

[FEBRUARY]

mushrooms



GROWING SEASON

Mushrooms can be cultivated year-round in the Pacific Northwest. Most mushrooms grown for eating are farmed in controlled, sterilized environments.

FUN FACT

Mushrooms do not contain chlorophyll – a green pigment in plants – which means they do not need the sun to grow! There are over 5000 kinds of

mushrooms. The most common are Chanterelle, White, Oyster, Portabella and Shiitake.

GOOD EATS

Mushrooms contain over a dozen minerals and vitamins, including copper, potassium, magnesium, zinc and a number of B vitamins like folate. Mushrooms, eaten fresh or cooked, add a savory flavor to dishes.



Tor Lindqvist

FARM-TO-SCHOOL

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FARM fresh
FRIDAYS

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