

MUSHROOM COUNCIL PLACEMENTS:

[Twitter contest](#) (Blog)

Leader's Post, communities.canada.com, April 29, 2009

In honour of Cinco de Mayo, the **Mushroom Council is asking for your help in their quest to find the next best Cinco de Mayo dish with mushrooms.** For example, mushrooms take on a healthy South of the Border twist in the **Grilled Mushroom Quesadillas** <<http://mushroominfo.com/recipes/detail/GrilledMushroomQuesadillas.html>>. Submit your recipe ideas on Twitter (**@MushroomChannel** <<http://twitter.com/MushroomChannel>>) and earn a chance to be the featured "Recipe of the Week <<http://www.themushroomchannel.com/category/row/>>" on their blog The Mushroom Channel <<http://www.themushroomchannel.com/>>.

[Getting a whiff of the 'fifth taste'](#)

Lansdale Reporter, thereporteronline.com, April 29, 2009

The Mushroom Council is promoting its products to chefs as a way to bring out the taste of umami in food. Adding **sautéed mushrooms** to steak creates an intense flavor called a "**U-bomb.**" And the technique of combining **umami-rich foods is becoming more and more popular at restaurants.**

[LeFever's new chef plans to cook up changes](#)

Akron Beacon Journal, ohio.com, April 29, 2009

If you think you've got a prize-winning recipe, check out these contests: **The Mushroom Council, Every Day, Every Way Recipe Contest**, enter by May 18, visit <http://www.mushroomcouncil.com> for rules, grand prize is \$2,000.

[Delectable double chocolate pudding](#)

Houston Chronicle, chron.com, April 28, 2009

Recipe contest: Taste of Home wants your mushroom recipes for its "**Mushrooms Every Day, Every Way**" contest. There are four categories to enter: Happily Veggie After, using mushrooms as a meat substitute; Mushroom Main Event, using mushrooms as the main dish; Inspiring Appetizers, using different varieties of mushrooms; and Fun Fungi, for unusual recipes using mushrooms. **Log onto www.tasteofhome.com/contests for official rules and entry information and your chance to win up to \$2,000.**

[Mushroom chips and dip](#)

Bismarck Tribune, bismarcktribune.com, April 27, 2009

CSA Fair this weekend

Minneapolis Star Tribune, April 23, 2009

Contest alerts: For mushroom lovers, **the Mushroom Council's "Every Day, Every Way Recipe Contest"** seeks recipes for using the luscious fungus as a meat substitute, main ingredient, appetizer, or in a category they call Fun Fungi that showcases an unusual way to use mushrooms. Top entries in each category win \$1,000, with the grand prize winner getting an additional \$1,000. **Entry deadline is May 18. For details, go to www.mushroominfo.com and click on recipe contest.**

[CSA Fair this weekend](#)

Minneapolis Star Tribune, startribune.com, April 22, 2009

Contest alerts: For mushroom lovers, **the Mushroom Council's "Every Day, Every Way Recipe Contest"** seeks recipes for using the luscious fungus as a meat substitute, main ingredient, appetizer, or in a category they call Fun Fungi that showcases an unusual way to use mushrooms. Top entries in each category win \$1,000, with the grand prize winner getting an additional \$1,000. **Entry deadline is May 18. For details, go to www.mushroominfo.com and click on recipe contest.**

[Grilled Philly cheese and mushroom sandwich](#)

Kenosha News, kenoshanews.com, April 22, 2009

[Mushroom chips and dip](#)

Kenosha News, kenoshanews.com, April 22, 2009

[When it's unnamable, it's the 'fifth taste'](#)

News Chief, newschief.com, April 22, 2009

The Mushroom Council is promoting its products to chefs as a way to bring out the taste of umami in food. **Adding sauteed mushrooms to steak creates an intense flavor called a "U-bomb."** And the technique of combining umami-rich foods is becoming more and more popular at restaurants.

[Calendar: Food and wine](#)

Inside Bay Area, insidebayarea.com, April 22, 2009

"Mushroom Every Day, Every Way Recipe Contest" — Through May 18. Enter your mushroom recipe(s) in the following categories: 1. Happily Veggie After: Best recipe using mushrooms as a substitute for meat (e.g. Portabella burger). 2. Mushroom Main Event: Best recipe using mushrooms as an important part of a main dish or dinner recipe (e.g. Cranberry Mushroom Beef Brisket). 3. Inspiring Appetizers: Best appetizer recipe using different types of mushroom varieties (e.g. Bacon and Shiitake Stuffed Mushrooms). 4. Fun Fungi: Best recipe with an unusual use of mushrooms (e.g. Mushroom Ice Cream). **Top entries in each category will receive \$1,000. The grand prize winner will receive an additional \$1,000.** www.mushroominfo.com.

[Calendar: Food and wine](#)

Contra Costa Times, contracostatimes.com, April 22, 2009

"Mushroom Every Day, Every Way Recipe Contest" — Through May 18. Enter your mushroom recipe(s) in the following categories: 1. Happily Veggie After: Best recipe using mushrooms as a substitute for meat (e.g. Portabella burger). 2. Mushroom Main Event: Best recipe using mushrooms as an important part of a main dish or dinner recipe (e.g. Cranberry Mushroom Beef Brisket). 3. Inspiring Appetizers: Best appetizer recipe using different types of mushroom varieties (e.g. Bacon and Shiitake Stuffed Mushrooms). 4. Fun Fungi: Best recipe with an unusual use of mushrooms (e.g. Mushroom Ice Cream). **Top entries in each category will receive \$1,000. The grand prize winner will receive an additional \$1,000.** www.mushroominfo.com.

[Super mushroom veggie pasta](#) (Blog)

Diet and Fitness Tips, diet-tips4you.blogspot.com, April 19, 2009

Mushroom in spotlight for contest (Hardcopy available)

Tri—City Herald, April 15, 2009

Have a great recipe featuring mushrooms? Enter it in the Taste of Home magazine's **"Every Day, Every Way" Recipe Contest** and you might be \$2,000 richer.

[Food for thought: Mushroom in spotlight for contest](#)

Mid Columbia Tri City Herald, tri-cityherald.com, April 15, 2009

Have a great recipe featuring mushrooms? Enter it in the Taste of Home magazine's **"Mushrooms Every Day, Every Way" Recipe Contest** and you might be \$2,000 richer.

