



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

Recipe: Crustless Mushroom Quiche
Yield: 6 servings

Ingredients	Directions
<ul style="list-style-type: none">• Nonstick cooking spray• 1 1/4 cup mushrooms, sliced• 3 green onions, finely chopped• 1 clove garlic, finely chopped• 1 1/2 teaspoons oregano, dried• 2 teaspoons basil, dried• 1/4 teaspoon salt• 1 teaspoon marjoram, dried• 1/4 teaspoon thyme, dried• 1/4 teaspoon black pepper, ground• 1/2 teaspoon mustard powder• 4 large eggs or 1 cup egg substitute• 3/4 cup milk or milk alternative• 1/2 cup cheddar cheese, shredded	<ol style="list-style-type: none">1. Place an oven rack in the lower third of the oven. Preheat oven to 375 degrees F.2. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.3. Sauté mushrooms, green onions, and garlic until tender, about five minutes.4. Stir in oregano, basil, salt, marjoram, thyme, ground black pepper, and dry mustard. Cook until liquid is evaporated, about two minutes.5. Let the mushroom mixture cool for about five minutes.6. In a medium bowl, combine egg substitute, milk, and cheese; beat well.7. Combine the egg mixture with the mushroom mixture and pour into a 10-inch pie dish.8. Bake for 35 to 45 minutes until filling is puffed, set, and starting to brown. Serve hot.

Chef's Tips

This is a crust-less quiche, but you can easily adapt it to use your favorite crust. After placing the prepared crust into the baking dish, prick the crust with a fork in a few places before pouring the egg/mushroom mixture on top. This will help the crust stay flat.

Recipe adapted from [eatFresh](#).



Make It

Recipe: Garden Sloppy Joes Yield: 6 servings

Ingredients	Directions
<ul style="list-style-type: none">• 1 onion, chopped• 1 carrot, chopped or shredded• 1 green bell pepper, chopped• 1 pound lean ground meat (15% fat turkey, chicken, or beef)• 1 8-ounce can tomato sauce• 1 15-ounce can whole tomatoes, crushed• 1 8-ounce can mushrooms or 1/2 pound chopped fresh mushrooms• 1/4 cup barbecue sauce• 6 whole wheat buns	<ol style="list-style-type: none">1. Sauté onions, carrots, green bell pepper, and ground meat in a 2 to 3 quart saucepan over medium-high heat for five minutes.2. Add tomato sauce, crushed tomatoes, mushrooms, and barbecue sauce.3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.4. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.

Chef's Tips

- Add your favorite fresh, canned, or frozen chopped vegetables.
- Try whole wheat English muffins instead of buns.

Recipe adapted from [Oregon Food Hero](#).



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.

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



Mushroom cultivation, credit: WSDA

Find It

- Washington mushrooms may be available in grocery stores. Check the product label or shelf tag to see where they were grown. Mushrooms are commonly found at Washington state's many farmers markets, farm stands, and other local markets throughout market season.
- When selecting mushrooms, choose ones that are firm, dry, and smooth, and avoid those 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.
- Search for local farms and markets that sell Washington-grown mushrooms here: [Washington Food & Farm Finder - Eat Local First](#)
- Find a farmers market near you here: [Farmers Market in Washington](#). Many farmers markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, and SNAP Market Match.

Play It

Enjoy the coloring activity on the next page from Oregon Food Hero!



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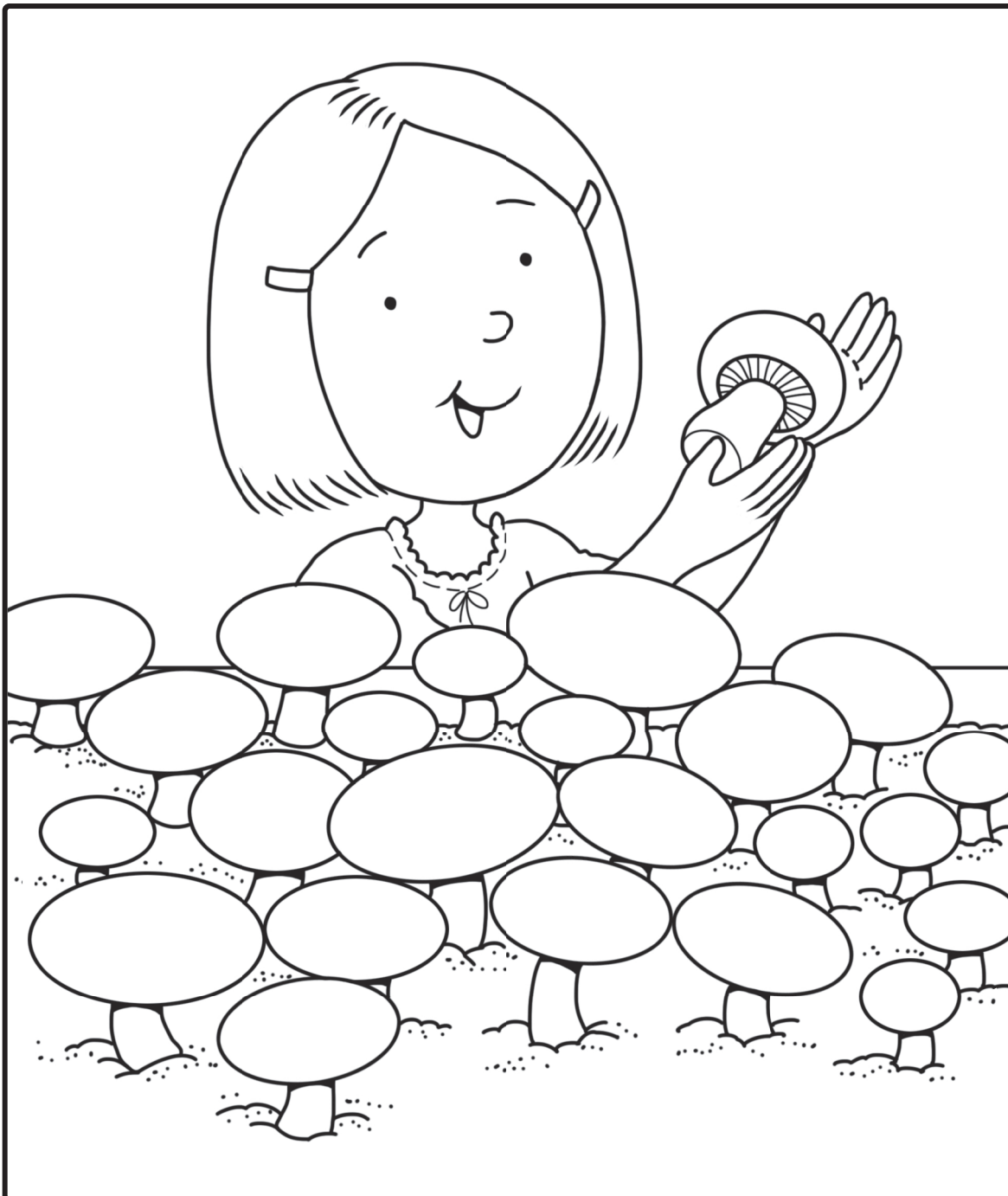
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Mushrooms



I like mushrooms because

_____.



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