There are 10,000 types of edible mushrooms!

Mushrooms are one of the few natural sources of Vitamin D which works with Calcium to build strong bones and teeth!

Mushrooms breathe like humans, taking in oxygen and emitting carbon dioxide!

Truffles are the most rare and expensive family of mushrooms. They can cost up to $3,000 per pound!

Oyster Mushrooms

- These are the mushrooms we grew in our cafeterias!
- Oyster mushrooms can be gray, pale yellow, pink or even blue with a velvety texture!
- Their Latin name is “Pleurotus Ostreatus” which means “sideways oyster.”
- Oysters have a delicate flavor and are delicious when sautéed with butter and onions!

Crimini Mushrooms

- These are the mushrooms you get to taste on Farm Fresh Friday!
- Crimini Mushrooms are also known as “Baby Bellas” or “Browns.”
- These mushrooms have a light-tan to rich brown cap and a firm texture.
- They have a deep, earthy flavor.

Portabella Mushrooms

- Portabella Mushrooms are the larger relative of Crimini Mushrooms.
- These can measure up to 6 inches in diameter!
- Portabellas have a deep, meat-like texture and flavor, and are great to eat grilled, broiled or roasted!

Resources: [https://www.mushroomcouncil.com/nutrition-benefits/](https://www.mushroomcouncil.com/nutrition-benefits/)