



Fun Facts!

- 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!