

FRUIT/VEGETABLE OF THE MONTH!

The featured vegetable is the **MUSHROOM**

MUSHROOM FACTS:

Mushrooms are widely known for their delicate flavor, meaty texture and amazing health benefits.

Oregon's giant "honey mushroom" is the largest ever measured. It is larger than a whale. The mushroom covers 2200 acres and can be found in Malheur National Forest. It is the largest living organism on Earth.

Portobello mushrooms, button mushrooms, and white mushrooms are all the same mushrooms at different levels of maturity.

HEALTH BENEFITS OF EATING MUSHROOMS:

- May fight certain cancers
- May be helpful in maintaining heart health by supporting healthy blood pressure and lowering cholesterol
- Choline, a nutrient in mushrooms, helps with sleep, memory, learning, and muscle movement
- Mushrooms are a source of selenium which appears to help ward off depression, anxiety, and fatigue
- May help reduce inflammation
- May support gut health
- May help you feel full longer
- May help prevent respiratory infections

Some popular ways to enjoy mushrooms include: add them as an ingredient to homemade pizza, sprinkle on salads, cook with garlic and butter, eat in eggs, and add into a stir-fry with other vegetables.



SAUTEED MUSHROOMS WITH GARLIC RECIPE:

Total Time: 15 min | Yield: 6 servings

Ingredients

- 1 pound white or brown mushrooms
- 1 tablespoon soy sauce
- 2 tablespoons olive oil
- 2 tablespoons butter
- ¼ cup white wine optional
- 1 sprig fresh thyme or a pinch of dried thyme
- 2 cloves garlic minced

Instructions

1. Clean mushrooms by gently wiping with a paper towel. Slice into thick slices (about ½").
2. Add butter and oil to a pan and heat over medium high heat.
3. Quickly toss the mushrooms & soy sauce (do not do this ahead of time, this will remove too much moisture from the mushrooms)
4. Add the mushrooms to the pan and toss with olive oil mixture. Allow to cook about 4-5 minutes without disturbing to brown on one side.
5. Add white wine if using and allow to evaporate. Add garlic and thyme (if using). Continue cooking an additional 3-4 minutes stirring occasionally until cooked.
6. Season with salt & pepper to taste.