[Unearthing the mushroom](#)

Reno Gazette-Journal, rgj.com, April 15, 2009

But **few foods are as versatile or span cuisines like mushrooms**, and thanks to advances in cultivation and popularizing by chefs, more varieties than ever (fresh and dried) are available in supermarkets. **Mushrooms are fat- and cholesterol-free; low in calories and sodium; and are good sources of potassium, B vitamins** (especially for meat abstainers), **vitamin D and the antioxidant selenium**. Mushrooms **possess a savory tang or "fifth taste" called "umami,"** and this quality deepens dishes like asparagus-stuffed portobellos and morels and peas simmered in cream that feature gently flavored spring ingredients. Recipes: **Mushrooms Chips and Dip, Grilled Philly Cheese and Mushroom Sandwich.**

Unearthing the mushroom

Reno Gazette-Journal, rgj.com, April 15, 2009

But **few foods are as versatile or span cuisines like mushrooms**, and thanks to advances in cultivation and popularizing by chefs, more varieties than ever (fresh and dried) are available in supermarkets. **Mushrooms are fat- and cholesterol-free; low in calories and sodium; and are good sources of potassium, B vitamins** (especially for meat abstainers), **vitamin D and the antioxidant selenium**. Mushrooms **possess a savory tang or "fifth taste" called "umami,"** and this quality deepens dishes like asparagus-stuffed portobellos and morels and peas simmered in cream that feature gently flavored spring ingredients. Recipes: **Mushrooms Chips and Dip, Grilled Philly Cheese and Mushroom Sandwich.**

Grilled mushroom medley pizzas (Hardcopy available)

The Bismark Tribune, April 15, 2009

'Taste of Home' is set for this evening (Hardcopy available)

The Baxter Bulletin, April 14, 2009

The demonstration lineup of recipes includes dishes from national sponsors, including Crisco olive Oil, Domino Sugar, C&H Sugar, Gallo Family Vineyards, McCormick, **Mushroom Council**, Ziploc Containers and Zip 'n Steam Bags.

[Cooking Corner: Portobellos - welcome sweet springtime](#)

Bend Weekly, bendweekly.com, April 13, 2009

Mushrooms are the ultimate grilling hero. They can take the heat and absorb marinades and basting sauces like meat, but can also be used so many ways on the grill. Whether mushrooms are the entree, side dish or appetizer, they pair well with other grilled foods. **GRILLING TIPS – Here are some suggestions for grilling mushrooms and vegetables from the Mushroom Council.** [Recipes to try]: **Baked Mushroom Parmesan, Grilled Philly Cheese and Mushroom Sandwich, Portabella Eggs Benedict.**

[Vegetarian "cheesesteaks"](#) (Blog)

Times Union, blogs.timesunion.com, April 13, 2009

Grilled Philly Cheese Mushroom Sandwich.

[Cooking methods - How to grill mushrooms and other vegetables](#) (Blog)

Best Cooking Food Tips, bestcookingfoodtips.blogspot.com, April 13, 2009

MUSHROOMS ON THE GRILL: Mushrooms are the ultimate grilling hero. They can take the heat and absorb marinades and basting sauces like meat, but can also be used so many ways on the grill. **Whether mushrooms are the entrée, side dish or appetizer, they pair well with other grilled foods.** Plus, **mushrooms offer the unique "fifth flavor," umami**, which is found in savory foods, giving a delicious satisfying taste to any cook out.

[Portobellos: Welcome sweet springtime](#) (Blog)

Creators Syndicate, creators.com, April 13, 2009

Mushrooms are the ultimate grilling hero. They can take the heat and absorb marinades and basting sauces like meat, but can also be used so many ways on the grill. Whether mushrooms are the entree, side dish or appetizer, they pair well with other grilled foods. **GRILLING TIPS – Here are some suggestions for grilling mushrooms and vegetables from the Mushroom Council.** [Recipes to try]: **Baked Mushroom Parmesan, Grilled Philly Cheese and Mushroom Sandwich, Portabella Eggs Benedict.**

[How to prepare mushrooms](#) (Blog)

Mushroom, healthmushroom.blogspot.com, April 12, 2009

Here are some **easy methods for cooking mushrooms.** **Fresh mushrooms are truly a cook's best friend.** Whether you need just a little something to dress things up or add a whole new dimension of flavor, your answer is mushrooms. For more great recipes and information on mushrooms, please visit **the Mushroom Council at: <http://www.mushroomcouncil.com>.**

Mushrooms may offer natural solution for vitamin D deficiency (Hardcopy available)

The North Platte Telegraph, April 11, 2009

A recent review of several mushroom varieties across America found that **all mushrooms could have anywhere from 4 to 400 percent of the Daily Value of vitamin D.** Healthy, d-licious recipes: Adding mushrooms to everyday meals is an easy and tasty way to increase your vitamin D intake. Simply try the **"Mushroom and Smoked Salmon Frittata"** or **"Baked Mushroom Parmesan"** recipes to add vitamin D and other nutrients to your diet. For more recipes and information about the health **benefits of nature's hidden treasure, visit mushroominfo.com or the new mushroomchannel.com.**

[Benefits from mushroom's nutritional value and how they could save the world](#) (Blog)

It's a Healthy New Age, healthynewage.com, April 10, 2009

According to a recent study, **mushrooms contain several key nutrients**, including **copper, potassium, folate and niacin.** Mushrooms also provide a significant amount of **potassium**, a mineral that helps the body maintain

normal heart rhythm, fluid balance and muscle and nerve function. Two-thirds of a cup of sliced, grilled Portabella mushrooms contains the **same amount of potassium as a medium-sized banana**.

[Simple cooking - Grilled portobello mushrooms](#)

Chicagoist, [chicagoist.com](#), April 9, 2009

If you're a meat eater, this dish is a **great vegetarian** option to keep in your back pocket for guests. It also works in reverse - if you're a vegetarian cook trying to entertain carnivores, this is a great choice. It's **healthy, very satisfying and quite flavorful**. Portobellos are a **great source of protein and fiber**, and local options are available year-round.

[Grilled mushroom recipes for spring](#)

Leader—Post, [communities.canada.com](#), April 9, 2009

To celebrate the onset of warmer weather and long, sunny days, **here are some grilled mushroom recipes to try. They cost less than \$3 per serving!** For **Grilled Philly Cheese Mushroom Sandwich**, click [here](#). For **Mushroom Chips and Dip**, click [here](#). [And,] Celebrate Easter with a healthy alternative to a decadent breakfast recipe featuring vitamin D — **Portabella Eggs Benedict**.

