

PLEASE TEAR OFF A SHEET

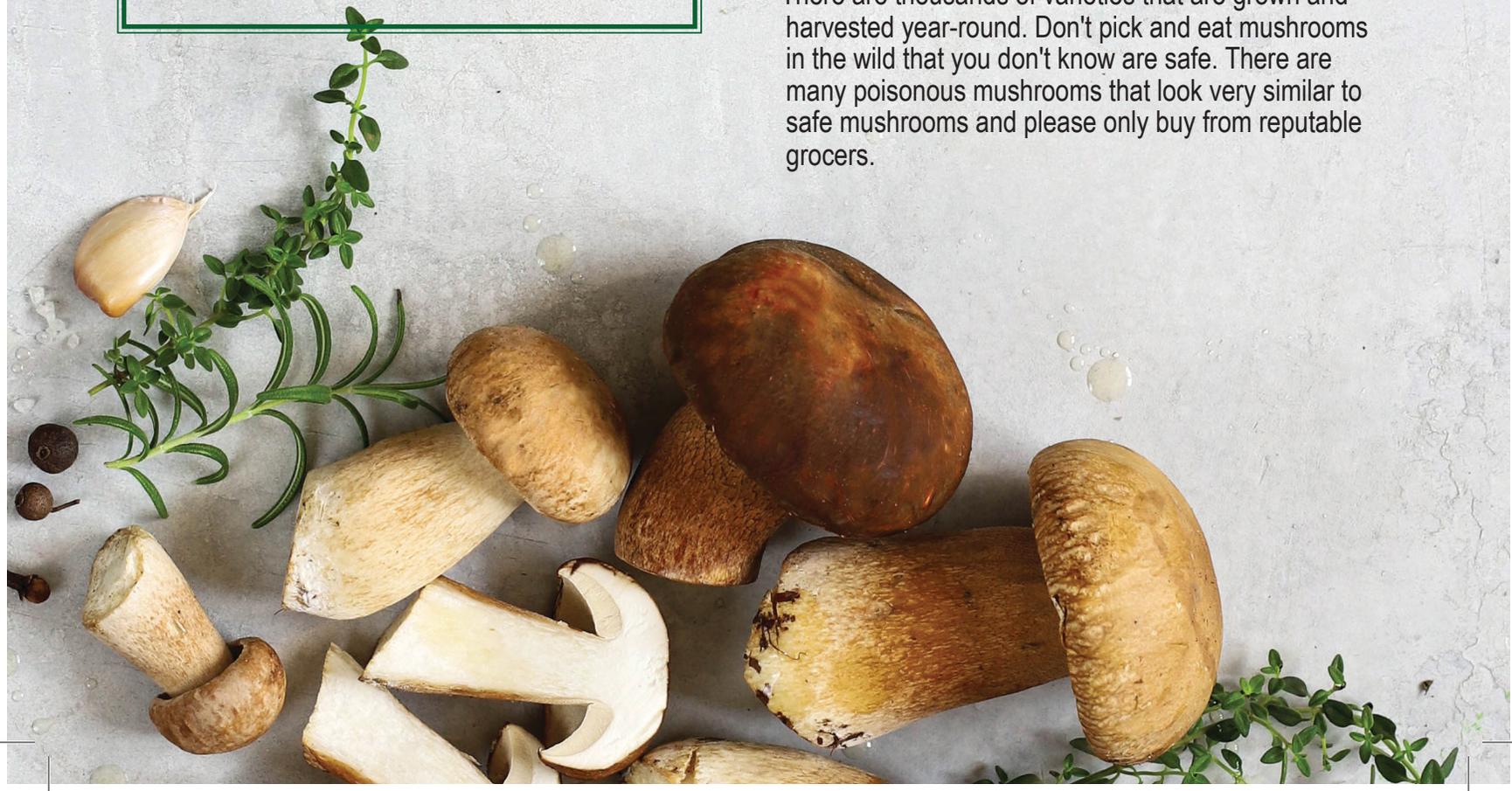


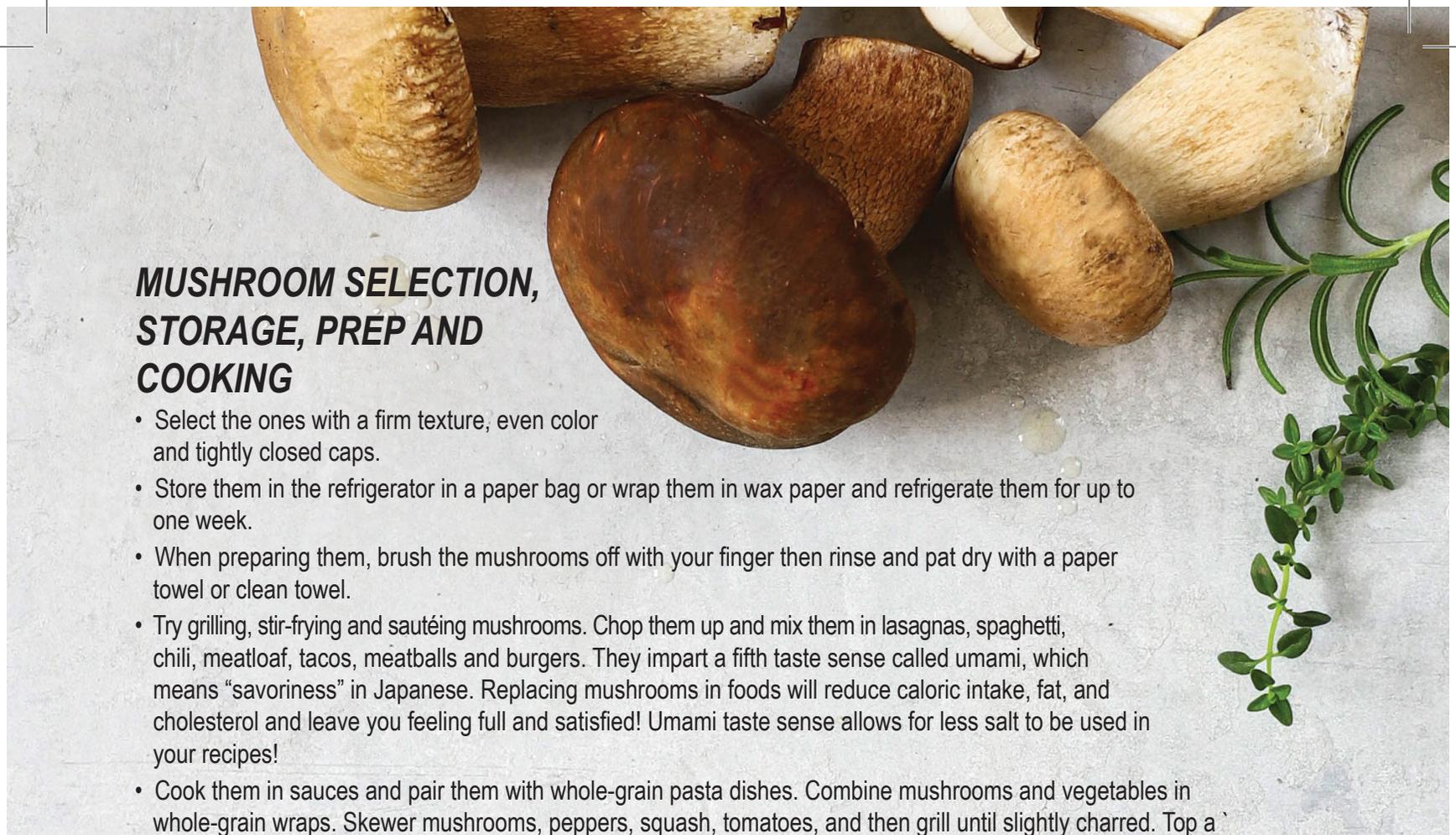
MUSHROOMS

Mushrooms are the hottest new food trend! They are now being grown in hi-tech farms in restaurants, and supermarkets. The farms can produce up to 100 pounds of mushrooms a week. Mushroom farming is changing because the consumer demand for mushrooms is greater than the supply. You can purchase your own organic, mini-mushroom farm on line, and enjoy fresh mushrooms!

