



HARVEST OF THE MONTH

Wisconsin Grown Foods

MUSHROOMS

A fungal growth that typically takes the form of a domed cap on a stalk, with gills on the underside of the cap.



HEALTH BENEFITS

- HIGH IN ANTIOXIDANTS
- LOW IN CALORIES
- GOOD SOURCE OF PROTEIN AND FIBER
- CONTAIN B VITAMINS, VITAMIN D, SELENIUM, POTASSIUM, & COPPER
- HAVE A POSITIVE EFFECT ON GUT HEALTH & THE IMMUNE SYSTEM
- ARE AN EXCELLENT SOURCE OF VITAMIN D IF EXPOSED TO UV LIGHT DURING PRODUCTION

Easy ways to incorporate Mushrooms:

- THROW INTO OMELETTES
- PUT INTO SAUCES
- CHOP & ADD TO GROUND BEEF
- ADD TO SALADS
- ADD TO RICE OR GRAINS
- USE WITH PEPPERS IN FAJITAS



All about mushrooms
wisconsinmycologicalsociety.org

Local Mushroom Farm & Store
River Valley Ranch - Lake Geneva
rvrvalley.com