[Searching for great recipes?](#)

Dublin Courier Herald, [mywebpal.com](#), April 9, 2009

Taste of Home Cooking School is pleased to visit communities across the country and present a sampling of **these family-favorite recipes**. Michelle will be sharing 10 **fresh recipes for spring** at the Heart of GA Technical College DuBose Porter Center on Thursday, April 23. The demonstration lineup of recipes will include dishes from National Sponsors including Crisco Olive Oil, Domino Sugar/C&H Sugar, Gallo Family Vineyards, McCormick, **Mushroom Council**, Ziploc Containers and Zip 'n Steam Bags.

Cooks' Calendar (Hardcopy available)

The State, April 8, 2009

Enter the **Mushroom Council's "Every Day, Every Way" recipe contest** for a chance to win \$2,000.

[Mushroom magic](#)

Chef Jeff, [areavoices.com](#), April 8, 2009

I've recently come across a couple of recipes for grilled mushrooms (courtesy of the Mushroom Council and [mushroominfo.com](#)) that look they'd be fun to try — **Grilled Philly Cheese Mushroom Sandwich** and **Mushroom Chips and Dip**. In case you don't know, **mushrooms add great flavor** and also **can be used as a meat substitute**. They also **are an inexpensive superfood** that **provides value to everyday meals by adding flavor, nutrition and vitamin D**. A recent study published in the BMC Immunology journal reports that the **common white button mushroom strengthens immunity**.

[Mushrooms on the grill](#)

Grand Forks Herald, [grandforksherald.com](#), April 8, 2009

The weather's getting nicer, so dust off your grill and **try a Portabella Mushroom Sandwich**.

[Fungus among us can win you some green](#)

Staten Island Advance, [silive.com](#), April 8, 2009

The Mushroom Council is forking over \$2,000 to anyone with a recipe good enough to win its grand prize. Contest rules say top entries in each category will receive \$1,000 while the grand prize winner gets an extra grand. Are you psyched to enter Staten Islanders? Let us know if you're sending a recipe to the Mushroom Council.

Tomato seeds, Easter chicks and more: Five things to chew on this week

The Plain Dealer, [cleveland.com](#), April 8, 2009

Contests are mushrooming. Now there's one for cooking mushrooms. **Check out [tasteofhome.com/Contests/Recipe-Contests](#)**. Win one of four categories, and get \$1,000. Be the best of those four, and get another \$1,000. Deadline for entry is Monday, May 18. Cook some up just for yourself, and **win some natural vitamin D**.

[Chipper mushrooms](#)

Times Union, [blogs.timesunion.com](#), April 8, 2009

You've heard of potato chips, corn chips, taro chips and veggie chips. Here's an **interesting recipe from the Mushroom Council for grilled mushroom chips. Grilled Mushroom "Chips" and Dip.**

[Tomato seeds, Easter chicks and more: Five things to chew on this week](#)

The Plain Dealer, cleveland.com, April 7, 2009

Contests are mushrooming. Now there's one for cooking mushrooms. **Check out tasteofhome.com/Contests/Recipe-Contests.** Win one of four categories, and get \$1,000. Be the best of those four, and get another \$1,000. Deadline for entry is Monday, May 18. Cook some up just for yourself, and **win some natural vitamin D.**

[A shiitake mushroom a day keeps the doctor away](#)

Examiner, examiner.com, April 7, 2009

Most of us have all had the myriad benefits of eating daily fruits and vegetables pounded into our memory since childhood, but **new evidence shows that fungi, especially shiitake mushrooms**, can be extremely good for your health as well. According to The American Cancer Society, **shiitake mushrooms show virus inhibiting, anti-cancer, and cholesterol lowering capabilities.**

[Western chefs embrace umami, the "5th flavor"](#)

Finding Dulcinea, findingdulcinea.com, April 7, 2009

Umami, a meaty, savory flavor, has been used in Japanese cooking for over a century, but in the past decade **the "fifth flavor" has become increasingly common in Western cooking.** The **flavor is found in** traditional Asian ingredients such as fish sauce, soy sauce and seaweed, but also in **Western foods such as** chicken soup, parmesan cheese, Worcestershire sauce and **mushrooms.**

[Mushrooms synthesize vitamin D when exposed to ultraviolet light](#)

Natural News, naturalnews.com, April 2, 2009

Mushrooms, however, contain 4 percent of the recommended daily allowance of vitamin D per serving, and early studies suggest that **this can be increased to 100 percent simply by exposing the mushrooms to sunlight for just five minutes.**

Recipe contest (Hardcopy available)

Herald & Review, April 2, 2009

Have a wickedly good mushroom recipe? It could win \$2,000 from **the Mushroom Council. The Every Day, Every Way Recipe Contest ends May 18.**

Savory 'shrooms (Hardcopy available)

Rocky Mount Telegram, April 1, 2009

He [Batali] credits **mushrooms as one of his hidden treasures when it come to umami.** Mushrooms are the **only fresh vegetable or fruit with 4 percent of the daily value of vitamin D** per serving and may be a natural solution for getting more of this important "sunshine vitamin." They are a good source of **several B vitamins** and the leading source of the **antioxidant selenium** in the produce aisle. To top it off, mushrooms are **low in calories, fat- and cholesterol-free and very low in sodium.**

Foods that heal – Part 2 (Hardcopy available)

Bagley Farmer's Independent, April 1, 2009

Mushrooms, such as shiitake, maitake, enokidake, cremini, Portobello, oyster, and thistle oyster all **contain polysaccharides and lentinian**, which stimulate the reproduction and activity of immune cells.

Marvelous mushrooms (Hardcopy available)

Produce Business, April 2009

As consumers focus on **health and value**, **mushrooms are becoming an all-important addition to the foodservice industry.**

Build a better salad (Hardcopy available)

Natural Solutions: Vibrant Health, Balanced Living, April 2009

Immune-boosting salad. Mix in either **shiitake or maitake mushrooms** to amp up an Asian salad. Their **polysaccharide content enhances the immune system** by stimulating the body's production of T and NK cells, which destroy virus-infected cells while protecting healthy ones.

