

Mushrooms

The white button mushroom is the most popular mushroom in the US, making up 90% of mushrooms consumed here.



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Mushrooms

**A portabella mushroom
contains as much
—or more—
potassium as a
small banana.**



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Crimini and portabella mushrooms are the same mushroom! Criminis are baby portabellas.



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Mushrooms are found on every continent and are used in almost every cuisine around the world.



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Mushrooms are grown indoors and are available all year long.

Mushrooms are a fungus, and unlike plants, they do not require sunlight to make energy for themselves.



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Kennett Square, Pennsylvania, is considered the mushroom capital of the world because so many mushrooms are grown there.



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Some wild mushrooms are highly poisonous. Only eat mushrooms grown or collected by a mushroom farmer.



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Mushrooms are made up of about 90% water. Still, mushrooms are very nutritious

and can contain Vitamin D, as well as B vitamins, minerals, and antioxidants. Mushrooms are also low in calories and fat.



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**Mushrooms are fungi.
Fungi are as different
from plants as plants
are from animals.**

**Fungi and animals are now
in the same super-kingdom,
Opisthokonta.**



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Fungi recycle plants after they die and transform them into rich soil.

If not for mushrooms and fungi, the Earth would be buried in several feet of debris and life on the planet would soon disappear.



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