

about

Fresh organic oyster mushrooms from Megha Food Cooperative Society are grown with lots of love & care towards environment.

We use rice straw straw as our base media, pasteurizing it with hot water method. Even in cases of infestation with molds etc, we refuse to use any treatment that is chemical based. We prefer to discard bags than treating them with chemicals. Our farm is located in Jampara village, Mendipathar of Resubelpara block, NGH. We offer:

- Fresh Oyster Mushrooms
- Dried Oyster Mushrooms
- Oyster Mushroom Powder
- Mushroom Pickle

Everything available for both retail and wholesale requirements. We supply to individuals, corporates, restaurants, hotels, caterers, online grocery distribution platforms, farmer's markets and other retail distribution channels.

We love hosting guests! We'll be happy to have you at our farm, located in a quaint locality of Jampara, near Mendipathar Bazaar. Call to seek directions for a visit.

We also conduct training programs and school visits. Contact us to know more.



contact

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Jampara village

Mendipathar

North Garo Hills

Meghalaya

Megha Mushrooms

ORGANIC | NATURAL | HEALTHY

fresh

Fresh Oyster Mushrooms from **Megha Mushrooms'** are grown organically (without use of chemicals) and can be consumed just like your regular mushrooms, cooked as normal Indian subzi as well as oriental dishes like stir fried vegetables, noodles, egg-based dishes, soups and many others. Oyster Mushrooms reduce Cholesterol levels and promote Heart-health.

Nutritional value:

Oyster mushroom is low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Vitamin B6, Folate, Iron, Magnesium, Zinc and Manganese, and a very good source of Dietary Fiber, Riboflavin, Niacin, Pantothenic Acid, Phosphorus, Potassium and Copper.

Health benefits:

One cup of sliced oyster mushrooms has 28 calories and less than 1 gram of fat yet delivers 2 grams of fiber and 3 grams of protein.

Shelf Life:

If kept in refrigerator, the mushrooms last for a week easily without any change in taste or color.

dried

Dried Oyster Mushrooms from **Megha Mushrooms'** are dried in the most hygienic conditions using best in class hot air ovens and professionally packaged to maintain their nutritional contents intact.

Nutritional value:

Oyster mushroom is low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Vitamin B6, Folate, Iron, Magnesium, Zinc and Manganese, and a very good source of Dietary Fiber, Riboflavin, Niacin, Pantothenic Acid, Phosphorus, Potassium and Copper.

Usage:

Oyster mushrooms delicately textured caps allow for both a quick dehydration and re-hydration time. They are one of the few mushroom that does not need to be re-hydrated before cooking. Add them to a dish toward the end of the cooking process as they require little cooking time to accentuate their discreet flavor and texture.

Shelf Life:

Dried Oyster mushrooms have a shelf life of up to a year and can be used as a replacement for fresh mushrooms in most recipes.

powder

Oyster Mushroom Powder from **Megha Mushrooms'** adds a delicious mushroom flavor to your everyday cooking, without changing the texture and enhance the nutrition levels with low fat & sugar and high protein. It blends smoothly into your **everyday vegetable, daals, sauces, pasta and soups**, making them protein rich with a deep woody texture of mushrooms.

Nutritional value:

100 gms of oyster mushroom powder provides almost 350 kilocalories while maintaining very low levels of sugar and fats. Each serving of 10 gms (1 tablespoon) provides almost 2.5 grams of protein and is also a natural immunity booster. It's a highly recommended source of protein for children and adults, owing to it's organic nature and zero preservatives.

Usage:

Add to curries, soups, broth for added flavour and enhanced nutrition. Add to Sauces, Dips for a deep umame flavour or simply sprinkle over Pizza / Pasta for a delicious surprise!

Shelf Life:

It has a shelf life of up to six months, if stored in a cool dry place