Lean for life (Hardcopy available)

Best Life, April 2009

If you **substitute portobello or white button mushrooms for beef** just once a week, you'd save more than 20,000 calories and roughly 1,500 grams of fat (and **shed more than five pounds!**) **over the course of a year** without changing anything else about your diet.

Plenty of protein (Hardcopy available)

Fit Yoga, April 2009

Which **plant foods contain protein**? Tempeh, tofu, sprouts, amaranth, quinoa, broccoli, collard greens, and **shiitake and oyster mushrooms are also excellent sources**, with a range of 10% to 50% protein – well over the 10% recommended by the FDA.

[Top 10 ways to enjoy mushrooms](#)

Produce for Better Health, fruiteandveggiesmorematters.org, April 2009

Mushrooms are nature's hidden treasure for their nutritional value, taste, versatility and satiety. For example, mushrooms are a good source of the **antioxidant selenium**, the only fruit or vegetable that **naturally contains vitamin D**, and they are a **good source of several B vitamins**.

[Food of the month: Portobello mushroom](#)

Health Castle, healthcastle.com, April 2009

In addition to being **low in fat and high in fiber**, **portobello mushrooms pack a serious nutritional punch.** For example, they are an **excellent source of selenium** (very important mineral for optimal **antioxidant activity**), many of the **B vitamins**, and **potassium**. In addition, their **polysaccharide and beta-glucan components exhibit anti-cancer properties**. **Portobello Mushroom Recipes:** Portobello-Black Bean Burgers with Corn Salsa; **Portabella Eggs Benedict**; Quickest Mushroom Barley.

The nutrition magic of mushrooms (Hardcopy available)

Reader's Digest, rd.com, April 2009

They safeguard against cancer. Mushrooms **also prevent prostate cancer cells** from multiplying in mice -- and might do the same in men. They **supply hard-to-get nutrients**. One medium **portobello mushroom supplies 21 percent of the recommended daily intake of selenium** and one third your need of **copper**; it also has as much **potassium as a medium-size banana**. They **help you cut calories**. Researchers estimate that if you **sub mushrooms for ground meat in one meal every week, you can lose five pounds in a year**.

[The nutrition magic of mushrooms](#)

Reader's Digest, rd.com, April 2009

They safeguard against cancer. Mushrooms **also prevent prostate cancer cells** from multiplying in mice -- and might do the same in men. They **supply hard-to-get nutrients**. One medium **portobello mushroom supplies 21 percent of the recommended daily intake of selenium** and one third your need of **copper**; it also has as much **potassium as a medium-size banana**. They **help you cut calories**. Researchers estimate that if you **sub mushrooms for ground meat in one meal every week, you can lose five pounds in a year**.

Color it healthy (Hardcopy available)

Taste of Home Healthy Cooking, April 2009

Even fruits and veggies with little color **promote heart health and reduce cancer risks**. **Keep sliced mushrooms in the fridge as a simple topper for salads.**

MUSHROOMS IN THE NEWS:

[Tip Day equals money-saving ideas](#)

San Gabriel Valley Tribune, sgvtribune.com, April 28, 2009

Mushroom machine. **I love fresh mushrooms, but pre-sliced mushrooms can be expensive.** I buy **whole mushrooms and slice them myself**. I like the even slices of pre-sliced mushrooms, so I put each **mushroom in an egg slicer, and I get uniformly cut mushrooms**.

[Pig-out on mushrooms to avoid the swine flu](#)

The Examiner, examiner.com, April 28, 2009

The Chinese have used **mushrooms as medicine** for thousands of years and recent scientific studies have confirmed the effectiveness of **mushrooms in boosting the immune system**. And a **strong immune system right now is your best defense against the swine flu**.

[Yes, please: Making mushrooms taste like bacon](#)

Philadelphia Citypaper, mealticket.blogs.citypaper.net, April 27, 2009

Many people, including myself, feel that [Bacon Mania](#) has reached critical Internet mass. But once in awhile the powers that be will toss out a solid pig-related tidbit out there that will reinstate my faith in the genre. **Case in point — over at ScienCentral, [Natural Gourmet Institute](#) chef Elliot Prag recently shared his process for [making shiitake mushrooms taste like bacon](#).** God bless you, chef!

Mushrooms

Phil Lempert Newsletter, April 27, 2009

Jim Angelucci, 59, is the **General Manager of Phillips Mushroom Farms, LP**, the **largest producer and marketer of specialty mushrooms** in the country. **How does a farmer know what a retailer will want a year from now? It's very difficult trying to anticipate what retailers will want in the future.** We try to get them to **increase the category shelf space and to feature mushrooms as often as possible.** **Cross merchandizing** is also a way to increase both the exposure and sales of mushrooms. For instance, putting mushrooms in the meat department helps convey the message to consumers that mushrooms go well with steak, and that helps increase the likelihood of a mushroom purchase. **Since consumer research shows that very few shoppers actually put mushrooms on their shopping lists, and that they are an impulse item, the more places that we can place them in a store, the more likely they are to sell.**

Mushrooms, green tea may lower cancer risk (Hardcopy available)

Connecticut Post, April 19, 2009

Hundreds of studies have looked at the **potential of mushrooms to prevent and treat cancer**, and green tea is widely used in the world as a health booster.

[Integrative medicine: Mushrooms, green tea and breast cancer](#)

MLive, mlive.com, April 17, 2009

The findings: **Women who regularly ate fresh mushrooms and also drank green tea had a much lower cancer risk than women who consumed neither.**

[A handful of medicinal mushrooms each day keeps diseases at bay](#)

Market Wire, marketwire.com, April 14, 2009

So next time you sit down for a meal: **Ask for a double dose of mushrooms to really enhance your immune system. If you can't consume a handful of mushrooms each day, don't fret.** Dr. Pescatore recommends a **special extract of hybridized Japanese medicinal mushrooms called AHCC.**

Mushrooms fight breast cancer (Hardcopy available)

National Enquirer, April 13, 2009

Women who eat lots of mushrooms can dramatically cut their risk by breast cancer – by nearly 70 percent, says experts.

Powerful 1-2 punch of mushrooms and green tea KO breast cancer (Hardcopy available)

National Examiner, April 13, 2009

Two common foods – **mushrooms** and green tea – are **powerful natural agents in the battle against breast cancer**, according to a new study.

