



mushrooms.canada

Fresh. Simple. Good.

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Fall 2007



Fabulous Fall

In 1899 Lucy Maud Montgomery wrote in her journal: "The summer is now over. It is October and autumn. We are having delightful fall days, misty and purple, with pungent, mellow air and magnificent sunsets, followed by the rarest of golden twilights and moonlit nights floating in silver. Maple and birch are crimson and gold, and the fields sun themselves in the aftermath."



Fall does not symbolize the end of fresh locally grown mushrooms, as it does for many other fruits and vegetables. Mushrooms are available year round, no matter what the season. Try one of these marvelous mushroom pairings for your next fall meal.

Chicken. Mushrooms and chicken naturally compliment each other in taste and texture. Use together in stir-fries, salads, soups and easy appetizers.

Eggs. Toss sliced mushrooms into omelettes, frittatas and quiches. Nothing is simpler or more satisfying.



Mushroom, Turkey and Rice Casserole

Green Salads. Make the most of your salads by adorning them with fresh mushrooms. Mushrooms add toothsome texture, flavour and extra nutrients.

Grilled Vegetables. When grilling vegetables in the oven, don't forget to add the mushrooms. Drizzle with a little olive oil, sprinkle with some fresh herbs and season with salt and pepper. Include these simple and delicious pairings in your Thanksgiving family dinners or at your next Halloween Party. Why not try the Mushrooms, Turkey and Rice Casserole on page two? It is tried, tested and sure to please.

Visit www.mushrooms.ca for more fresh, simple, good mushroom recipes.



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Did You Know...

Mushrooms are low in calories, fat free, and loaded with B Vitamins and minerals.

Mushrooms and Your Health: Prostate Cancer

Prostate cancer is the most common cancer in Canadian men. Canadian Cancer Society statistics estimate that 20,700 men were diagnosed with the disease in 2006, with 4200 of those dying from it. One in 7 men will develop prostate cancer during his lifetime, and 1 in 26 will die of it. However, there is reason for hope:

- The Netherlands Cohort Study looked at the vegetable intake and prostate cancer risk of 58,279 men ages 55-69 years and found an association between eating mushrooms and reduced risk of prostate cancer.
- A study published in 2000 in the journal Molecular Urology, found that beta-glucans (polysaccharides)

extracted from Maitake mushrooms destroyed human prostatic cancer cells in a laboratory setting.

- Selenium is of scientific interest in prostate cancer risk research. A 100 gram serving of sliced uncooked mushrooms is a source of selenium, providing 13% of the Daily Value.
- Recent results from the Physicians' Health Study conducted at Brigham and Women's Hospital and Harvard Medical School, Boston, noted that higher levels of selenium may slow prostate cancer tumor progression. As well, those who had the highest levels of selenium in their blood were almost 50% less likely to develop prostate cancer during the 13 years of follow-up.

For more information and references visit:
www.mushrooms.ca

“Watch For Us” in these locations:

- Winter 2007 Issue of Longo's Experience Magazine
- Fall 2007 - The “Make it With Mushrooms” Student Chef Challenge, Ontario Colleges
- September 2007 - Carp.ca and 50plus.com websites
- September 2007 - Mushrooms Canada and FoodTV.ca online contest
- October 29 - 30, 2007 - Grocery Innovations Show, Toronto
- November 2 - 4, 2007 - National Women's Show, Booth 1152, Toronto
- November 6 & 9, 2007 - Royal Agricultural Winter Fair, CNE Fairgrounds, Toronto

Mushroom, Turkey and Rice Casserole

Brown rice and mushrooms add a deep earthy flavour to leftover turkey for the perfect easy holiday meal. Serve with a spinach salad.

Prep Time: 20 min. **Cooking Time:** 30 min.



Ingredients

2 tbsp olive oil	25 mL
1 lb. sliced crimini or white Mushrooms	500 g
1 cup sliced celery	250 mL
3/4 cup sliced green onion	175 mL
2 cloves garlic, minced	2
1 tsp Each dried thyme leaves, sage leaves	5 mL

1 tsp salt	5 mL
1/2 tsp pepper	2 mL
4 cups cubed cooked turkey breast	1 L
4 cups cooked brown and wild rice*	1 L
2/3 cups chicken stock	150 mL
1/2 cup coarsely chopped pecans	125 mL
2 tbsp chopped parsley (optional)	25 mL

Method

In large skillet heat olive oil over medium heat. Add mushrooms, celery, onions and garlic; sauté for 3 minutes. Stir in thyme, sage, salt, pepper; sauté for 2 minutes and add chicken stock. Remove from heat and set aside. In 2.5-3qt (2.5-3L) casserole combine turkey, rice, and pecans, stir in mushroom mixture. Bake in 350°F (180°C) oven for 25 minutes or until heated through. Garnish with parsley if desired. Makes 6 Servings

* In medium saucepan bring 2½ cups (625 mL) water to boil. Add 1 cup (250 mL) uncooked brown and wild rice mix. Cover and reduce heat to simmer for 35-45 minutes or until water is absorbed and rice is until tender.



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Winner List

Mushrooms Canada congratulates all the winners from this years Canadian National Exhibition Food and Nutrition Cooking Stage, and the Mushrooms Canada T-Fal Fry Pan Giveaway.

The Canadian National Exhibition

Toronto, Ontario

Congratulations to all 60 winners who received a \$25.00 Canadian Tire Gift Card for participating at the Food and Nutrition Cooking Stage.

Mushrooms Canada

T-Fal Fry Pan Give-Away

Erna F. of St. Catharines
Amelia C. of Mississauga
Alfonsina G. of Toronto
Barbara B. of Cornwall
Lisa H. of Toronto

Christina A. of Belleville
Megan M. of Newcastle
Debbie Z. of Thornhill
Larry N. of Pickering
Louanne B. of Colborne
Anne H. of Gloucester
Sarrah G. of Ottawa
Eduarda R. of Etobicoke
Stephanie S. of Etobicoke
Josie F. of Stoney Creek
Sandra M. of Toronto
Blair C. of Whitby
Dalerest G. of Mississauga
Stephanie C. of Brantford
Chantal R. of Ottawa
Connie N. of Mississauga
Mara L. of Mississauga
Nicole S. of Thornhill
Amber M. of Toronto
Daniel H. of London