



Farm to School Month | Sample Tweets for Mushrooms in Schools

Tweet #1

Many mushroom farms are multigenerational farms – upwards of fourth and fifth generation. In fact, a family farm in Pennsylvania celebrated its 100-year anniversary - they started growing their first mushrooms in around 1900! #MushroomGrowers #FarmToSchool

Tweet #2

It's likely that the mushrooms you're eating came from a farm not far from you. Mushrooms are grown in almost every state, though Pennsylvania does make up 60% of all mushrooms produced in the US. We love serving local mushrooms on our menus! #FarmToSchool

Tweet #3

Mushrooms are grown indoors and year-round, making them a nutritious and flavor-boosting ingredient to add to meals no matter the season! From sliced fresh on salads in the summer to simmered in stews in the winter, what is your favorite way to enjoy mushrooms? #MushroomADay

Tweet #4

This #F2SMonth we are celebrating our local farmers by featuring delicious local produce on our menus, like locally grown mushrooms. Check out our menus to see the full line up and join us in supporting #USFarmers!

Tweet #5

#DYK? The vitamins and minerals in mushrooms are #immune boosting! Mushrooms are the leading source of the antioxidant nutrient selenium in the produce aisle, and mushrooms exposed to UV light are excellent sources of vitamin D.

Tweet #6

#ProTip: Don't soak your mushrooms! This can make them soggy because they act like little sponges. Instead, brush off any debris from mushrooms with fingers or a damp paper towel, or rinse briefly under running water and pat dry with a paper towel. #MushroomsInSchools

Tweet #7

#FUNgiFact There are over ten thousand varieties of mushrooms! Let's name them, we'll start: white mushrooms, brown mushrooms, shiitake, portobello... now it's your turn, how many can you name? #MushroomsInSchools