



Nutritious, Delicious, Wisconsin!

**MUSHROOM ■ NCEB**



Oyster Mushroom



Snow Fungus



Enoki Mushroom



Black Fungus



### HMooB Varieties

- Oyster, Nceb
- Snow/White Mushroom Fungus, Nceb Dawb
- Black Fungus also known as Wood Ear or Tree Ear Fungus, Nceb Ntswm
- Enoki Mushroom, Nceb
- Termitomyces Mushrooms, Nceb Laug Qaib

**Note:** These are commonly found in the wild in tropical regions of Asia, but they can also be grown in greenhouses.

## TASTE & TRADITION



**Mushrooms** have a savory, meaty, and earthy flavor depending on variety. When cooked, they have a soft and chewy texture. Just like HMooB people traditionally harvest wild bamboo shoots in warmer regions, they also forage for wild mushrooms as a healthy, seasonal food source.

## RECIPE

### HMooB Mushroom Soup (Nceb Hau)

#### Ingredients

- Mushrooms (e.g. oyster, wood ear, enoki, etc.)
- Water
- 1 teaspoon salt
- Optional: chili pepper

#### Directions

1. Bring a pot of water to a boil.
2. Add your choice of mushrooms (use one variety or a mix). Simmer for 5-8 minutes.
3. Add salt and stir.
4. Serve this light and nourishing soup over steamed rice!



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