



mushrooms.canada

Fresh. Simple. Good.

Vol. 2

Fall 2006



Thanksgiving and Mushrooms

Welcome Fall

It's October Already! OH how the summer flies by. The leaves have turned to vibrant oranges and reds, Halloween candy is in the stores, and you start to notice cooler air nipping at your face in the morning.

October - the time of year when you and your family look forward to the traditional turkey feast. You gather around the table, thankful for food and family, ready to *dive in*. Here are three tips from Mushrooms Canada to help make this Thanksgiving Holiday a safe and memorable one.

Tip 1: When preparing a turkey, make sure that the internal temperature of the thigh has reached 180°F/82°C, and the internal temperature of the stuffing is 165°F/74°C.

Tip 2: Set out some nutritious finger foods. A nice centerpiece of fresh mushrooms, cherry tomatoes, bell peppers, cucumbers, carrots, celery, and other delicious vegetables, will keep your guests entertained before the big Thanksgiving meal.



Tip 3: Take the opportunity to use the leftover turkey in some great mushroom recipes like the one listed below, Mushroom, Turkey and Leek Pot Pie. For more great mushroom recipes visit www.mushrooms.ca.

A Quick Mushroom Q&A

Question:

What kinds of mushrooms are grown in Canada?

Answer: Almost all the mushrooms that you see in your local grocery store have been grown in Canada. The most popular mushroom among Canadians is the White Button (*Agaricus bisporus*), followed by Brown (Crimini) and Portabellas. Specialty mushrooms, such as Shiitake, Oyster, King Oyster, and Enoki are also gaining in popularity, and are often used in meals to enhance the flavour. Any of these mushroom varieties can be added to your meals, just simply sauté and add to chicken, steak, pasta, or salads. More information on mushroom varieties is available at www.mushrooms.ca.

Mushroom Nutrition

Did you know that one 100g serving of mushrooms is a good source of Riboflavin, Niacin, Copper and Pantothenic Acid? Here what these vitamins and minerals do to help maintain your healthy body.

Riboflavin (Vitamin B2)

(0.4 mg. 24% of Daily Value)

One 100g serving of mushrooms can supply you with nearly 1/4 of your daily requirement. Riboflavin, along with Thiamin, is involved in the release of energy from carbohydrates, proteins and fat.

Niacin (Vitamin B3)

(3.6 mg. 18% of Daily Value)

The role that niacin plays within the body is cell respiration and the metabolism of carbohydrate, fat and protein.

Copper

(0.3 mg. 16% of Daily Value)

Copper is very important in the production of red blood cells. It is also involved in energy production, and the making of tendons and neurotransmitters.

Pantothenic Acid

(1.5 mg. 15% of Daily Value)

Pantothenic acid is involved in more than 100 different steps in making

neurotransmitters, hormones and haemoglobin.



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Did You Know...

One Portabella mushroom has more Potassium than a banana.

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:

- August 25th, 2006 - Our new website: www.mushrooms.ca
- September 1st, 2006 - The mushroom counter at your local supermarket (Ontario)
- September 19st - Global TV with Susan Hay, Campbellville Ontario
- September 20th to October 1st - Sam's Club, Pickering Ontario
- October 27th to 29th - National Women's Show, Toronto Ontario
- November 1st to 30th - Billboard on Gardiner Expressway, Toronto Ontario
- November 3rd to 12th, 2006 - Royal Winter Fair, Toronto Ontario

Mushroom, Turkey and Leek Pot Pie

Make Thanksgiving Marvelous with Mushrooms! Prepared pastry and pre-sliced mushrooms make this tasty meal quick to prepare.



Preparation Time: 25 Minutes

Cooking Time: 25 Minutes

Serves: 4

Ingredients

3 cups cooked cubed turkey 750mL
1 tbsp vegetable oil, 25 mL
2 large leeks, white part only, sliced (2 cups/500mL)

1 lb. sliced Mushrooms 500 g
1 tbsp dried tarragon 15 mL
2 tbsp all-purpose flour 25 mL
3/4 cup chicken stock 175 mL
1/2 tsp salt 2 mL
1/4 tsp pepper 1 mL
1 9"/22cm deep dish frozen pie shell, thawed 1

Method

Place cooked cubed turkey in a 6 cup (1.5L) baking dish or deep pie pan. In large non-stick saucepan or deep skillet, heat 1 tbsp (15 mL) oil over medium heat. Sauté leeks, mushroom and tarragon for 2-3 minutes; cover and cook about 3 minutes or until vegetables are softened. Sprinkle in flour and stir to blend. Gradually stir in chicken stock, salt and pepper. Bring to boil and stir until thickened, about 3 minutes. Spoon mixture over cubed cooked turkey. Invert thawed pie shell over casserole pressing pastry edge to baking dish and crimp or flute the edges. Cut 3-4 slits in pastry. Bake in 425°F (220°C) oven for 20 to 25 minutes or until bubbly and pastry is brown.

Tip: To thaw pie shell, leave at room temperature for 10-15 minutes. If desired, brush pastry with beaten egg before baking to give a browner top.