[Integrative medicine: Mushrooms, green tea - and breast cancer](#)

Sacramento Bee, sacbee.com, April 13, 2009

A recent case-control study **published in the International Journal of Cancer** looked at the intake of mushrooms and green tea in 1,009 pre- and postmenopausal Chinese women with [breast cancer](#) and compared this with a matched group of 1,009 healthy Chinese women without breast cancer. **The findings: Women who regularly ate fresh mushrooms and also drank green tea had a much lower cancer risk than women who consumed neither.**

Integrative medicine: Mushrooms, green tea - and breast cancer (Hardcopy available)

Sacramento Bee, sacbee.com, April 12, 2009

A recent case-control study **published in the International Journal of Cancer** looked at the intake of mushrooms and green tea in 1,009 pre- and postmenopausal Chinese women with [breast cancer](#) and compared this with a matched group of 1,009 healthy Chinese women without breast cancer. **The findings: Women who regularly ate fresh mushrooms and also drank green tea had a much lower cancer risk than women who consumed neither.**

West Africans visit Oklahoma to learn (Hardcopy available)

Sapulpa Daily Herald, April 10, 2009

“The World Health Organization reports that **kwashiorkor, a protein deficiency disease**, is the sixth leading cause of death in children under five in Ghana,” Williams said. **“Where meat is not an option, shiitake and oyster mushrooms offer real alternatives.”**

[Mushroom leads Chesco's powerful mark in farming](#)

Delaware County Daily Times, delcotimes.com, April 7, 2009

Mushrooms fall in USDA's nursery-greenhouse-floriculture-sod category. In that category, **Chester County — with \$402.2 million — ranked first in the commonwealth's 67 counties and was third** among the 2,703 counties that reported growing mushrooms in the nation.

The great pretenders: Hearty portobello mushrooms make it easy to go meatless (Hardcopy available)

Eating Well, April 2009

Besides their nutritional merits, choosing portobellos (and other plants) instead of meat to build a meal around can help you reduce your carbon footprint. According to a recent report by the U.N.'s Food and Agriculture Organization, the international livestock industry generates around 18 percent of the world's greenhouse-gas emissions.

What to count instead of calories (Hardcopy available)

More, April 2009

Cremini mushrooms: Slightly darker than the ubiquitous white button mushrooms, this variety is known for its rich flavor. **A 2006 German study found that cremini mushrooms have several antimicrobial properties** that could **protect your body from disease and infection.**

MUSHROOM RECIPES:

- [Prosciutto-stuffed mushrooms](#), *Chicagoist*, chicagoist.com, April 29, 2009
- [Pecan-mushroom tacos](#), *News OK*, newsok.com, April 29, 2009
- [A meal in a bowl: Salmon, shiitakes and peas](#), *New York Times*, nytimes.com, April 28, 2009
- **Gnocchi with ramps, mushrooms and shaved parmesan** (Hardcopy available), *The Southtown Star*, April 23, 2009
- [Portobello mushroom steak sandwich](#), ABC7 Chicago, abclocal.go.com, April 23, 2009
- [Lacy potato pancakes with sautéed mushrooms \(raraka\)](#), *Sun-Sentinel*, sun-sentinel.com, April 23, 2009
- [Seared duck breast with oyster mushrooms, radicchio, pancetta and aged balsamic](#), ABC 7 Chicago, abclocal.go.com, April 20, 2009
- [Mushroom bolognese with whole wheat penne](#), *Detroit Free Press*, freep.com, April 19, 2009
- [Recipe: Mushrooms with mentuccia](#), *Chicago Reader*, blogs.chicagoreader.com, April 16, 2009
- **Creamy bacon mushroom soup** (Hardcopy available), *Tribune Chronicle*, April 15, 2009
- [Yummy mushrooms, beets](#), *Auburn Citizen*, auburnpub.com, April 14, 2009
- [Fried mushroom and cheese empanadas](#), *New York Times*, nytimes.com, April 14, 2009
- [Quick Fix: Mushroom, spinach and fontina panini](#), *San Jose Mercury News*, mercurynews.com, April 14, 2009
- [Eat it: Bok choy, mushrooms and black bean stir-fry](#), *Fort Worth Star Telegram*, star-telegram.com, April 14, 2009
- [Pork loin chops in mushroom cream sauce](#), *Idaho Statesman*, idahostatesman.com, April 9, 2009
- [Easter side dishes; sautéed mushrooms in white wine](#), *Examiner*, examiner.com, April 9, 2009
- [Portabella stacks with honey-balsamic ketchup](#), *Columbia Daily Tribune*, columbiatribune.com, April 8, 2009

- [Warm salad of scallops, mushrooms and Catalan vinaigrette](#), *Washington Post*, projects.washingtonpost.com, April 8, 2009
- [Mustard-glazed mushroom salad with crispy prosciutto, watercress and tangerine vinaigrette](#), *Napa Valley Register*, napavalleyregister.com, April 7, 2009
- [A new twist on migas](#), *The New York Times*, bitten.blogs.nytimes.com, April 6, 2009
- [Shrimp, mushrooms and ginger](#), News 10 Now – Syracuse, news10now.com, April 6, 2009
- [Bruschetta with mushroom topping](#), *The New York Times*, nytimes.com, April 2, 2009

VITAMIN D NEWS:

[Real flu fighters](#)

San Francisco Chronicle, sfgate.com, April 30, 2009

Vitamin D [3 stethoscopes up]. Here's a weird, fun physiology fact - **vitamin D is a powerful hormone that regulates your immune system, making your immune system work both harder and more accurately!** Vitamin D is an emerging area of intense research - you can **get it only from the sun, or from milk or other foods/drinks where it's added as a supplement.** Rising vitamin D blood levels may be one of the reasons [influenza tends to disappear in the summer](#).

