

Local Fresh Mushrooms Are the Best!



Growth & Lead Time



Flexible Mushroom Delivery

- 1-3 blocks/month:** Bi-monthly delivery
- 4+ blocks/month:** Weekly delivery



Subscriptions

Require 3 months' notice for changes, and payments are due monthly

"Fruiting Block" Subscriptions

Reserve a block that we cultivate for you; Get two flushes per block per month.



Year-Round Consistency

Indoor climate control ensures reliable quality and availability!



Shiitake

\$45
Per Block

2 - 2.5 lbs
~\$18-22.50 / lb



Lion's Mane or Pioppini

\$45
Per Block

~3 lbs
~\$15 / lb



Oyster

\$45
Per Block

3 - 3.5 lbs
~\$12.86-15 / lb

Yeild

Get indoor or outdoor-grown mushrooms from North Webster, IN

To Order: bashpole@NourishCap.com or 215-760-1613

MUSHROOMS!

NourishCap Fresh Local Pick-up or Delivery

Indiana's Finest



Lion's Mane

Hericium erinaceus

Flavor:

Mild, with a tender, seafood-like texture

Benefits:

Supports cognitive function, nerve health, and may aid memory and focus

Pioppini

Agrocybe aegerita

Flavor:

Nutty, earthy flavor with a firm texture that holds



Benefits:

Rich in antioxidants and supports immune health and digestion



Oyster

Pleurotus ostreatus

Flavor:

Delicate, savory with a soft, velvety texture

Benefits:

Supports heart health, lowers cholesterol, and contains anti-inflammatory compounds

Shiitake

Lentinula edodes

Flavor:

Bold, umami-rich flavor with a meaty texture



Benefits:

Supports immune function and contains compounds linked to heart health