

【Wood Ear Mushrooms】

You'll love the texture of them raw!

Now in season

Mar. Apr. May. **Jun.** Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



“Wood ears” are a type of mushroom. It used to be common to use dried imports and reconstitute them in water, but raw wood ear mushrooms grown in Japan have recently become commonplace in supermarkets. Although they grow in the summer, they are mainly cultivated in facilities such as greenhouses and seem to be available year-round.



Nutritional Content

- They contain dietary fiber, iron, vitamin D, calcium, and other nutrients.

Most wood ear mushrooms that are cultivated and available in Japan are of the “cloud ear” variety. Compared to maitake mushrooms in the Standard Tables of Food Composition in Japan, when boiled, they contain about 4 times the amount of dietary fiber and vitamin D, 8.5 times more iron, and 35 times the calcium!



Enjoy the jelly-like texture of raw wood ear mushrooms! They are also great as a topping for chilled ramen noodle salad when it gets warmer!



With vinegared cucumbers



Stir-fried with eggs and tomatoes

How to Choose and Store

- Choose dark ones that are thick and shiny.
- Raw wood ear mushrooms lose their freshness when left in contact with water, so thoroughly remove any moisture with paper towels and put them in the refrigerator. (You can freeze them by following the basic preparation below)

Recommended Dishes

- For basic preparation of raw wood ear mushrooms, after washing them with water, remove any hard stem tips and boil them in boiling water for about 1 minute. (You do not need to boil them for stir-frying. Use them after washing and draining.)

References: Website “ehealthyrecipe,” Daiichi Sankyo Co., Ltd. / Website “olive-hitomawashi,” General Link Inc. / App “Wakuwaku Shokuzai Kenko Daijiten” (Encyclopedia of food and health), ChikyuOkoku, Ltd. / Standard Tables of Food Composition in Japan - 2020 (Eighth Revised Edition)

[Note] When wood ear mushrooms are in season was roughly determined using information found online, including reference materials, as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click “English” at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