[Critically ill patients lack vitamin D](#)

Forbes, forbes.com, April 29, 2009

Vitamin D levels are deficient in many critically ill patients, new research shows. In a small study, Australian researchers found that **almost half of people in an intensive care unit were deficient in vitamin D.**

[Critically ill patients lack vitamin D](#)

MSN Health & Fitness, health.msn.com, April 29, 2009

Vitamin D levels are deficient in many critically ill patients, new research shows. In a small study, Australian researchers found that **almost half of people in an intensive care unit were deficient in vitamin D.**

[High doses of vitamin D cut MS relapses](#)

Web MD, webmd.com, April 28, 2009

High doses of vitamin D dramatically cut the relapse rate in people with multiple sclerosis, a study shows. **Sixteen percent of 25 people with multiple sclerosis (MS) given an average of 14,000 international units (IU) of vitamin D a day** for a year suffered relapses, says Jodie Burton, MD, a neurologist at the University of Toronto. In contrast, close to **40% of 24 MS patients who took an average of 1,000 IU a day -- the amount recommended by many MS specialists -- relapsed**, she says.

[Vitamin D levels may affect asthma](#)

Los Angeles Times, latimesblogs.latimes.com, April 24, 2009

Scores of studies in the last few years hint that **adequate vitamin D levels may be much more important to human health than previously thought.** Many of the studies also suggest that most people don't get enough vitamin D, which is synthesized in the body in response to sunlight and is also found in some foods, such as fish and fortified milk. **The latest salvo in the vitamin D debate is a study published today showing that the nutrient may be linked to asthma severity.**

[Low vitamin D linked to severe asthma](#)

Web MD, webmd.com, April 23, 2009

Low levels of vitamin D may be linked to severity of asthma in children, according to a new study. The study, published in the *American Journal of Respiratory and Critical Care Medicine*, examined the blood levels of vitamin D in children with [asthma](#). Lower levels of vitamin D were associated with more severe asthma.

[Vitamin D deficiency linked to asthma, allergies](#)

ABC7 Chicago, abclocal.go.com, April 23, 2009

Scientists reporting in the American Journal of Respiratory and Critical Care Medicine found that lower levels of vitamin D were associated with increased odds of being hospitalized for asthma, increased airway twitchiness and more severe allergies. Experts say **still unknown is the role of vitamin D in the development of asthma** and whether it would be beneficial in the prevention or treatment.

[Vitamin D levels in kids are so low that rickets is back with a vengeance](#)

Natural News, naturalnews.com, April 23, 2009

Kids get so little Vitamin D these days, that Rickets- a disease that was thought to be virtually eradicated over 50 years ago in developed countries- **is back again. The widespread use of sunscreen** that effectively blocks the skin's ability to make Vitamin D is another. Children's **increased time indoors** watching television and playing computer games is another reason. Not only does being indoors keep children out of the Vitamin D making rays of the sun, but it also keeps them from doing the essential weight-bearing exercises like running and jumping that encourage young bones to grow denser and stronger.

[Vitamin D levels linked to asthma severity](#)

Eurek Alert, eurekaalert, April 23, 2009

New research provides **evidence for a link between vitamin D insufficiency and asthma severity.** Serum levels of vitamin D in more than 600 Costa Rican children were inversely linked to several indicators of allergy and asthma severity, including hospitalizations for asthma, use of inhaled steroids and total IgE levels, according to a **study that will appear in the first issue for May of the American Journal of Respiratory and Critical Care Medicine.**

[Study finds many children have vitamin D deficiency](#)

NY1, ny1.com, April 21, 2009

A study at a Queens hospital has found that children are not getting sufficient vitamin D in their diets. NY1's Health & Fitness reporter Kafi Drexel filed the following report on what parents can do to change that. **Taking vitamin D supplements** has become an essential part of seventh-grader Dominique Sermon's diet. With close to zero levels in her system about a year ago, now she's taking a dose of 50,000 international units a month. That's equal to four to five times the recommended daily amount so she can get her levels back up. **Doctors at the hospital are also concerned about lack of vitamin D in overweight kids because obese individuals are especially prone to deficiencies.** To help with that, Sermon's been part of the hospital's "Fit Kids" program.

[Vitamin D may be linked to chronic pain](#)

Personal Liberty Digest, personalliberty.com, April 20, 2009

According to a new study, **chronic pain may be associated with inadequate levels of vitamin D.** This **study conducted at the Mayo Clinic** found that patients who were prescribed narcotic pain medication, and who also **had inadequate levels of vitamin D, required medication doses nearly twice as high as those who had adequate levels.**

[New research shows vitamin D reduces risk of cancer](#)

Naples Daily News, naplesnews.com, April 20, 2009

The findings provide **strong evidence that vitamin D status plays an important role in controlling the outcome of cancer.** People can **get vitamin D in two ways: from the diet** — in foods such as salmon, milk and egg yolks — **and through ultraviolet exposure** — the skin produces vitamin D when exposed to Ultraviolet B energy. Yet **diet supplies only about 200 to 300 IU of vitamin D each day; a fraction of the recommended dose for cancer prevention,** according to Grant.

[Vitamin D and prostate cancer](#)

Natural Product Insider, naturalproductinsider.com, April 20, 2009

Results of a **large-nested case-control study provided no evidence in support of a protective effect of circulating concentrations of vitamin D on the risk of prostate cancer** (*Am J Epidemiol.* 2009; DOI:[10.1093/aje/kwp022](#)). The authors examined whether vitamin D concentrations were associated with prostate cancer risk in a case-control study nested within the European Prospective Investigation into Cancer and Nutrition (1994 to 2000).

[Combat vitamin D deficiency with Ellie Krieger](#)

New York's CW11, weblogs.wpix.com, April 20, 2009

We'll talk to [Ellie Krieger](#), RD, best-selling author and host of [Healthy Appetite](#) on the Food Network, about: **How could you tell if you're Vitamin D deficient? How do we best get Vitamin D without the potential problems of increased sun exposure? What foods provide Vitamin D?** [Krieger](#) is also the **first registered dietician to have a "Got Milk?" ad** and part of the **"Get Your D"** campaign.

[Your health: Skin color matters in the vitamin D debate](#)

USA Today, usatoday.com, April 20, 2009

Can dark skin be a health hazard? It might be — if you are a **dark-skinned person who lives far from the equator, gets little sun exposure and consumes little vitamin D**. That describes many African Americans and **helps explain why studies find that average African-American children and adults have much lower blood levels of the vitamin than white Americans do**.

[Veil wearers face vitamin deficiency](#)

The Age, news.theage.com, April 19, 2009

North African refugees and Muslim Australians who wear veils have been warned they may not be getting enough vitamin D. Of almost 150 North African migrants who took part in a health screening program, just two had sufficient levels of the vitamin which is needed for healthy bones and which the body derives from sun exposure.

