

Blue Oyster Mushroom

Oyster mushrooms are named after the way they look, like oysters. The “blue” in the name is due to the cap or top of the mushroom which is blue.

The average American consumes more than 2 pounds of mushrooms each year!

Benefits of Mushrooms:

- Good for your heart!
- Good for your brain!
- Good for your bones!
- Helps you stay healthy!



Why is the mushroom
always invited to parties?

Because he's a Fungi.