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## Selection

When selecting mushrooms, be sure they are firm, plump and clean. Avoid those that are slimy or wrinkled.

There are several varieties of mushrooms; Shiitake (the most popular), Portabellas, Morels (wild), Crimini and Button (most common).



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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ The best way to store mushrooms is in a loosely closed brown paper bag in the refrigerator. They will keep for about 3-7 days.
- ◆ Dried mushrooms should be stored in a tightly sealed container in either the refrigerator or freezer.
- ◆ Wash mushrooms right before using under cool running water.

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## Why Buy Local?

- ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles.
- ◆ Buying local keeps farmers on the land and producing food for everyone.
- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
- ◆ Local foods taste good!



### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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## Mushrooms

## *Hongos*

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## Uses

Mushrooms can be sautéed, chopped, stuffed (large portabellas), grilled, steamed, fried or dried.

Mushrooms can be added to many foods to add more nutrition to a dish or just for flavoring.

Mushrooms can be purchased all year.



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## Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Good source of Manganese
- ◆ Good source of Fiber
- ◆ Good source of Vitamins B2, B & B6
- ◆ Good source of Zinc

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Primary Sources: WH Foods; University of Kentucky Cooperative Extension; Photos found on Google Images

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## Try It!

### Stir-Fried Broccoli & Mushrooms

#### INGREDIENTS

- 2 Tbsp. Corn oil
- 2 cups Mushrooms, sliced
- 1 Small onion, cut in thin wedges
- 1/2 tsp. Salt
- 1 Garlic clove, minced
- 1/8 tsp. Pepper
- 2 cups Broccoli florets

#### INSTRUCTIONS

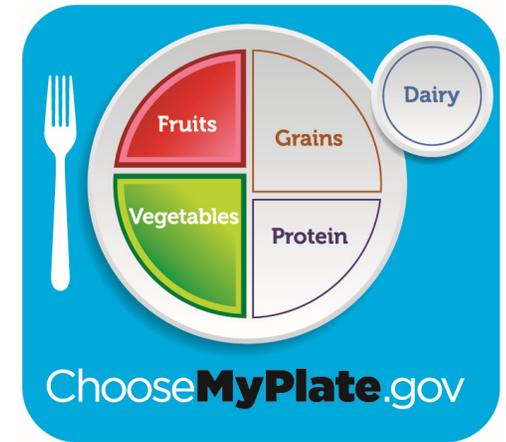
1. In wok or large skillet heat oil over medium-high heat.
2. Add onion and garlic; stir-fry 30 seconds.
3. Add broccoli, mushrooms, salt and pepper; stir-fry 5 minutes or until tender-crisp.

Yield: 4 servings

Recipe Source: <http://www.recipesource.com>



Stir-fried Broccoli & Mushrooms



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## History & Fun Facts

Shiitake mushrooms have been a symbol of longevity in Asia because of their health-promoting properties, these mushrooms have been used medicinally by the Chinese for more than 6,000 years.

Mushrooms are often thought of as a vegetable and prepared like one but they are actually a fungus.

Button mushrooms have grown wild since prehistoric times, having been consumed as food by the early hunter-gatherers.