



ISLAND GROWN

HARVEST OF THE MONTH

– July –

MUSHROOMS

FEATURED FARM OF THE MONTH: MARTHA'S VINEYARD MYCOLOGICAL

Tucker Pforzheimer and Truman French started MV Mycological in 2014, growing shiitake mushrooms on locally salvaged oak logs in the traditional Japanese style from May through November. MVM shiitakes have a firm texture, meaty flavor, and a deep reddish-brown cap full of Vitamin D. Look for them at Morning Glory Farm and at the MVM stall at the West Tisbury Farmer's Market.

HEALTHY SERVING IDEAS

Sauté any type of mushrooms with onions for an easy, delicious side dish.

Sprinkle raw sliced mushrooms on top of a salad.

Add sliced mushrooms to soups, omelets, or quiches.

Grill portabella mushrooms and use them on a sandwich or burger.

HEALTH BENEFITS

100% PROTEIN

0% FAT

IRON

SELENIUM

PHOSPHORUS

VITAMIN D

ANTIOXIDANTS

B VITAMINS

FOLATE

SHOPPER'S TIPS

Look for mushrooms that are firm and dry, avoiding those that look bruised or slimy.

Mushroom cap edges should be curled under, not flat.

Bigger is not necessarily better-- all caps have the same flavor, and smaller ones can be better for certain cooking applications.

Rinse mushrooms under cold water and trim the bottom off the stems just before cooking or preparing.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH



This material is adapted from Harvest of the Month by California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 866.950.3663

