



MUSHROOMS

What is It?

- Mushrooms are fungi, not plants or animals.
- Mushrooms grow quickly, and most farm-grown mushrooms are ready to harvest in about three 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.



Grow It

Each type of mushroom has its own growing needs. Some types, like oyster, shiitake, and lion's mane, can be grown in a classroom or school garden, while others, like morels and chanterelles, are difficult to grow outside of their natural environment. Many kinds of mushrooms can be grown by injecting mushroom spores into tree logs, straw, or sawdust. This process is called "inoculation." For a simpler and more reliable option, mushroom growing kits provide all the materials needed and step-by-step instructions.



Mushroom cultivation, credit: WSDA

Make It

Be sure to follow local Food Safety rules and regulations. Learn more here: [Food Safety Rules and Regulations](#) | [Washington State Department of Health](#).

Recipe: Mushroom Quesadillas Yield: 16 servings	
Ingredients	Directions
<ul style="list-style-type: none"> • 2 cups mushrooms, sliced • 8 (8-inch) whole wheat tortillas • 3/4 cup shredded Monterey Jack cheese 	<ol style="list-style-type: none"> 1. Evenly space mushroom slices over four of the tortillas. 2. Sprinkle cheese evenly over the mushrooms and cover each tortilla with a second tortilla. 3. Heat a nonstick pan on medium heat until hot. 4. Place the assembled quesadilla from step 2 in the pan. Cook for 1 minute or until lightly browned. 5. Turn the quesadilla over and cook other side until lightly browned. 6. Cut each quesadilla into four equal pieces and serve.

Recipe adapted from [Washington SNAP-Ed](#).

Explore interactive taste test resources to encourage participants to try what you made!
[Taste-Testing Event Resources](#)



Mushroom cultivation, credit: WSDA

Eat It

Mushrooms are the only non-animal food that contains 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, portobello, cremini, maitake, enoki) retain 80–95% of their nutrient value after cooking.



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Read It

- All About Mushrooms, by Alice Pattullo
- The Mushroom Fan Club, by Elise Gravel
- Mason Goes Mushrooming, written by Melany Kahn and illustrated by Ellen Korbonski

More About It

- Lessons for all ages by the Mushroom Council: [Mushroom Classroom Education](#) | [Learn About Mushrooms in Schools](#)
- Lesson for 6th–8th grade: [Fungi Multiplication](#) | [Washington Agriculture in the Classroom](#)



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