



**Thought
Foodness**

**Featuring
Sliced
Mushrooms**

TM

WEST VIRGINIA HARVEST™



Did You Know?

Mushrooms

Where I grow best:

Mushrooms grow best in cool, damp, and shady places with rich, moist soil. Unlike most plants, they do not need sunlight because they grow from spores instead of seeds. Mushrooms prefer temperatures between 55°F and 65°F and need high humidity to thrive. They grow well in dark places like forests, caves, or even indoors in special growing trays or compost piles. Some common places where mushrooms are grown include cool, damp regions of the U.S. like Pennsylvania, the Pacific Northwest, and parts of West Virginia

My Nutritional Superpowers include:

Mushrooms have amazing nutritional superpowers that help keep the body strong and healthy! They are packed with vitamin D, which helps build strong bones and supports the immune system. Mushrooms also have B vitamins, which give the body energy and help the brain work well. They are full of antioxidants, which protect cells and keep the body healthy. Mushrooms are a great source of fiber, which helps with digestion, and potassium, which keeps the heart and muscles strong.

I taste great in meals like:

Mushroom Stuffing, Mushroom and Cheese Quesadilla, and Mushroom and Egg Scramble!

Mushrooms are available in West Virginia at Grocery Stores and Walmart all year.




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Recipe Spotlight

Mushroom and Egg Scramble

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Melt butter in a pan and cook mushrooms for 2 minutes.
2. If using spinach, add it to the pan and cook for 1 more minute.
3. Beat the eggs in a bowl and pour them into the pan.
4. Stir until the eggs are cooked.
5. Serve warm and enjoy a protein-packed breakfast!

What you will need:

- ½ cup mushrooms, sliced
- 2 eggs
- 1 teaspoon butter
- A pinch of salt
- Optional: ¼ cup fresh spinach, chopped



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.


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healthier
you!



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