



mushrooms.ca^{nada}

Fresh. Simple. Good.

Fire Up the Grill

And Throw On Some Mushrooms?

It's that time of year again! Time to gather with friends on a warm summer day, fire up the grill, and throw on some mushrooms. Yes mushrooms.

Mushrooms grilled on the barbeque make a wonderful side dish or entrée, and add great taste and texture to any meal. Grilling mushrooms is not only fast but easy. It is as simple as grilling the mushrooms on each side for 3-4 minutes, depending on their size, and then seasoning to any taste you like. Larger mushrooms such as portabella make a great addition to burgers or can be eaten on a bun as a substitution for meat. White and brown mushrooms can be added to shish kabobs to add a fabulous variety of colours and shapes. Or for a lighter side dish at your barbecue, simply add some fresh enoki mushrooms to your salads for a great crunch.

So don't forget about mushrooms when it comes to your outdoor get togethers; fast, easy, simple and tasty, mushrooms are sure to be the star of your next barbecue.