



Harvest of the Month

Mushrooms

Nutrition Information

- Mushrooms are the only non-animal food that can naturally provide vitamin D.
- They are a good source of B vitamins such as riboflavin, niacin, and pantothenic acid.
- The USDA's Agricultural Research Service found that seven common mushroom varieties (white button, oyster, shiitake, portabella, crimini, maitake, enoki) retain most of their nutrient value (80-95%) after cooking (e.g., grilling or stir-frying).

Selection and Storage

- Choose mushrooms that are firm, dry, and smooth, and avoid ones that look slimy or have dark, wet spots.
- Store mushrooms unwashed in their original packaging or in a paper bag in the refrigerator.
- Use within 3–7 days for best quality.

Fun Facts

- Mushrooms grow fast, and most farm-grown mushrooms are ready to harvest in about 3 weeks.
- Washington forests grow popular wild mushrooms like chanterelles, morels, and king boletes.
- Morel mushrooms love sunshine, and they often pop up in forest areas after a wildfire opens the ground to more light.
- White button, crimini, and portobello mushrooms are all the same kind of mushroom, they're just harvested at different stages of growth.



Recipes*

- [Brown Rice Pilaf](#) - ICN Recipe Box
- [Rice Vegetable Casserole](#) - ICN Recipe Box
- [Country Fried Steak](#) - ICN Recipe Box
- [Vegetable Frittata Bites](#) - ICN Recipe Box
- [Chicken Ratatouille](#) - ICN Recipe Box



*As a reminder, the sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

Educational Resources

- [Discover Foods: Mushrooms](#) - SNAP-Ed. EatFresh.
- [Mushroom Handout](#) - SNAP-Ed. University of Rhode Island
- [Mushrooms](#) - FoodSmart Colorado. Colorado State University Extension
- ["I Tried Local..." A Toolkit for Engaging Kids with Local Food and Farms](#) - Growing Minds
- [Roots and Shoots](#) - Growing Minds
- [Mushroom Classroom Education](#) - The Mushroom Council

Sourcing

- Use the [Washington Food and Farm Finder](#) to find mushrooms and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- If mushrooms aren't available in your area: Substitute other locally grown vegetables in season, such as kale, cabbage, winter squash, or root vegetables.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#).