



Winter 2009



mushrooms.canada

Fresh. Simple. Good.

Nutritional Bang-for-the-Buck

With many of us trying to save money at the grocery store, buying fresh foods that are nutrient dense is very important. Fresh Canadian mushrooms are a nutrient dense food that is available year round, making them a great value for your health and your pocketbook. By adding a 100gm serving of mushrooms to your meals, you are adding vitamins, minerals, fibre and antioxidants; all vital to good health.



Loads of Vitamins

When it comes to the B vitamins, including riboflavin, niacin and pantothenic acid, fresh mushrooms make a great choice. A 100gm serving makes an important contribution to daily intakes of folate, thiamin and vitamin B6. Fresh mushrooms are also the only vegetable source of Vitamin D.

Many Minerals

A single serving of fresh mushrooms is a source of copper, phosphorus, potassium and selenium. Along with serving up great taste, fresh mushrooms also contribute to daily intakes of iron, magnesium and zinc.

Fabulous Fibre

Mushrooms offer both soluble and insoluble fibre, which may have anti-cancer properties as well as promote satiety and good bowel health. Whether the concern is lowering cholesterol levels and risk of heart disease, type 2 diabetes, colon cancer, diverticulosis, or just general bowel health, fibre is one of the dietary keys. Getting enough fibre every day has also been linked to a lower Body Mass Index, an indicator of obesity. Because fibre helps make foods more satisfying, one tends to eat less, and that can translate into weight loss and maintaining a healthy weight.

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. Recent research has found that both raw and cooked mushrooms contain a powerful antioxidant called ergothioneine. Portabella and crimini mushrooms have the most, followed by white button mushrooms.

CAMA
Mushrooms Canada
Proud Winner of: 

2008 CAMA Award
Best Newsletter

Mushrooms and Your Health:

Immunity

The immune system is the body's first line of defense against disease and infection. A healthy immune system is important at every age. A strong immune system helps protect against infections from bacteria and viruses. It also helps protect against other health problems such as arthritis and certain types of cancer.

There are many ways you can keep your immunity boosted. Getting enough sleep, keeping stress levels in check, exercising every day and being at a healthy weight will go a long way to maximize your wellness. Good nutrition is also essential for maintaining the immune system in top shape. Including a wide variety of nutrient-rich foods in your diet gives your body the nutrition it needs to help protect

against illness and lower the risk of developing chronic diseases. That's where mushrooms come in.

Boosting Immunity

A 2006 study found that the beta-glucan, a polysaccharide that is part of the soluble fibre found in mushrooms, had potential anti-inflammatory activity, which may help protect the body against disease. Mushrooms extracts may also stimulate different cells of the immune system.

Vitamins and Minerals

A 2000 study published in the American Journal of Clinical Nutrition found that elderly subjects who were deficient in vitamins and minerals, including selenium, zinc, vitamin B6 and folate, also had fewer and less effective natural killer cells.

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

"Watch For Us" in these locations:

- January 16-18, 2009 - London Wine & Food Show, London, Ontario
- February 14-15, 2009 - Total Woman Show, Kitchener, Ontario
- March 20-22, 2009 - Toronto Wine & Cheese Show, Toronto, Ontario
- May 1-3, 2009 - National Women's Show, Ottawa, Ontario

Grilled Mushroom, Cheese and Spinach Panini

Panini literally means little breads but in Italy it often refers to a sandwich. Use goat cheese and arugula for a different flavour profile.

2 cups grated old Cheddar cheese	500 mL
4 oval panini rolls (about 4"/10cm), halved	4
1 cup baby spinach leaves	250 mL

Prep Time: 10 min. **Cooking Time:** 12 min.



1 tbsp olive oil	15 mL
8 oz sliced fresh Mushrooms	250 g
1 large clove garlic, crushed	1
1 tsp dried basil leaves	5 mL
½ cup chopped oil-packed sun-dried tomatoes, drained	125 mL

Method

In medium frying pan heat oil over medium-high heat; add mushrooms and cook, stirring occasionally, for 3 minutes or until just until starting to brown. Stir in garlic and basil; cook 1 minute. Remove from heat and set aside.

In a small bowl mix cheese and tomatoes; spread evenly on bottom half of each roll. Arrange the mushrooms, and spinach leaves, evenly on top of cheese. Top with the other half of each roll and press firmly. Place in preheated sandwich grill* (according to manufacturer's directions) cook about 8 minutes or until lightly browned and cheese has melted. Cut sandwiches in half to serve. Makes 4 servings

Tip: Substitute other crusty rolls or Kaiser buns for panini rolls OR substitute 8 slices (½"/1 cm thick) French, Italian or Sour dough bread.

Variation: Substitute ½ cup softened goat cheese for Cheddar and baby arugula leaves for spinach.