

## City Fresh Harvest of the Month

# EAT YOUR MUSHROOMS

### Mushroom Facts

- ◆ **Mushrooms are the only fresh fruit or vegetable with natural Vitamin D, which makes our bones strong.**
- ◆ **The most common types of mushrooms are: button, portabella, porcini, shitake, and morel.**
- ◆ **The best time to grow mushrooms is during the Spring and Fall.**



### DID YOU KNOW?

- ◆ **Mushrooms are commercially produced in almost every state by over 282 growers! This makes it easier for us to buy the mushrooms at the store and eat them at home.**
- ◆ **Mushrooms can be cooked or eaten raw, they're good for you either way.**

### Healthy Reasons to Eat Your Mushrooms

- ◆ **Just 5 medium mushrooms contain potassium and other nutrients your body needs to grow big and strong.**
- ◆ **Mushrooms are low in sodium and don't contain any fat, so you can maintain a healthy diet and low cholesterol.**
- ◆ **Mushrooms have the nutrient, copper, which makes our bones, skin and hair healthy.**



### Teacher's Corner

**Help children eat their vegetables, here are helpful resources to encourage our harvest of the month:**

- ◆ **Teacher's resources booklet (grades 1-5):**  
<http://bit.ly/2yZe81W>
- ◆ **Parent Mushroom Newsletter:**  
<http://bit.ly/2CFeSvj>