

Glossary:

1:Agaricus bisporus : **Agaricus bisporus** is an edible basidiomycete mushroom native to grasslands in Europe and North America. It has two color states while immature – white and brown – both of which have various names.

Pleurotus ostreatus : **Pleurotus ostreatus** One of my favorite edible mushrooms is the oyster mushroom, which usually goes under the species name **Pleurotus ostreatus**.

Fiber: Dietary material containing substances such as cellulose, lignin, and pectin, which are resistant to the action of digestive enzymes.

Straw Mushrooms: **Straw Mushrooms** are very important in Southeast Asian cuisines, particularly Thai. ... Cooking: **Straw mushrooms** are almost always cooked (and canned ones are already lightly cooked in the canning process). Peeled **straw mushrooms** are generally used in soups because they're too fragile .

Beta-glucans: Beta-glucans found in numerous mushroom species, contribute to resistance against allergies . The beta-glucans contained in oyster, and other gill mushrooms are considered to be the most effective. Beta glucans are sugars that are found in the cell walls of bacteria, fungi, yeasts, algae, lichens, and plants, such as oats and barley.

Pickling - Mushrooms can be pickled using a standard pickling brine and pickling techniques. If you know how to pickle cucumber you know how to pickle mushrooms.

Drying: **Drying** is a method of food preservation in which food is dried (dehydrated or desiccated). **Drying** inhibits the growth of bacteria, yeasts, and mold through the removal of water.

Antioxidant: An **antioxidant** is a molecule that inhibits the oxidation of other molecules. Oxidation is a chemical reaction that can produce free radicals, leading to chain reactions that may damage cells. **Antioxidants** such as thiols or ascorbic acid (vitamin C) terminate these chain reactions.

Vitamin E is a fat-soluble vitamin found in many foods, fats, and oils. It is also an antioxidant, a substance that may help prevent damage to the body's cells. Antioxidants may provide protection against serious diseases including heart disease and cancer. .