








	Name	Flavor/Texture	Fun Fact
	Seafood Mushroom	Mild, slightly sweet flavor with a firm, crunchy texture.	Named for their ability to complement seafood flavors, despite having no seafood taste.
	Enoki Mushroom	Delicate, fruity flavor with a thin, noodly texture.	Used in East Asian cuisine, these mushrooms are known for their health benefits.
	Beech Brown Mushroom	Nutty, buttery flavor with a firm texture.	Must be cooked before eating to remove bitterness, enhancing their sweet, nutty flavor.
	Oyster Mushroom	Broad, silky texture with a delicate flavor that resembles anise.	Can be used in mycoremediation to clean up environmental pollutants.
	Shiitake Mushroom	Rich, earthy flavor with a distinctive texture.	Valued for both culinary and medicinal properties, supporting immune health.
	King Oyster Mushroom	Meaty stem and savory flavor, used often as a meat substitute in vegetarian dishes.	Versatile in cooking, retaining texture even when cooked.

	Snow Pea Tips	Sweet and delicate flavor, tender leaves ideal for salads and stir-fries.	Rich in vitamins A and C, which are essential for good health.
	Shanghai Tip (Baby Bok Choy)	Juicy, tender stems with a mildly sweet flavor, perfect for stir-frying.	Contains high levels of vitamins and minerals, supporting bone health and blood pressure regulation.
	Watercress	Peppery flavor with small, round leaves, used in salads and sandwiches.	One of the oldest known leaf vegetables, packed with vitamin K.
	Tong Ho (Chrysanthemum Greens)	Tangy, aromatic flavor, used in soups and stir-fries.	Celebrated in traditional medicine for detoxifying and anti-inflammatory properties.
	Lotus Root	Mild, slightly sweet taste with a crunchy texture, often sliced into thin rounds.	Rich in dietary fiber and vitamins, providing several health benefits.
	Fried Taro (Taro)	Crispy exterior with a soft, fluffy interior.	Provides significant nutritional benefits, including dietary fiber and vitamins.

	Fried Chinese Twist Cruller (Youtiao)	Light, airy texture with a golden-brown exterior.	Often enjoyed as part of a traditional Chinese breakfast, symbolizing historical protest.
	Bean Thread Vermicelli	Slippery, gelatinous texture when cooked, translucent appearance.	Gluten-free, making them a popular choice for those with gluten sensitivities.
	Soy Ring Roll	Chewy texture, mild flavor, great for absorbing flavors of soups and sauces.	A healthy, protein-rich, and low-fat alternative to meat.