



Produce of the Month

Mushrooms



Nutritional Information

- 🍄 Mushrooms are a great source of B vitamins, which help the body break down proteins, fats, and carbohydrates.
- 🍄 Mushrooms are a leading source of essential antioxidants.
- 🍄 Mushrooms are one of the only plant foods that contain Vitamin D!

Fun Facts

- 🍄 Mushrooms are a part of the fungi kingdom.
- 🍄 Unlike other plants, mushrooms do not require sunlight to make energy for themselves!
- 🍄 For centuries, traditional Chinese medicine has used mushrooms for their medicinal properties.

Selecting, Storing, Preparing

- 🍄 **Choose:** those that have a firm and smooth texture. Mushrooms should be dried but NOT dried out and rough.
- 🍄 **Storage:** sliced mushrooms can last up to a week in the refrigerator and whole mushrooms can last even longer.
- 🍄 **Preparation:** mushrooms and water don't mix so do not soak mushrooms. Instead, gently brush off dirt with a damp cloth or quickly rinse and then dry.

Recipes/Ideas

- 🍄 Fresh mushrooms can be added to salads or eaten raw.
- 🍄 Sautéed mushrooms go great on pizza, mixed into rice dishes, or as a meat substitute for burgers and tacos!
- 🍄 Stuffed mushrooms make a great appetizer!

For more ideas:

<http://allrecipes.com/recipe/222795/superb-sauteed-mushrooms/>
<http://food.ndtv.com/lists/10-best-mushroom-recipes-693198>

<http://95210.townofmanchester.org/>

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

Manchester's Message for a Healthier You