

Mushrooms



Did you know?

Though mushrooms are often categorized as a vegetable, mushrooms are actually part of the kingdom called *fungi*. Despite this, mushrooms have been an important part of the human diet for centuries. Food historians believe that mushrooms were likely eaten by prehistoric peoples because they were easy to forage and incorporate into meals.

Button Mushrooms

Nutrition Facts

Serving size ½ cup, cooked

Amount Per Serving

Calories 20

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Polysaturated Fat 0g

Monosaturated Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0.2mcg 0%

Calcium 0mg 0%

Iron 0.36mg 2%

Potassium 282mg 6%

*The Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Classroom Recipe

Roasted Wild (and Not So Wild) Mushrooms

Ingredients

- 1 pound assorted mushrooms (e.g. button, white, shiitake, portobello, cremini, oyster mushrooms)
- 1 clove garlic, peeled and minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil

Directions

1. Preheat oven to 400°F.
2. Place mushrooms on the baking sheet and add olive oil, garlic, salt and pepper. Mix well.
3. Roast mushrooms until golden brown, about 20–30 minutes.
4. Serve right away or cover and refrigerate overnight.

Nutrition Information

How Much Do I Need?

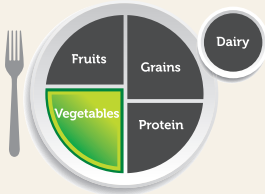
A ½ cup of sliced mushrooms is about 5 medium mushrooms, or the size of a handful. The amount of fruits and vegetables each person needs depends on age, sex and physical activity level.

Recommended Daily Amounts of Vegetables

	5 – 8 yrs	9 – 13 yrs	13 – 18 yrs
Male	1½ – 2½ cups	2 – 3½ cups	2½ – 4 cups
Female	1½ – 2½ cups	1½ – 3 cups	2½ – 3 cups

Featured Resource

At [choosemyplate.gov](https://www.choosemyplate.gov), kids and adults can take a short quiz to learn more about their current daily nutrition habits and find resources for adjusting those habits to prioritize nutritious food based on federal dietary guidelines.



Explore Pennsylvania's Mushrooms

What You Need

- A variety of mushrooms;
1 of each for every 4 students
Cutting boards and knives

Dry erase board and markers
Colored pencils and graph paper

Steps

1. Label 5 columns on board: smell, sound, look, texture and taste.
2. Label rows according to mushroom varieties.
3. Guide students to observe, smell, feel and taste mushrooms. Note students' observations on the board. Discuss similarities and differences among varieties.
4. Graph each student's favorite variety on the board to determine the overall class favorite.

CLASSROOM ACTIVITY CORNER

Mushroom Spore Printing

- Cut off the lower portion of a mushroom with a sharp knife, exposing the gills. Place the mushroom gill-side down on the piece of paper.
- Sprinkle the top of the mushroom with a little bit of water (this will encourage the mushroom to produce spores).
- Cover the mushroom with the cardboard box and let it sit overnight.
- Remove the box and the mushroom to see the spore print left behind by the mushroom. If you want to preserve your spore print, you can spray it with hairspray.

CAFETERIA CONNECTION

mushrooms are in season all year long. Coordinate a visit from a local mushroom forager or farmer to talk to students about mushrooms. You can also include a taste test with the presentation. Try highlighting one recipe with mushrooms in the cafeteria after this event to get students excited about mushroom season.



READING NOOK

Expand your lesson with these selected books about mushrooms and other fungi!



Fungi: Mushrooms, Toadstools, Molds, Yeasts and other Fungi

BY JUDY WEARING
AGES 8+



Mushroom in the Rain

BY MIRRA GINSBURG
AGES 3-8



The Mushroom Hunt

BY SIMON FRAZER
AGES 4-8

Just the Facts

- Over 60% of mushrooms cultivated today are grown in PA, mainly in Kennett Square and Bucks County. Over 50 PA farms grow nearly 557 million pounds of mushrooms each year!
- A good source of fiber, mushrooms are one of the few foods with naturally occurring vitamin D.
- Mushrooms are rich in potassium.

paharvestofthemonth.org



Copyright by The Food Trust 2023

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).



Sources:
Adapted from the CalFresh Healthy Living program
<https://extension.psu.edu/forage-and-food-crops/vegetables>
<https://www.myplate.gov/eat-healthy/what-is-myplate>
<https://www.paharvestofthemonth.org/index.php/downloads>
<https://www.chopchopfamily.org/recipe/roasted-wild-and-not-so-wild-mushrooms>