

# Harvest of the Month



## November Mushrooms



Mushrooms are neither plant nor animals. They are classified as fungi. There are three parts to a mushroom - a cap, gills, and a stem. Mushrooms come in thousands of different varieties. Some of the most common are button, cremini, shiitake, oyster, and portobello. Mushrooms are grown in sterile environments in “growing houses.” They also grow in the wild. Some wild mushrooms are toxic so it’s best to purchase mushrooms commercially rather than to pick your own.

Because mushrooms are up to 90 percent water, they serve as a low-calorie source of B vitamins, selenium, and potassium. They are one of the only plant sources of vitamin D! Vitamin D is important for bone health because it aids in the absorption of calcium and phosphorus. It also supports immune health.



## Did You Know?

1. Unlike vegetable plants, mushrooms do not contain chlorophyll and can't make their own food. They rely on other plants to support their growth.
2. Mushrooms are nutrient-dense, fat-free and low in calorie. They contain 85 to 95 percent water and more amino acids than corn plants or soybeans.
3. The Honey Mushroom is the world's largest known organism. This massive organism covers 2,384 acres of soil in Oregon's Blue Mountains.

## Tasty Tips

1. Mushrooms can be brushed clean with a slightly damp paper towel.
2. Place mushrooms in a bowl of cool water. Swish them around and rub off any remaining dirt.
3. Always pat mushrooms dry with a paper towel before cooking with them.
4. Purchase mushrooms that are firm and appear fresh and smooth. Look for mushrooms that are free from bruises or soft spots.
5. Store mushrooms unwashed in a paper bag for up to three days. Mushrooms absorb smells, so don't store them next to strong-smelling foods.

## Marinated Mushrooms

### Ingredients:

- 16 oz button mushrooms, cleaned and stems trimmed
- 2 teaspoons fennel seeds
- 3/8 cup white wine vinegar
- 5/8 cup extra virgin olive oil
- 1 teaspoon fine sea salt or kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 cloves minced garlic (optional)
- 1/2 cup chopped herbs (parsley, green onion or chives)



### Directions:

1. Cut larger mushrooms into halves or quarters to make bite-sized pieces and place into a large one gallon sealable plastic bag.
2. Crush fennel seeds on a cutting board with a knife.
3. Place the fennel seeds, white wine vinegar, olive oil, salt, pepper, garlic, and herbs in a mason jar. Screw on the lid and shake it vigorously!
4. Pour marinade into Ziplock bag with the mushrooms and shake to coat. Let the bag sit for at least 30 minutes, shaking every 10 minutes.
5. Enjoy!

## The Crispy Mushroom

### Ingredients:

- 5 tsp rice flour
- 1/2 tsp chili Powder
- 2 tsp corn Flour
- 1/4 tsp garam masala
- Salt to taste
- 150 ml water
- 6-8 small-sized mushrooms
- Olive Oil
- Breadcrumbs



### Directions:

1. Take rice flour in a bowl, add corn flour, chili powder, garam masala, salt and water to it and mix well.
2. Add small-sized mushrooms to the mixture and let it sit for minute.
3. Pour olive oil in a saucepan and heat it on low.
4. Coat the mushrooms with breadcrumbs and fry in the saucepan.
5. Serve hot!

