

Experience #06  
Forestry

# Uchinuma Kinoko-en

Theme **Kinoko Picking**

These quintessential mushrooms are able to grow in cut logs. Cultivation is like a treasure hunt in the forest. Grilling a freshly picked shiitake with the rich aroma and crispy on the outside yet chewy on the inside texture is golden.

# Grown in the forests of Tokyo

## PICTURE BOOK OF THE MARVELS OF MUSHROOMS

The supermarket's mushrooms are not very super. They are a product of fungal bed cultivation. The mushrooms grown in the forest are of an entirely different caliber. Picked in season, they are... perfection.



### MAITAKE

The name "mai-take" is rooted in it being as wonderful as "dancing" when you eat it. The deliciousness of log cultivation also contributes



### KURITAKE chestnut mushroom

Early November is the peak harvest season. There is no peculiarity and it has a crispy texture. The stock is perfect for soup or delicious when sautéed in olive oil.



### NAMEKO *Pholiota microspora*

The difference between fungal bed and log cultivated is in sweetness and viscosity. Large umbrellas are exceptional when they are stir-fried or added to miso soup.



### AWABITAKE

Abalone mushroom

Of the Pleurotaceae family, this high-class Chinese ingredient is similar to seafood abalone in taste and texture. Thus, it is an excellent substitute for seafood in many dishes.



### GENBOKU SHIITAKE

Fungal bed cultivation occupies 95% of the market making log-grown shiitake mushrooms rare. Rarity is not what makes these products valuable, it is the significance of the enhanced taste.

### TAMOGITAKE Golden oyster mushroom

A nutritious healthy mushroom with a bittersweet aroma and an eye-catching yellow crust whose cap resembles an oyster. The unique richness is perfect for the soup stock.



Original, insantly nutritious, low calorie and interestingly fragrant. Come on. Once is all it will take.

Uchinuma Kinoko-en Uchimura family



### Ome Uchinuma Kinoko-en

Cultivate shiitake, maitake, oyster, nameko, kuritake and others from natural logs. Experience the harvest and charcoal grilling. Mushroom gourmet at the cafe is a splendid option on any day.

☎ 0428-74-4528 📍 1-90 Nariki, Ome 🕒 10:00~17:00 / Closed Tuesdays (also Wednesdays from Jun to August)

\* The harvest experience is held in spring and autumn



### Ome Ome Kinoko Garden

Shiitake are raised in a fungal bed throughout the year as are pleurotus cornuoplae, nameko, oyster and wood ear. Experience harvesting and fully equipped BBQ facility as you grin from ear to ear.

☎ 090-8564-6640 📍 1-1934 Baigou, Ome 🕒 11:00~16:00 / Held from April 15th to November 30th



### Hinohara Hinohara Kinoko Center

Cultivate Maitake in a mountainous area at an altitude of 850m. Maitake mushrooms grown under strict temperature control are thick and fragrant. As such customers come from afar.

☎ 042-598-1001 📍 5169 Kurakake, Hinohara 🕒 10:00~17:00