Mushrooms are commonly considered a vegetable, but they are actually a fungus. There are many varieties of mushrooms, each with different textures and flavors.

**USES AND TIPS**
Select mushrooms that are well shaped with a firm texture and smooth appearance. Avoid those with bruises and soft spots. Refrigerate mushrooms in a paper bag for up to a week.

Mushrooms can be eaten raw, on salads and sandwiches. They can be sautéed, roasted, and grilled. Add mushrooms to pasta dishes, soups, and pizza. Mushrooms have a meaty texture and flavor and can be used to replace meat in many recipes.

**NUTRITION NOTES**
• One-half cup of sliced, raw mushrooms contains 8 calories, no fat and 1 gram of protein.

• Mushrooms are a good source of niacin (helps the nervous system function) and high in riboflavin (involved in red blood cell formation).

• Mushrooms are the only produce item that contains vitamin D (promotes bone growth).

**SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!**

December is National Mushroom Month.

The most popular mushroom variety grown in the U.S. is white button.

Mushrooms are a leading source of selenium, an antioxidant that protects the body’s cells.

Mushrooms are grown year-round.

Mushrooms are grown in nearly every state in the United States. Pennsylvania produces 60% of the mushrooms in the U.S.

In 2017, the United States produced 903 million pounds of mushrooms.

• Mushrooms are in season in California all year.

• Many mushrooms are grown indoors and do not need light to grow. Mushrooms double in size every day.

• Mushrooms can be found in the wild, including in California. Some are edible, some are not.

• Producing mushrooms does not require a lot of land. One acre can produce up to 1 million pounds of mushrooms.

For more on the Harvest of the Month program, visit [www.harvestofthemonth.cdph.ca.gov](http://www.harvestofthemonth.cdph.ca.gov).

Source: The Mushroom Council: [https://www.mushroomcouncil.com/](https://www.mushroomcouncil.com/)