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Fresh. Simple. Good.

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Spring 2007

Spring & Mushrooms

How to Spring into the new season with Mushrooms



Gardens Love Mushroom Compost

Get out your gardening gloves and get your green thumb ready, for spring is here!



Every home owner strives to have the greenest lawn, the brightest flowers and healthiest trees. Let's admit that seeing your neighbours' perfectly trimmed hedges and precisely weeded gardens may make us *green* with envy. Well, the time has come to have the most admired lawn and garden on the block, simply by using mush-

room compost. Mushroom compost offers a safe and natural way to supply lawns and gardens with valuable nutrients.

What is mushroom compost?

Mushroom compost comes from 100% organic materials such as straw, peat moss, stable bedding, corn cobs, soybean meal and gypsum. Once pasteurized, this material becomes a substrate on which mushrooms are grown. During the growing process, mushrooms utilize carbon, nitrogen, and water from the substrate. After the mushrooms have been harvested, the farmer is left with a nutrient-rich, organic soil conditioner, ideal for use as mulch for lawns and gardens.

How does mushroom compost help the environment?

Using mushroom compost in the garden helps to recycle a product which would otherwise be disposed of as waste. Since the

compost was made from recycled by-products from other farms, gardening with mushroom compost completes a double recycling process. Mushroom compost stores up to *70 percent* of its weight in water. That means less water is needed in dry spring or summer months when a water ban may be in place.

How to use mushroom compost?

Mushroom compost can be used as a mulch, soil conditioner, and potting mix additive. It is great for flowers, trees and shrubs, vegetables, herb gardens, and established lawns. Mushroom Compost may be acquired from your local nursery, garden centre or mushroom farm.

To locate your local mushroom farm, check the yellow pages under Mushrooms.

More information can be found at www.mushrooms.ca

Mushrooms and Your Health: Antioxidants

Antioxidants are the *heroes* of cell preservation. They work by slowing or preventing the oxidative process caused by free radicals that can lead to cell damage and the onset of problems like heart disease and diabetes. Vegetables and fruit are some of the best sources of antioxidants including beta-carotene, vitamins C & E and selenium. Recent research has found that mushrooms also contain a powerful antioxidant called l-ergothioneine.

- Researchers at the Pennsylvania State Mushroom Research Laboratory found that mushrooms contain significant levels of l-ergothioneine, which has shown antioxidant properties as a scavenger of strong oxidants.

- Antioxidant activity is enhanced by the presence of selenium. A half-cup serving of raw white mushrooms provides 5% of the Daily Value for selenium.

- L-ergothioneine is heat-stable, meaning it is present in both raw and cooked mushrooms.

- Portabella and crimini mushrooms have the most ergothioneine, followed closely by white mushrooms.

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- Exotic mushrooms, such as maitake, oyster and shiitake, have the highest amounts of ergothioneine.

For more information and references visit:

www.mushrooms.ca



“Watch For Us”

With Mushrooms Canada embarking on a great promotional campaign, watch for us in these locations over the next few months:

- January to December 2007 - A&P, Dominion, Loeb, Ultra, and The Barn Stores
- Summer and Winter 2007 Issues of Longo's Experience Magazine
- April 1st to 28th, 2007 - Arrow Neighbourhood Pubs, Toronto and Guelph, Ontario
- April 27th to 29th, 2007 - Good Food Festival and Market, Toronto, Ontario
- May 2007 - Clip 'n' Save Coupon Flyer
- May 2007 - Introduction to the New Mushroom Characters and Activities for Kids
- May 1st to July 31st - Mushrooms Canada Online contest featuring T-Fal Cookware
- Fall 2007 - Chef Training Courses at Community Colleges across Ontario

Balsamic and Chili Glazed Mushrooms with Walnuts

This unique dish can be served over hot cooked rice or salad greens for a light vegetarian meal. It can also be served as a side dish with grilled chicken or pork.

Prep Time: 10 minutes **Cooking Time:** 10 minutes



Ingredients

¼ cup	Each balsamic vinegar and lime juice	50 mL
3 tbsp	brown sugar	45 mL
2	large cloves garlic, minced	2
½ tsp	hot red pepper flakes	2-5 mL
1 cup	broken walnut pieces	250 mL
3 tbsp	vegetable or olive oil	50 mL
1 lb	small fresh Mushrooms	500 g

Method

In a measuring cup or small bowl mix vinegar, lime juice, sugar, garlic and red pepper flakes, set aside. Heat a large skillet or wok over medium-high heat. Add walnuts, cook and stir constantly for 2-3 minutes or until lightly toasted; remove and set aside.

In same skillet heat oil over medium –high heat, add mushrooms and stir-fry for 3-4 minutes. Add walnuts to skillet and stir in vinegar mixture while stirring constantly for 2-3 minutes or until sauce is bubbling and mushrooms are well coated. Serve on hot rice, greens or as a side dish to meats.

Makes 4 main course servings.



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Winner List

Mushrooms Canada congratulates all the winners from this years Total Woman Show, National Women's Show, Women's Lifestyle Show, and Toronto Wine and Cheese Show. All winners received a \$25 Canadian Tire Gift Card.

Total Woman Show Kitchener, Ontario

Joanna G, Cambridge
Heather J, Delhi

Women's Lifestyle Show London, Ontario

Alison A, London
Joanne, London
Dianne N, London

National Women's Show Ottawa, Ontario

Catherine S, Gloucester
Claire B, Arnprior
Patricia G, Ottawa
Chris S, Ottawa

Toronto Wine and Cheese Toronto, Ontario

Winners remain anonymous