



Summer 2008



mushrooms.canada

Fresh. Simple. Good.

4 Reasons to Buy Locally Grown Mushrooms

1. Fresher and Taste Better

That's right! Locally grown Canadian mushrooms are fresher and taste better than mushrooms that have been shipped thousands of kilometers from other countries. Not only can you taste the difference, fresh Canadian mushrooms will last longer, saving you money. Make sure to check the label for the "Product of Canada" sticker.

2. Less Environmental Impact

Locally grown Canadian mushrooms are not shipped thousands of kilometers, so they have a smaller carbon footprint. Mushroom farmers also follow sustainable growing practices and are agricultural recyclers; this minimizes the farms' environmental impact.

3. Are Safe

Locally grown Canadian mushrooms comply with a very strict On Farm Food Safety Program developed by Mushrooms Canada and Guelph Food Technology Center. This ensures that the mushrooms are safe before they leave the farm and hit your dinner table.

4. Support Your Local Economy

Buying locally grown Canadian mushrooms supports your local farmers and helps to build your local economy. By buying from a local farm or farmer's market today, you are ensuring there will be farms in your community tomorrow for future generations.

Now Playing: Grilled Oriental Mushroom Salad

Assorted fresh mushrooms and a zesty oriental style dressing are the stars in this warm zippy salad, perfect for lunch or to accompany grilled meat.

See the recipe on the second page.



Quick Tip: Grilling Portabellas

The weather is nice, the sun is out, grilling season is here! One of the most popular summer dishes is the quick and easy grilled portabella mushroom. Here are some quick tips to get perfectly grilled ports everytime.

- Brush portabellas lightly with oil. Grill on medium-high heat for 5-6 minutes on either side.
- To add an extra boost of flavour, marinate portabellas in an oil based vinaigrette, like Italian or Sundried Tomato, before grilling.
- Enjoy as a side dish or topping on your favourite grilled meats.

Mushrooms and Your Health: *Blood Pressure*

Do you know what your blood pressure is? If the answer is no, be sure to get your blood pressure checked by a healthcare professional at least once every two years. Why? According to the Heart & Stroke Foundation of Canada, more than 40% of people with high blood pressure aren't even aware they have it. High blood pressure can damage the lining of arteries anywhere in the body leading to atherosclerosis or narrowing of the arteries. And that's a real problem, as it can double or even triple your risk of heart disease/stroke and increase your risk of kidney disease.

The good news is that whether you wish to control high blood pressure or just prevent it from happening, mushrooms can help. Being at a healthy weight, cutting back on salt and eating more foods rich in

potassium, including fresh mushrooms, are three of the Heart & Stroke Foundation's recommended lifestyle changes for controlling blood pressure.

Slash the Sodium

Aim for less than 2300 milligrams of sodium per day, about one teaspoon, from processed foods and salt added during food preparation and at the table. Fresh mushrooms are naturally very low in sodium with only 5 mg per ½ cup serving of uncooked white button mushrooms.

Pick up more Potassium

Fresh white button mushrooms contain 318 milligrams of potassium or 9% of the Daily Value in each ½ cup serving. Getting a little more potassium will help counteract the effects of too much sodium on blood pressure.

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

"Watch For Us" in these locations:

- August 4, 2008 - Today's Parent KidSummer, Toronto, Ontario
- August 15 to September 1, 2008 - The Canadian National Exhibition, Toronto, Ontario
- November 12-13, 2008 - The Royal Agricultural Winter Fair, Toronto, Ontario

Grilled Oriental Mushroom Salad

Assorted fresh mushrooms and a zesty oriental style dressing are the stars in this warm zippy salad-- perfect for lunch or to accompany grilled meat.

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



3 tbsp each vegetable oil and soy sauce	45 mL
1/3 cup rice vinegar	75 mL
2 cloves garlic, minced	2
1 tbsp Dijon mustard	15 mL
2 green onions, chopped	2
1 tbsp finely minced gingerroot	15 mL
1 lb. assorted sliced fresh Mushrooms (white, crimini, portabella, shiitake, oyster)	500 g
3 tbsp teriyaki sauce	45 mL
16 cups mixed salad greens or baby spinach	4 L
1 tbsp sesame seeds	15 mL

Method

In small saucepan, mix oil, soy sauce, vinegar, garlic, mustard, onions and gingerroot; set aside. Pile mushrooms in centre of large piece of heavy-duty aluminum foil. Drizzle with teriyaki sauce. Fold edges and ends to seal well. Barbecue on high heat about 5-6 minutes or until steaming. Heat dressing on barbecue or stovetop just until boiling. Divide salad greens evenly among 4 large salad plates. Top with warm mushroom slices and drizzle with hot dressing. Sprinkle sesame seeds on top. Serve immediately. Makes 4 servings.