



Fall 2008



mushrooms.canada

Fresh. Simple. Good.

So, your concern is Food Safety



Fresh Canadian mushrooms are safe to eat! Growing rooms are sterilized with steam between crops. Substrate is pasteurized before the mushroom mycelia are planted. Mushroom harvesters are trained in personal hygiene. They wash their hand before and after breaks. They wear hair nets, and jewellery is forbidden. These are basic rules in Mushrooms Canada's HACCP-based On-Farm Food Safety (OFFS).Program



Have you heard of HACCP (Hazard Analysis Critical Control Points)? HACCP was developed for NASA to prevent the astronauts from getting a food-borne illness in space. Now, the principles of HACCP are being applied to mushroom growing and packing in Canada.

Mushrooms Canada encourages its members to enrol in the OFFS program by sponsoring a certified Food-Safety Facilitator and sharing the costs

of 3rd Party certification. The Facilitator works hand-in-hand with the growers to prepare their individual food-safety programs. He conducts Personal Hygiene training seminars for farm employees. When a farm has passed a formal 3rd Party audit, it is rewarded with a Certificate of Food Safety. The buyers of FRESH Canadian mushrooms can be assured that Canadian mushroom farmers comply with international standards of food safety.

Now Playing: Italian Stuffed Peppers

A wonderful vegetarian meal or side dish that can be microwaved if you prefer! Make this easy recipe using Fresh Mushrooms in 30 minutes or less.

See the full recipe on page two.



Did you know...

mushrooms are the only vegetable to have naturally occurring Vitamin D?

Mushrooms and Your Health: Healthy Aging

In 2001, one in eight Canadians were 65 years-of-age or older. By 2041, 9.2 million, or one in four of us will have hit that golden age. Healthy aging is the key to optimizing the years we have without disease or other chronic conditions that may keep us from enjoying life to the fullest.

Eating a variety of nutritious foods for a low fat, high fiber diet, rich in vitamins, minerals and antioxidants, is one good strategy for lowering our risk of disease and disease-related disabilities. Also, it keeps our brains and bodies in tip-top shape as the years pass by. Remember that healthy aging also requires daily physical activity along with activities that exercise the brain. Here's a few ways mushrooms can be a tasty part of your anti-aging diet strategy.

Adding Antioxidants

Fresh mushrooms contain significant levels of l-ergothioneine, a naturally occurring antioxidant that may also help protect the body against disease.

Fabulous Fibre

Fresh mushrooms contain both soluble and insoluble fibre. Insoluble fibre promotes regularity. Soluble fibre may help regulate blood sugar fluctuations and lower cholesterol levels.

Marvelous Minerals

Fresh mushrooms are naturally very low in sodium and are a great way to boost flavor without adding a lot of salt in pastas, salads, stir-fries and more. A diet low in sodium can help prevent and control high blood pressure.

For the full story on how mushrooms can help with healthy aging visit: www.mushrooms.ca

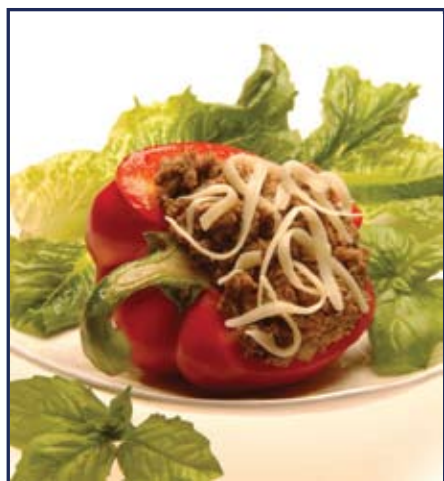
“Watch For Us” in these locations:

- October 15, 2008 - WOW Event, Wingham, Ontario
- November 7-9, 2008 - National Women's Show, Toronto, Ontario. *Click here to get \$5.00 off Admission!*
- November 12-13, 2008 - The Royal Agricultural Winter Fair, Toronto, Ontario
- November 26, 2008 - WOW Event, Paris, Ontario

Italian Stuffed Peppers

A wonderful vegetarian meal or side dish that can be microwaved if you prefer! Make this easy recipe using Fresh Mushrooms in 30 minutes or less.

Prep Time: 15 min. **Cooking Time:** 6 min.



2 large red, yellow or green peppers	2
2 tbsp olive oil	25 mL
1/4 cup Each diced celery and onion	50 mL
1 lb. mushrooms, finely chopped	500 mL
4 cloves garlic, minced	4

1/2 cup dry bread crumbs	125 mL
1/4 cup grated Parmesan cheese	50 mL
1/4 cup ketchup	50 mL
1 tsp Each dried basil and oregano	5 mL
1 cup grated mozzarella or crumbled feta,	250 mL

Method

Cut peppers in half lengthwise and carefully scoop out seeds. In large skillet heat oil over medium heat, sauté celery and onion for 1-2 minutes, or until softened. Add mushrooms and sauté another 3-4 minutes or until starting to brown; stir in garlic and remove from heat. Stir in breadcrumbs, Parmesan, ketchup, basil, oregano and a 1/2 cup of mozzarella. Spoon mixture into peppers and place in shallow baking pan or casserole. Bake 15 –18 minutes in 400°F (200°C) oven or until peppers are tender; sprinkle with remaining 1/2 cup of mozzarella. Return to oven 1-2 minutes just to melt cheese.

Makes 4 servings

Tip: Chop celery, onion and mushrooms in food processor to save time.

Check out mushrooms.ca for the microwave variation.



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Winner's List

Mushrooms Canada congratulates all the winners of the 2008 T-Fal Frypan Contest.

All winners received a 30cm T-Fal Practica Frypan courtesy of T-Fal Canada.

Suzanne A, Sherbrooke, Quebec

Lisa B, Oshawa, Ontario

Therese W, Windsor, Ontario

Line L, Quebec City, Quebec

Roger B, Deux-montagnes, Quebec

Joan M, Toronto Ontario

Yvan P, St-Romuald, Quebec

Anne-Marie N, Perth, Ontario

Linda B, Cambridge, Ontario

Pierre B, Langford, British Columbia

Elizabeth A, Brantford, Ontario

Jennifer B, North Gower, Ontario

Lorraine T, London Ontario

Rhea W, Edmonton, Alberta

Corry V, Wyoming, Ontario

John K, Churchbridge, Saskatchewan

Cecilia M, Mississauga, Ontario

Deborah C, Vernon, British Columbia

Jay A, Toronto, Ontario

Carol S, Sarnia, Ontario

Kelly B, Edmonton, Alberta

Collette L, Ottawa, Ontario

Carol S, Saskatoon, Saskatchewan



T-fal
Ideas you can't live without.