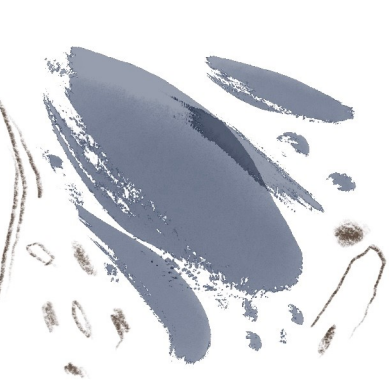


# HORN OF PLENTY

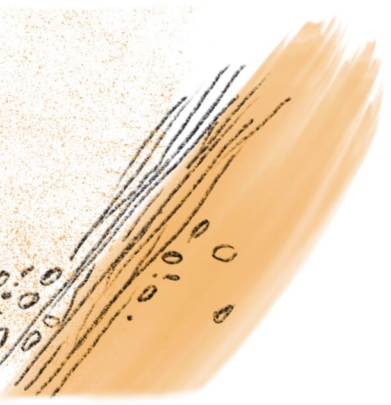


EARTHY FLAVOR

LOTS OF VITAMINS / MINERALS

YUMMY IN PASTA SAUCE, OMELETTES

PRESERVE IT, BY DRYING



# CHANTERELLE

NUTTY FLAVOR  
SOURCE OF VITAMINS  
AND MINERALS  
GOOD FOR SOUP,  
RISOTTO, PASTA



MILD FLAVOR AND  
GEL-LIKE TEXTURE  
HELPS WITH HYPERTENSION  
YUMMY IN SOUPS  
ALSO KNOWN AS WOOD EAR

# JELLY EAR



NUTTY FLAVOUR

IS MYCORRHIZAL, THEY FORM

ASSOCIATIONS WITH ROOTS OF TREES

YUMMY IN RISOTTO, PASTA

DRY THEM FOR PRESERVATION

# BOLETUS

