

**Shiitake-mushroom : the living larder / ESC (UK) Limited.**

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# Shiitake-mushroom

## The living larder

A source of eastern culinary delight and good health in your own kitchen. With the shiitake mushroom log you will be able to harvest this oriental delicacy within an arm's length of your stove - at any time of year. Usually up to four harvests from one log.

### Health and energy for the family.

The shiitake is rich in protein, iron, calcium and phosphorus. It also contains high levels of vitamin C and D as well as vitamin A1, B1, B2, B6, and B12.



### The food of nobility.

The shiitake has been grown in Japan for about 1800 years and in China since the 11th century. However it was reserved for noblemen and samurais only - for most of the population it was "forbidden fruit". The eastern countries believe strongly in its health giving qualities - the shiitake even contains compounds that reduce blood cholesterol levels.

### From the Orient to Finland to you.

The pre-cultivating of shiitake is carried out in Finland in totally clean hygienic mushroom cultivating conditions using methods developed by VTT (Government science research) laboratory.



"THE CHINESE ALSO CLAIM THE SHIITAKE INCREASES VIRILITY - AND LOOK HOW MANY OF THEM THERE ARE !"

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