Mushrooms are eaten as vegetables but they are actually a member of the fungi family of plants. They are tasty, versatile, and nutritious:

- One cup of raw sliced mushrooms has approximately 20 calories.
- They are good source of potassium, protein, fiber, riboflavin, niacin, pantothenic acid and selenium. Also, an excellent source of vitamin D if exposed to ultraviolet light right before or after harvesting.
- Fat-free, low-calorie, nutrient-dense, and low in sodium.
- Grown in nearly every state, however, Pennsylvania accounts for approximately 60 percent of total U.S. mushroom production.
- There are thousands of varieties that are grown and harvested year-round. Don't pick and eat mushrooms in the wild that you don't know are safe. There are many poisonous mushrooms that look very similar to safe mushrooms and please only buy from reputable grocers.





MUSHROOM SELECTION, STORAGE, PREP AND COOKING

- Select the ones with a firm texture, even color and tightly closed caps.
- Store them in the refrigerator in a paper bag or wrap them in wax paper and refrigerate them for up to one week.
- When preparing them, brush the mushrooms off with your finger then rinse and pat dry with a paper towel or clean towel.
- Try grilling, stir-frying and sautéing mushrooms. Chop them up and mix them in lasagnas, spaghetti, chili, meatloaf, tacos, meatballs and burgers. They impart a fifth taste sense called umami, which means “savoriness” in Japanese. Replacing mushrooms in foods will reduce caloric intake, fat, and cholesterol and leave you feeling full and satisfied! Umami taste sense allows for less salt to be used in your recipes!
- Cook them in sauces and pair them with whole-grain pasta dishes. Combine mushrooms and vegetables in whole-grain wraps. Skewer mushrooms, peppers, squash, tomatoes, and then grill until slightly charred. Top a pizza or fill an omelet. Add dried mushrooms to risotto dishes and soups.

COMMON EDIBLE MUSHROOMS

- **Agaricus (White or Button)** are the most common mushrooms to appear on grocery store shelves. They have a mild taste and can be used in just about anything from salads to sauces.
- **Chanterelles** are funnel- or trumpet-shaped mushrooms with a fruity, apricot-like aroma and mild, peppery taste. Most are yellow or orange and are delicious sautéed or roasted.
- **Crimini (Italian Brown) or Baby Bellas** look similar to the white button, but are a little darker in color and have a stronger taste. Criminis are good eaten raw, roasted or sautéed
- **Enoki or Enokitake** are often used in Asian cuisine, particularly soups. They are long-stemmed and white, often packaged in clusters, and have a delicate flavor. Enoki add crunch to salads and sandwiches, and mild flavor to soups and stir-fries.
- **Morel** has a distinctive honeycomb-like shape, vary in color from light yellow to dark brown, and earthy in flavor. Dried morels are full of flavor and much less expensive than the fresh variety. Cook before eating by sautéing, stuffing or simmering morels to create flavorful sauces.
- **Oyster mushrooms** are smooth, trumpet-shaped and have a light flavor... Though the color fades when cooked, oyster mushrooms can be yellow, pink or blue. Oyster mushrooms pair well with fish, seafood, poultry and red meat and are delicious simply sautéed or roasted whole.
- **Porcini** are reddish brown and have a nutty flavor. Less expensive dried porcini can be reconstituted and used to add robust flavor to sauces, soups, stews and stuffing. Try them in a classic Italian risotto.
- **Portobello mushrooms** are larger, firmer and have a meatier taste. With its steak-like texture, grilled portabellas make a satisfying vegan “burger.” Sauté, broil or roast portabellas and enjoy in fajitas, as a pizza topping or chopped into a hearty ragout. To prevent discoloration, remove the black gills before sautéing.
- **Shiitakes** have a meatier taste and are better cooked than raw. Cooking brings out their earthy, smoky flavor. With the tough stem removed, try shiitakes sautéed or add to stir-fries, soups or pasta dishes. For more intense flavor, try dried shiitakes in your recipes.