

Mushroom



What am I?

Mushrooms are not a vegetable but part of the fungi family. They do not have roots, seeds, leaves or flowers. There are a variety of mushrooms such as black trumpet, morels, porcini, cremini, portobello, shiitake and white mushrooms.



How do I grow?

- Mushrooms require a moist environment to grow.
- Mushrooms grow best in the wild and are often found growing on damp logs.
- In the US, you can find them in Massachusetts, Michigan, California and Pennsylvania.

Nutrition Facts

Mushrooms are a great source of B vitamins, vitamin D, potassium, copper and selenium.

Fun Facts

- A trained mushroom expert is called a mycologist.
- Not all of them have are safe for humans to eat raw; some are poisonous.
- Mushrooms have a meaty texture and are sometimes used in place of meat in dishes.

