



Summer 2010



mushrooms.canada

Fresh. Simple. Good.

Fresh Mushrooms *are Green!*

Green means environment. You know, ecology: preservation of soil, water and air. In order to preserve the environment for future generations, we should recycle, reduce and reuse. Mushrooms have been around for millions of years. In the forests, they recycle, reduce and reuse waste materials. That is precisely what modern farmers do on mushroom farms.

Recycle



Canadian mushroom farmers convert agricultural wastes, from wheat and corn fields, horse stables, and poultry barns, into a nutritious food and a valuable soil conditioner. Every year, mushroom growers in Canada recycle at

least 240,000 tons of wheat straw, 4,000 tons of stable bedding and 126,000 tons of poultry bedding to grow white button, brown and portabella mushrooms. Mushroom farmers also use a lot of water, not only in the composting process, but also to clean and

wash the mushroom growing and packing rooms. Most of that water is captured and recycled during the composting process. Any water that is released to the environment is purified through settling beds or man-made wetlands.

Reduce

When mushroom farmers use agricultural byproducts they reduce the volume of wastes that, otherwise, may contaminate the environment. If it wasn't for the mushroom farmers these byproducts might be burned or sent to landfills.

Reuse

After the mushrooms have been harvested, the spent mushroom substrate is removed from the growing rooms, sterilized, and sold to landscapers, market gardeners, orchards, flower growers, parks and gardeners as a valuable soil fertilizer/conditioner.

So, when you buy fresh Canadian mushrooms from a local farmer, you have helped to recycle, reduce, and reuse agricultural wastes, leaving a minimum carbon footprint. Mushrooms really are green! Plus, they are good to eat and good for you.

Perfect Partners for Mushrooms

Barbecued hamburgers and steak. Grill Portabella slices or chunks alongside your meat and serve as a burger topping or as a side dish with your steak. Or sauté white button, crimini or shiitake mushrooms with a little butter, season with salt and pepper and serve. A classic combination that is quick and tasty for casual weeknight dinners.

Chicken. Mushrooms and chicken are naturally good together, complimenting 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.

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



Fresh Mushrooms *and your Health*

Getting your Antioxidants

Recent research has found that mushrooms contain a powerful antioxidant called l-ergothioneine.

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. Including versatile and delicious mushrooms in the diet is a good way to boost antioxidants.

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

scavenger of strong oxidants.

Antioxidant activity is enhanced by the presence of selenium. A 100 gram serving of uncooked, sliced white mushrooms provides 13% of the Daily Value for selenium.

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

Of the agaricus variety, portabella and crimini mushrooms have the most ergothioneine, followed closely by white mushrooms.

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

More information on Mushrooms and Antioxidants can be found at mushrooms.ca.

“Watch For Us” - Fresh Mushrooms Go Pink!

From cowboys, to bikers; firemen, hockey players and football stars, they are all “Proud to Wear Pink.” October is Breast Cancer Awareness Month and mushroom farmers across Canada have joined the “Proud to Wear Pink” team. Mushrooms Canada has partnered with the Breast Cancer Society of Canada to raise funds for the prevention, detection and treatment of Breast Cancer across Canada. For every kilo of mushrooms sold in the pink packages from September 15 to November 15, a contribution will be made to the BCSC. **Look for fresh mushrooms packed in pink trays with a pink ribbon on the top.**



Summer Mushroom Layered Salad



An easy salad to make the day before for a relaxed buffet, picnic or potluck dinner. For convenience buy pre-sliced ready to serve mushrooms. Let salad chill for 3-24 hours. Budget Friendly: Under \$1.75 per serving.

Salad:

4 cups mixed salad greens OR spinach	1 L
1 cup thinly sliced carrots	250 mL
1 lb. sliced fresh Mushrooms	500 g
1 cup cooked fresh OR frozen green peas	250 mL
1 cup chopped mixed sweet peppers	250 mL
1 cup chopped red onion	250 mL

Dressing:

1/2 cup light mayonnaise	125 mL
1/4 cup 2% yogurt	50 mL
1/4 cup lemon juice or white wine vinegar	50 mL
1/4 cup grated Parmesan cheese	50 mL
1/4 tsp ground pepper	2 mL

In 3.5 qt /3.5L salad bowl, arrange layers, starting with salad greens, carrots, mushrooms, peas, peppers and onion. In small bowl, combine mayonnaise, yogurt, lemon juice, Parmesan and pepper. Spread over top of salad. Cover with plastic wrap and store in refrigerator several hours or overnight. Toss before serving.

Makes 8 servings.

Tip: Vary the vegetables according to the summer season and add cooked bacon bits with onions if desired.

Nutritional Information: Calories: 123, Sodium: 190 mg, Protein: 5.7 g, Fat: 6.7 g, Carbohydrates: 12.3 g, Dietary Fibre: 3.4 g