

MUSHROOMS

HARVEST OF THE MONTH

Mighty Mushrooms

Can you believe that there are over 10,000 varieties of mushrooms? A portabella mushroom has more potassium than a banana.

January



Munch on Mushrooms

Avoid soaking mushrooms in water to avoid mushy mushrooms.

Nutrient Content

Copper helps keep your blood vessels healthy.

B Vitamins play an important role in the process of making energy.