

CWD Healthy Update

CWD Nutrition
Services Department

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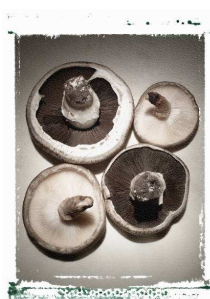
Mushrooms

Fungi have been found in Stone Age settlements and have fascinated us for years. Historical data indicates that mushrooms were consumed throughout the ancient Greek and Roman eras. Asian civilizations have cultivated Shiitakes for over 2000 years.

Commercial mushroom production began in France in the 17th Century. Around the time of Louis XIV, mushrooms were grown around Paris in caves.

In the late 19th Century, mushrooms made their way to America. Mushrooms are grown in every state, however, Pennsylvania now leads the country in commercial mushroom produc-

tion with about 61% of total US production. USDA re-



ports 2016/17 mushroom crop volume totaled 929 million pounds.

Mushroom Handling Tips

- * Refrigerate both bulk and pre-packaged mushrooms at 34° to 35°F. Optimum humidity for mushroom storage is 85-90%. This

helps to maintain quality and shelf life.

- * Store mushrooms in their original container. Do not store in non-porous plastic bags as plastic accelerates mushroom deterioration.
- * Mushrooms absorb strong odors. Do not store near pungent items.
- * Don't wash mushrooms before storing them. Wash just prior to use.
- * Do not stack heavy products on top of mushrooms.

For more information, check out the Mushroom Council's website at www.mushroominfo.com

Mushroom Equivalents

- ◆ 1 lb. whole = about 6 cups sliced mushrooms
- ◆ 1 lb. whole = about 3 $\frac{3}{4}$ cups chopped
- ◆ 1 lb. sliced & cooked mushrooms = about 2 $\frac{3}{4}$ cups.
- ◆ 1 lb. chopped & cooked = about 2 cups



Celebrate September!

- National Food Safety Education Month
- All American Breakfast Month
- National Chicken Month
- National Rice Month
- National Honey Month
- National Mushroom Month
- National Potato Month
- National Biscuit Month

Weekly Produce Update

Broccoli—supplies are limited due to the impact of weather.

Oranges—demand continues to exceed supply.

Strawberries—some quality issues continue.

Avocados—Mexican volume is improving, which will begin to fill the pipeline.

Limes—quality is an issue as tropical storms have limited supply and impacted quality.

Grapes—quality and supply continues to be good.

Lettuce—the iceberg market is steady with good quality. Leaf lettuce supplies are plentiful and demand is off.

Potatoes—russet harvest is going at full speed in all growing areas.

Source: ProAct

