

What do you do with a Mushroom?

We are beginning a new unit related to caring, handling, and storing mushrooms. Students will be exploring how to choose the best mushrooms. They will learn how to clean and trim the mushrooms. Finally, students will discuss the best way to store mushrooms. Join us on the journey as you review what your child learned and how to extend that learning at home.

How to choose a Mushroom

Choose a mushroom that has the following characteristics:

- Firm
- Fresh, smooth appearance
- Dry but not dried out
- Appears plump

Extended Learning

For a fun activity, the next time you go to the grocery store, try this:

- Encourage your child to go to the mushroom section and select a few to compare.
- Ask the child to describe the texture and feel of the mushrooms (remember you want firm mushrooms with a smooth appearance).
- If possible, purchase a few mushrooms to take home.
- Let your child demonstrate the skills they learned and clean mushrooms before serving as a snack.

How to store Mushrooms

Here are some tips for storing mushrooms:

- Store in original packaging Mushrooms can be stored in a paper bag
- Store in the refrigerator Never freeze fresh mushrooms

How to clean Mushrooms

A few tips for cleaning mushrooms:

- Brush off any debris
- Use a damp paper towel or rinse briefly under running water
- Pat dry with a paper towel If the mushroom stem is tough, trim it