[Study links vitamin D deficiency and respiratory infections](#)

Looking Fit, lookingfit.com, April 17, 2009

New Turkish research found that **newborns with subclinical vitamin D deficiency may have an increased risk for acute lower respiratory infection (ALRI)**. The strong positive correlation between newborns' and mothers' 25(OH)D concentrations **indicates that adequate vitamin D supplementation of mothers should be emphasized during pregnancy especially in winter months**.

[Low levels of vitamin D in patients with autoimmune disease may be result, not cause, of the disease](#)

Science Daily, sciencedaily.com, April 16, 2009

Deficiency in vitamin D has been widely regarded as contributing to autoimmune disease, but a review appearing in *Autoimmunity Reviews* explains that **low levels of vitamin D in patients with autoimmune disease may be a result rather than a cause of disease and that supplementing with vitamin D may actually exacerbate autoimmune disease**.

[Vitamin D deficiency and respiratory infections](#)

Natural Products Industry Insider, naturalproductsinsider.com, April 16, 2009

New Turkish research found newborns with subclinical vitamin D deficiency may have an increased risk of suffering from acute lower respiratory infection (ALRI) (*Eu J Clin Nutr.* 2009;63:473-77).

[Study: Low vitamin D linked to increased inflammation](#)

Looking Fit, lookingfit.com, April 13, 2009

The study, from the University of Missouri, found **increased concentrations of serum TNF- α , an inflammatory marker, in women who had insufficient vitamin D levels**. This study is **the first to find an inverse relationship between vitamin D levels and concentrations of TNF- α in a healthy, nondiseased population**, which may explain the nutrient's role in the prevention and treatment of inflammatory diseases.

[Vitamin D insufficiency rising, racial and ethnic disparities persist](#)

Endocrine Today, endocrinetoday.com, April 13, 2009

Researchers examined data from the National Health and Nutritional Survey (NHANES III) collected on 18,883 participants between 1988 and 1994 and compared the vitamin D levels in 13,369 NHANES participants surveyed between 2001 and 2004. **Research has suggested that serum 25-hydroxyvitamin D levels between 20 ng/mL and 40 ng/mL may be required for optimum health**, the researchers noted in the study.

[Ask the doctor: Why is everyone on vitamin D?](#)

San Francisco Chronicle, sfgate.com, April 12, 2009

To begin with, an astonishing number of us, **at least 20 percent, test too low on vitamin D**. Vitamin D is everywhere these days - milk, yogurt, orange juice - so why are we deficient? The problem is, **we need sunshine to convert vitamin D to its active form**. At 37 degrees north latitude, there's not enough UVB light in wintertime to convert what we need, even if we were out in the sun all the time.

[Best sources for vitamin D in foods](#)

Examiner, examiner.com, April 12, 2009

Best food sources

- * **Fish liver oils**, such as cod liver oil, 1 Tbs. (15 mL) provides 1,360 IU (one IU equals 25 ng)
- * Fatty fish species, such as:

- o **Herring**, 85 g (3 ounces (oz)) provides 1383 IU
- o **Catfish**, 85 g (3 oz) provides 425 IU
- o **Salmon**, cooked, 100 g (3.5 oz]) provides 360 IU
- o **Mackerel**, cooked, 100 g (3.5 oz]), 345 IU
- o **Sardines**, canned in oil, drained, 50 g (1.75 oz), 250 IU
- o **Tuna**, canned in oil, 85 g (3 oz), 200 IU
- o **Eel**, cooked, 100 g (3.5 oz), 200 IU
- * **One whole egg**, provides 20 IU
- * **Beef liver**, cooked, 100 g (3.5 oz), provides 15 IU

[Vitamin D deficiency linked to increased c-section rate](#)

Natural News, naturalnews.com, April 11, 2009

A study indicates women **who are short on vitamin D are more likely to have a cesarean section delivery**. The findings can be attributed to the work of a larger study which looked at the vitamin D levels in women within 72 hours of delivery. None of the women in the study had previous c-sections, and the rate of cesarean deliveries during the study was 17 percent.

[Study: Skin pigment and vitamin D deficiency](#)

Looking Fit, lookingfit.com, April 10, 2009

A recent study examined **the link between skin pigment and vitamin D levels, reaffirming the idea that people with darker tend to have more acute deficiencies**. The study, which was **published in the Archives of Internal Medicine**, surveyed 18,863 people, including several ethnicities.

[Spring sunshine is free vitamin D](#)

Examiner, examiner.com, April 9, 2009

Researchers at the **University of Missouri report that 75% of Americans do not get enough Vitamin D**. Fatty fish provide vitamin D, as do a number of fortified foods like milk and orange juice. However, the **easiest way to get vitamin D is free** and enjoyable for most of the year. We can **meet our requirement for vitamin D by exposing 25% of our skin's surface to sunshine for just 10 minutes, three times each week**. Dark skinned persons will need a little longer. The current dietary reference intake (DRI) for vitamin D is 200 IU for ages 50 and younger, 400 IU for ages 50-79. However, Catherine Peterson of the [study] suggests **most people should get at least 1000 IU of vitamin D daily**.

[Vitamin D deficiency common in breast cancer patients](#)

Modern Medicine, modernmedicine.com, April 9, 2009

In **premenopausal breast cancer patients who are undergoing adjuvant chemotherapy, vitamin D supplementation at even double the current recommended dietary allowance is too low to increase** serum 25-hydroxyvitamin D (25-OHD) to sufficient levels, according to a report published online ahead of print **April 6 in the Journal of Clinical Oncology**.

[Vitamin D may exacerbate autoimmune disease](#)

Eurek Alert, eurekaalert.org, April 8, 2009

Deficiency in vitamin D has been widely regarded as contributing to autoimmune disease, but a review appearing in **Autoimmunity Reviews** explains that **low levels of vitamin D in patients with autoimmune disease may be a result rather than a cause** of disease and that supplementing with vitamin D may actually exacerbate autoimmune disease.

[Study: Vitamin D can prevent fractures in geriatrics](#)

Looking Fit, lookingfit.com, April 8, 2009

The effectiveness of vitamin D supplementation for bone health was called into question by previous studies; however, the authors of the current study say that some of those studies **didn't account for adherence to supplement use**. In fact, the researchers pointed out that less than half of the people randomized to take vitamin D were actually doing so 2 years later in one of the studies.

