



Fall 2010



mushrooms.canada

Fresh. Simple. Good.

Fresh Mushrooms *Keep 'Em Cold!*

Do you know the proper way to store mushrooms after you get them home? Sure they taste great and are simple to use, but a lot of people unsure how to properly store and care for their mushrooms after purchase. Let's clear up some common misconceptions and address some frequently asked questions about mushroom care and handling.

Q. Should I wash my mushrooms as soon as I get them home?

A. No. Unlike other produce, mushrooms are very porous, any expose to water before they are used may cause unwanted discoloration and will cause them to spoil faster. When you are ready to use the mushrooms simply place them in a colander, run them under cold water, and then pat them dry with paper towels.

Q. What's with the brown paper bags?

A. Mushrooms should always be stored in brown paper bags. The paper bag helps to absorb unwanted moisture. Even mushrooms that are packaged should be stored in a paper bag after they are opened.

Q. Should I store my mushrooms in the refrigerator?

A. Yes, you should always store your mushrooms in the refrigerator between the temperature of 0°C and 2°C (32 to 25°F). This will preserve their quality. It is the cool temperature that prevents the mushrooms from oxidizing and turning brown. It is similar to what happens to apples slices when they are left out on the counter.



Q. How long will fresh mushrooms keep for?

A. Mushrooms are best when used within a few days of purchase. When they are kept in the refrigerator in a paper bag they will stay fresh for 4-6 days.



mushroom farmer Nick Pora
President of Mushrooms Canada

Fresh From the Farmer

Did you know that fresh Canadian mushrooms are grown and harvested every day of the year? You might also be surprised to learn that mushrooms are delivered to your local supermarket within 48 hours of harvest, and that they are a good source of some very important B Vitamins.

You see, fresh mushroom have a great story to tell, and who better to tell it than the mushroom farmers themselves.

Mushrooms Canada will be travelling all across Canada getting all the inside tips, tricks, and mushroom info ***Fresh From the Farmer!***

You can watch for these video clips and interviews on the **Mushrooms Canada Blog** and on our **YouTube Channel**.

Fresh Mushrooms *and your Health*

Mushrooms and Breast Cancer

The link between mushrooms and Breast Cancer has been reported by Dr. Shiuan Chen of the City of Hope Cancer Centre in Los Angeles. His team of scientists have identified anti-tumour elements in fresh mushrooms. Mushrooms contain Conjugated Linoleic Acid and CLA suppresses a natural substance in the body called aromatase. By blocking aromatase, physicians can reduce the levels of circulating estrogen in post-menopausal women. That is important because, according to the Canadian Cancer Society, high levels of estrogen are associated with a higher risk of breast cancer.

White button, portabella, crimini and Shiitake mushrooms showed significant inhibitory effects with large mushrooms having the strongest activity. Furthermore, there is an emerging body of science suggesting that higher intakes of Vitamin D may be protective against breast and other cancers, and mushrooms are the only fruit/vegetable with natural Vitamin D.

Fresh Mushrooms Go Pink!

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.**

Supporting
**BREAST
CANCER
SOCIETY**
of Canada



“What For Us” in these locations:

- January 14th to 16th - London Wine & Food Show, London, Ontario
- March 18th to 20th - Toronto Wine & Cheese Show, Toronto, Ontario
- April 8th to 10th - Hamilton Food & Drink Fest, Hamilton, Ontario

Beef and Mushroom Spaghetti



Preparation Time: 5 minutes

Cooking Time: 28 minutes

1 tbsp	olive oil	45 mL
1 lb	lean ground beef	500 g
1	onion, chopped	1
1-2	cloves garlic, crushed	1-2
2 cups	white button or crimini mushrooms, halved	350 g
2/3 cup	red wine	150 mL
1	can chopped tomatoes (400g)	1
1 tsp	dried oregano	1
1	bay leaf	1
1 tbsp	tomato puree	15 mL
1 cup	beef or vegetable stock	250 mL
	salt and freshly ground black pepper	

1. Heat the oil in a large casserole or pan; add the mince and onion and sauté over a high heat for 5 mins until the mince is lightly browned. Add the garlic and mushrooms and sauté for a further 3 mins.

2. Add the remaining ingredients and season to taste. Bring to the boil, cover and simmer for 20 mins, removing the lid halfway through cooking or until the mushrooms are tender and the sauce lovely and thick. Remove bay leaf, adjust the seasoning as necessary. Serve with freshly cooked spaghetti.

Makes 4 servings.

Nutritional Information: Calories: 315, Protein: 31.5g, Carbohydrate: 3.7g, Fat: 15.4g, Saturated Fat: 5.7g, Fibre: 2.6g, Sodium: 1.03g

Recipe courtesy of The Mushroom Bureau