

The Fresno Bee

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 376,915 Impressions

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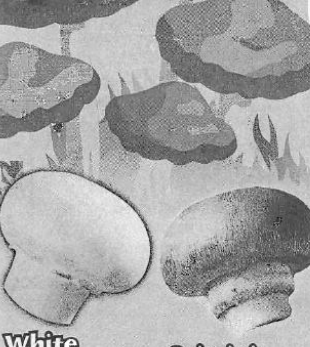
7th edition

What's Growin' On?

Your Link to California Agriculture

EDUCATION SUPPLEMENT
 VISIT www.cfaifc.org OR CALL (800) 700-ATTC
 California Foundation for Agriculture in the Classroom

There is Fungus Among Us



White Button
 The most popular mushroom, white buttons represent about 90 percent of mushrooms consumed in the United States. Try them sliced and sautéed on pizza or in a quesadilla.

Crimini
 Also known as baby bellas, criminis are similar in appearance to white buttons, but are more tan in color. Their hearty taste makes them an excellent addition to beef and vegetable dishes.

A Unique Environment

Edible mushrooms grow indoors in temperature and humidity-controlled trays or beds. Many farmers use computers to help monitor and regulate these growing conditions. The beds in which mushrooms grow contain a rich mixture of organic compost such as straw, hay, corn cobs and water. The compost is pasteurized to destroy any germs or bacteria that might harm mushroom development. Used or "spent" mushroom compost is recycled and used as fertilizer for some crops and home gardens.

Standards: Science-Grade 4: 2; Grade 5: 2; Grade 6: 5a
 Source: www.mushroomcouncil.com, www.americanmushroom.org

Mushroom Varieties

Mushrooms come in a variety of shapes, colors and sizes! There are more than 250 different varieties of edible mushrooms. Below are six common varieties.

Standards: Science-Grade 4: 4c; Grade 6: 5a Source: Mushroom Council



Portabella
 Portabellas have tan or brown caps and measure up to 6 inches in diameter. Grill and serve them as "burgers" on toasted buns.

Enoki
 With a crunchy texture, enoki have small caps and long, spindly stems. Try them in salads and sandwiches.

Oyster
 Oyster mushrooms can be gray, yellow or even white. Try them over with steak and peppers.

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Did You Know?

Mushrooms are neither plant nor animal, but have their own biological kingdom: fungus.

Standards: Science-Grade 4: 2c; Grade 6: 5a

Tech Check

Choose one mushroom variety and search for a related recipe at www.mushroominfo.com. Try this recipe with your family this week!

Activity

An acrostic is a poem in which each letter of a word spells out another message relating to the word. Complete this acrostic with information you have learned about mushrooms.

Fabulous way to add flavor to everything from sandwiches to soups!

U _____
 N _____
 G _____
 U _____
 S _____

Find a related recipe at www.mushroominfo.com and try this recipe with your family.

Caution!

Be careful what you eat! Some mushrooms can be poisonous. Only eat mushrooms bought at a grocery store or other produce market.