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Celebrate the Mighty Mushroom This Mushroom Month (September)

5 Things You May Not Know About the Nutritious Powerhouse in Your Produce Aisle

Redwood Shores, CA (August 2016) – September is “National Mushroom Month,” the perfect occasion to celebrate the mighty fungi that makes our favorite foods like burgers, pizzas and salads so much more flavorful. But, enhancing taste is just the beginning when it comes to the myriad benefits of mushrooms.

“Mushrooms are packed with a wide range of disease-preventing nutrients, some of which you won’t find anywhere else in the produce aisle,” said Kara Lydon, RD, LDN, RYT, author of *The Foodie Dietitian* and nutrition consultant for the Mushroom Council. “And, beyond their taste and health benefits, mushrooms are also an environmentally friendly food. It makes sense to always have fresh mushrooms stocked in your kitchen.”

This National Mushroom Month, the Mushroom Council shares five facts you may not know about the mighty mushroom:

1. **Mushrooms are the produce aisle’s [only natural source of vitamin D](#)**, which helps build strong bones. In addition, they also provide [selenium](#), a mineral that helps the immune system function properly, and are a good source of energy providing B vitamins.
2. **Mushroom production is earth friendly.** Growing mushrooms requires less water and land relative to many other crops. For example, [Phillips Mushrooms Farms](#), one of the nation’s largest mushroom producers, grows more than 45 million pounds annually on less than 50 acres.
3. **Restaurants and school cafeterias are making burgers healthier by blending finely chopped mushrooms into the burgers**, cutting sodium and fat without sacrificing flavor, thanks to mushrooms’ inherent umami. In fact, 15 percent of all K-12 public schools are serving “Blended Burgers” featuring an approximately 30/70 mushroom/meat ratio. This summer, 349 restaurants created their own Blended Burger in a “Blended Burger Project™” competition presented by the James Beard Foundation.
4. **Mushrooms are neither vegetable or fruit, they are in their own kingdom: fungi.** Mushrooms provide many of the nutritional qualities of produce, as well as attributes more commonly found in meat, beans and grains. Mushrooms are low in calories, fat-free, cholesterol-free, [gluten-free](#), and very low in [sodium](#).
5. **U.S. growers shipped nearly 800 million pounds of fresh mushrooms in 2015**, according to Mushroom Council [data](#). The most popular varieties are [White Button](#), [Maitake](#), [Oyster](#), [Crimini](#), [Shiitake](#), [Beech](#), [Portabella](#), and [Enoki](#).

Ready to find the mushroom matchup that’s just right for you? For National Mushroom Month, the Mushroom Council, presents the “Mushroom Meal Matchup” bracket, featuring 12 delicious mushroom dishes to help individuals discover their favorites. Take part and enter to win prizes beginning Sept. 5 at mushroominfo.com.

About The Mushroom Council

The Mushroom Council is composed of fresh market producers or importers who average more than 500,000 pounds of mushrooms produced or imported annually. The mushroom program is authorized by the Mushroom Promotion,

Research and Consumer Information Act of 1990 and is administered by the Mushroom Council under the supervision of the Agricultural Marketing Service. Research and promotion programs help to expand, maintain and develop markets for individual agricultural commodities in the United States and abroad. These industry self-help programs are requested and funded by the industry groups that they serve. For more information, visit mushroomcouncil.org.

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