

Harvest of the Month



Mushroom

FUN FACTS:

Lots of flavor for just a few calories.

Mushrooms are a fungus, not a plant.

Unlike plants, mushrooms do not require sunlight. They draw their energy from living or dead organic matter.

They are made up of around 90% water.

The mushroom is known as the “meat” of the vegetable world.

This institution is an equal opportunity provider.