[Vitamin D measurement set for new standard](#)

Personal Liberty Digest, personalliberty.com, April 7, 2009

Scientists have announced they will unveil a more accurate set of standards for measuring vitamin D levels in blood later this year. This comes on the heels of recent studies that have found many Americans are not getting enough vitamin D and are thus exposed to a range of debilitating conditions.

[Study: Vitamin D may reduce risk of death for dialysis patients](#)

Looking Fit, lookingfit.com, April 7, 2009

Research indicates that **higher levels of an antimicrobial protein that's regulated by vitamin D may significantly reduce the risk of death from infection for dialysis patients.** The study, which was published in **Clinical Infectious Diseases**, looked at 279 end-stage renal-disease patients across the U.S. who were being treated with dialysis. **Patients with a high level of the human cathelicidin antimicrobial protein, or hCAP18, were 3.7 times more likely to survive kidney dialysis** for a year without a fatal infection.

[Vitamin D research panel under fire](#)

Looking Fit, lookingfit.com, April 6, 2009

The **research panel selected to analyze vitamin D health claims is under fire for not including well-known researchers** who propelled the nutrient into scientific spotlight. The panel, which recently held its first meeting in Washington, will **address whether current vitamin D recommendations need to be revised.**

[Indian Americans at high risk for Vitamin D deficiency](#)

San Leandro India West, indiawest.com, April 6, 2009

Indian Americans may be at a higher risk for Vitamin D deficiency because of the amount of melanin in their skins, says the author of a new study, published this month in the **Archives of Internal Medicine.**

[Your health: Vitamin D may be better than Vitamin C for colds, flu](#)

Bend Weekly, bendweekly.com, April 6, 2009

While **vitamin D helps the body fend off colds and the flu**, it also appears to **arm the immune system against more serious illnesses, including cancer.** In a four-year study of more than 1,000 healthy menopausal women, researchers at Creighton University found that those who took daily doses of calcium plus 1,100 international units of vitamin D experienced a 60 percent reduction in breast cancer compared to women taking placebo pills.

[A debilitating deficiency](#)

The Free Lance-Star, fredericksburg.com, April 5, 2009

Vitamin D deficiency is debilitating and is being diagnosed more frequently. **A simple blood test, 25(OH)D, can determine vitamin D levels. Some doctors are now pushing for vitamin D tests as part of routine screenings,** as they learn more about how many of the body's systems need it and how many people aren't getting enough.

[Don't discount vitamin D](#)

Buffalo News, buffalonews.com, April 2, 2009

Scientists have found **associations between low vitamin D levels and a variety of chronic conditions including arthritis, high blood pressure, heart disease, diabetes and depression.** People with **insufficient vitamin D** also seem more **susceptible to respiratory-tract infections** such as influenza (Epidemiology and Infection, December 2006). Many **other studies have found** that when people get **adequate amounts of vitamin D, they have a lower risk of developing cancer of the colon, breast, ovaries or prostate** (American Journal of Public Health, February 2006).

[Are they getting enough vitamin D?](#)

Edmond Sun, edmondsun.com, April 2, 2009

One reason for the increase in Vitamin D-deficiency, Dunlop said, is a lack of food sources high in Vitamin D. In fact, **one reason the cases of rickets are rising** may be the **greater consumption of soft drinks and juice drinks rather than milk**, which is usually fortified with Vitamin D. **Other foods high in Vitamin D** are some fatty fish, egg yolks, and Vitamin-D fortified yogurt, breakfast cereals, bread and cereal bars.

[Study says vitamin D deficiency has increased alarmingly](#)

Natural News, naturalnews.com, April 2, 2009

During the NHANES III, the researchers found that **the average level of serum 25(OH)D was 30 nanogram / milliliter (ng/mL).** However, for the **second survey, the average level had dropped to 24 ng/mL, which represented a 20% decrease.** **From the first to the second survey period, the proportion of persons who had at**

least 30 ng/mL of 25(OH)D fell by almost half, from 45% to 23%. On the other hand, the proportion of those who had less than 10 ng/mL of the compound rose about three-fold, from 2% to 6%.

[Too little vitamin D can pose risks to health](#)

Lynchburg News and Advance, newsadvance.com, April 2, 2009

In the **study out this week in the Archives of Internal Medicine**, researchers compared average vitamin D levels collected during national nutrition surveys from 1988 to 1994 with those collected from 2001 to 2004. The average serum vitamin D level decreased from 30 nanograms per milliliter to 24 during that period. While a level of 20 used to be considered fine, many experts now think 30 is a better number to aim for.

[Vitamin D deficiency in winter may pile on the pounds](#)

The Epoch Times, theepochtimes.com, April 1, 2009

One way to test this would be to see what effect boosting vitamin D levels (through food, supplements, or sunlight exposure) has on body fat in the context of a randomized controlled trial. To my knowledge, no such studies have been published. However, I was interested to read about a recently published article in the journal *Medical Hypotheses* that puts forward the theory that vitamin D deficiency may actually cause obesity [3]. This concept is that there are evolutionary advantages to accumulating fat in the winter.

[Vitamin D deficiency linked to health conditions in adolescents](#)

Natural News, naturalnews.com, April 1, 2009

Vitamin D levels in the general population are falling, caused in large part by sedentary lifestyles and the often overstated skin cancer scare, and our young ones are not spared from this trend, either. And this is negatively affecting their health, as revealed in a study presented at the American Heart Association's 49th Annual Conference on Cardiovascular Disease Epidemiology and Prevention, which linked low vitamin D levels with several health conditions in teenagers.

[Vitamin D getting new respect](#)

Hartford Courant, courant.com, April 1, 2009

Some experts are wary, Ali says, that the buzz on vitamin D could be a fad similar to the vitamin E and antioxidant craze of the 1990s. But so far, the evidence seems to show that D is a lot more important than people once realized. A paper in the March issue of *Archives of Internal Medicine* states that current recommendations for vitamin D intake — 200 international units (IU) per day from birth to age 50, 400 IU for those ages 51 to 70, and 600 IU daily for those over 71 — is adequate for maintaining bone health. But the authors of the paper, from the University of Colorado Denver School of Medicine, recommend an across-the-board intake of 1,000 IU to get the overall health benefits of vitamin D, especially in the winter. The Institute of Medicine goes further, recommending 2,000 IU.