

Mushroom Webquest

Directions: Visit the Mushroom Council's website to explore mushrooms.

Website: <https://www.mushroomcouncil.com/>

1. When do mushrooms grow?
2. Why are mushrooms considered a superfood?
3. How much do mushrooms grow in a day?
4. How many gallons of water are required to produce one pound of mushrooms?
5. List three nutrients of mushrooms.
6. What are the benefits of the mushrooms requiring a small amount of land to grow?
7. Identify and describe six varieties of mushrooms.
8. When talking about a mushroom blend, what are mushrooms blended with?
9. What is a reason for utilizing a mushroom blend?
10. Select one recipe you would like to try and place the link here:

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1. When do mushrooms grow?

Answer: Year round

2. Why are mushrooms considered a superfood?

Answer: nutrients they offer, nutritional qualities of both vegetables, meat, beans, and grains.

3. How much do mushrooms grow in a day?

Answer: They double in size

4. How many gallons of water are required to produce one pound of mushrooms?

Answer: 1.8 gallons of water

5. List three nutrients of mushrooms.

Answer: Vitamin D, Potassium, Riboflavin, Niacin, Selenium, Pantothenic Acid, Copper, Beta-Glucans, Ergothienine

6. What are the benefits of the mushrooms requiring a small amount of land to grow?

Answer: Mushrooms' small growing space conserves soil and nets high yields.

7. Identify and describe six varieties of mushrooms.

Answer: Answers will vary but may include

white button

crimini

shiitake

king trumpet

portabella

lion's mane

oyster

maitake

8. When talking about a mushroom blend, what are mushrooms blended with?

Answer: meat

9. What is a reason for utilizing a mushroom blend?

Answer: Any of the following - Umami flavor, get your veg, earth friendly, save money

10. Select one recipe you would like to try and place the link here:

Answer: Answers will vary