**Produce Tips**

- Mushrooms come in many varieties; more than 38,000 are available. However, some mushrooms can be toxic. To be safe, get mushrooms at the market rather than picking your own.
- While most mushrooms are safe to eat raw, cooked mushrooms are more nutritionally beneficial. They can be served as the main course or put into soups, salads, or other side dishes.
- Mushrooms are inexpensive and available year-round. All forms of mushrooms—dried, canned, frozen, or fresh—have nutritional value.

**Make It**

**Pizza Mushrooms**

**Ingredients:**
- 20 mushroom caps
- 1 jar marinara sauce (24 oz)
- 1 tsp basil or oregano
- 1 3/4 cup shredded mozzarella, low moisture, part skim (7-8 oz)
- 1/2 package mini pepperoni

**Directions:**
1. Preheat oven to 350°F.
2. Stir the basil or oregano into the marinara sauce.
3. In a large oven-proof skillet, fill each mushroom cap with marinara, and sprinkle generously with mozzarella.
4. Top each with a couple of mini pepperoni and bake about 15-20 minutes or until cheese melts and pepperoni is crispy.

**Fungi Facts!**

Mushrooms are a good source of B vitamins such as riboflavin, niacin, and pantothenic acid. These B vitamins aid the body in providing energy with the breakdown of protein, fat, and carbohydrates.

Technically, mushrooms are not a vegetable, but they are often used and served as a vegetable. They are a low-calorie, high-fiber food choice that can be used in many recipes.

A mushroom is a fungus. A fungus differs from a plant in that it has no chlorophyll, produces spores instead of seeds, and survives by feeding off other organic matter.

Mushrooms are made up of around 90% water.

**Helpful Hint**

According to hieroglyphics of 4,600 years ago, ancient Egyptians believed mushrooms to be a plant of immortality. First formally cultivated in France, mushrooms were grown in special caves outside of Paris.

For more information on Louisiana Harvest of the Month, visit [www.SeedstoSuccess.com](http://www.SeedstoSuccess.com)

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