

DELICIOUS NUTRITION

Specialty Mushrooms
MYCOPIA

Forest Nameko™

ORGANIC

NET WT 4 OZ (113g)

USDA ORGANIC

The glossy cap of the Nameko adds a savory richness and silky texture to any dish. Use as an ingredient and natural thickening agent in risotto, pasta and soup.

Gourmet Mushrooms, Inc. since 1977. "No longer wild but far from tame." Organically and sustainably grown.

Mushrooms are considered a Functional Food and contain combinations of naturally occurring nutrients that are not found in vegetables or grains. They are valued in many ancient medical traditions and are currently being studied for their beneficial effects on the immune system.

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat		0g	0%	Total Carb.	4g 1%
Serv. Size 2 oz (57g)		Sat. Fat	0g 0%	Fiber	2g 7%
Serv. per Container 2		<i>Trans Fat</i> 0g		Sugars 1g	
Calories 20		Cholest.	0mg 0%	Protein	1g
Fat Cal. 0		Sodium	5mg 0%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 3%

Both cap and stem are edible. Trim bottom of cluster lightly. After opening, refrigerate any unused portion in paper bag. Will keep 4-6 days or more.

Grown by Gourmet Mushrooms, Inc. Sebastopol, CA. Keep Refrigerated. Certified Organic by QAI.

More information & recipes: www.mycopia.com

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DELICIOUS NUTRITION

Specialty Mushrooms
MYCOPIA

Brown Clamshell™

ORGANIC

NET WT 4 OZ (113g)

USDA ORGANIC

Sauté, roast or stir fry. Excellent with seafood and in pasta dishes of all kinds from Italian to Asian.

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Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat		0g	0%	Total Carb.	4g 2%
Serv. Size 2 oz (57g)		Sat. Fat	0g 0%	Fiber	2g 6%
Serv. per Container 2		<i>Trans Fat</i> 0g		Sugars 1g	
Calories 23		Cholest.	0mg 0%	Protein	2g
Fat Cal. 0		Sodium	5mg 0%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 1% • Calcium 0% • Iron 2%

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DELICIOUS NUTRITION

Specialty Mushrooms
MYCOPIA

Alba Clamshell™

ORGANIC

NET WT 4 OZ (113g)

USDA ORGANIC

Sauté, roast or stir fry. Excellent with seafood and in pasta dishes of all kinds from Italian to Asian.

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Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat		0g	0%	Total Carb.	4g 2%
Serv. Size 2 oz (57g)		Sat. Fat	0g 0%	Fiber	2g 7%
Serv. per Container 2		<i>Trans Fat</i> 0g		Sugars 1g	
Calories 23		Cholest.	0mg 0%	Protein	2g
Fat Cal. 0		Sodium	3mg 0%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 1% • Calcium 0% • Iron 1%

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Our new color coded labels are eye-catching on the shelf and highlight one of our main selling points: VARIETY.

DELICIOUS NUTRITION

Specialty Mushrooms
MYCOPIA

Chef's Sampler™

ORGANIC 

NET WT 8 OZ (226g)

Stir fry, roast or sauté. Combine all varieties for a hearty mélange of flavors or prepare individually to appreciate each mushroom's character. May contain: Alba Clamshell™, Trumpet Royale™, Brown Clamshell™, Forest Nameko™, Velvet Pioppini™

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Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat		0g	0%	Total Carb.	4g 1%
Sat. Fat		0g	0%	Fiber	2g 6%
Trans Fat		0g		Sugars	1g
Cholest.		0mg	0%	Protein	2g
Sodium		4mg	0%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 1% • Calcium 0% • Iron 2%

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DELICIOUS NUTRITION

Specialty Mushrooms
MYCOPIA

Velvet Pioppini™

ORGANIC 

NET WT 4 OZ (113g)

A deep rich flavor matches its velvet color. Enjoy sautéed with pasta and red meats. Our rarest cultivated mushroom.

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Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat		0g	0%	Total Carb.	4g 1%
Sat. Fat		0g	0%	Fiber	1g 5%
Trans Fat		0g		Sugars	1g
Cholest.		0mg	0%	Protein	2g
Sodium		3mg	0%		

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DELICIOUS NUTRITION

Specialty Mushrooms
MYCOPIA

Tri-Mix Medley™

ORGANIC 

NET WT 8 OZ (226g)

Stir fry, roast or sauté. Combine all varieties for a hearty mélange of flavors or prepare individually to appreciate each mushroom's character. May contain: Alba Clamshell™, Trumpet Royale™, Brown Clamshell™, Forest Nameko™, Velvet Pioppini™

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Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat		0g	0%	Total Carb.	5g 1%
Sat. Fat		0g	0%	Fiber	2g 6%
Trans Fat		0g		Sugars	2g
Cholest.		0mg	0%	Protein	2g
Sodium		4mg	0%		

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The Chef's Sampler and Tri-Mix offer variety in a single pack.

DELICIOUS NUTRITION

Specialty Mushrooms
MYCOPIA

Trumpet Royale™

ORGANIC

NET WT 4 OZ (113g) 

A firm, meaty mushroom with a rich, versatile flavor. Excellent grilled, stir fried, or sautéed in a wide variety of dishes. The firm texture makes it a satisfying appetizer or a hearty substitute for meat.

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Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Total Fat	0g	0%	Total Carb.
	Sat. Fat	0g 0%	Fiber	2g 6%
	Trans Fat	0g	Sugars	3g
	Cholest.	0mg 0%	Protein	2g
	Sodium	3mg 0%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 1% • Calcium 0% • Iron 2%

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DELICIOUS NUTRITION

Specialty Mushrooms
MYCOPIA

Trumpet Royale™

ORGANIC

NET WT 8 OZ (226g) 

A firm, meaty mushroom with a rich, versatile flavor. Excellent grilled, stir fried, or sautéed in a wide variety of dishes. The firm texture makes it a satisfying appetizer or a hearty substitute for meat.

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	Total Fat	0g	0%	Total Carb.
	Sat. Fat	0g 0%	Fiber	2g 6%
	Trans Fat	0g	Sugars	3g
	Cholest.	0mg 0%	Protein	2g
	Sodium	3mg 0%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 1% • Calcium 0% • Iron 2%

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The popular Trumpet Royale is available in two sizes, 4 oz. and 8 oz.