

- 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.

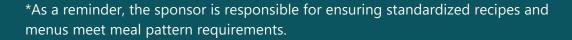
#### **Fun Facts**

- Mushrooms grow fast, and most farmgrown 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, cremini, 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





# **Educational Resources**

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

## **Sourcing**

- Use the <u>Washington Food and Farm Finder</u> 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 <a href="mailto:farmtocnp@k12.wa.us">farmtocnp@k12.wa.us</a> or WSDA at <a href="mailto:farmtoschool@agr.wa.gov">farmtoschool@agr.wa.gov</a> for support finding Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit <u>WSDA's</u> <u>Washington Grown Food & Recipe Kit</u>.