap 4-8 cm wide; white-beige flesh, gills and stipe; chewy; white spores; leather smell and meaty taste

**Season:** cultivated on logs of broad leaved trees; harvested in spring and autumn or all summer long according to strain

**Where:** originally from East Asia; most cultivated species worldwide, after button mushroom

**Properties:** all essential amino-acids, notably glutamic acid (umami taste); medicinal benefits attributed to lentinan, specific polysaccharide



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