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Mushrooms: The Official Ingredient for Earth Day

Redwood Shores, CA (April 1, 2019) – What can you do to make a better planet this Earth Day: Reduce, reuse, recycle – and, eat a mushroom? That’s right. Because of their sustainable attributes and inherent umami, consider mushrooms “The Official Ingredient for Earth Day.”

This Earth Day, April 22, make mushrooms your go-to ingredient. Consider why researchers* have declared mushrooms “one of the most sustainably-produced agriculture products”:

- Producing one pound of mushrooms requires only 1.8 gallons of water, and 1.0 kWh of electricity; and it generates only .7 lbs of CO₂ equivalents.
- Up to 1 million pounds of mushrooms can be grown on 1 acre of land.
- Mushrooms are grown in composted agricultural materials, which after harvest is often recycled into potting soil.

Sustainability aside, mushrooms’ unbeatable flavor cannot be forgotten. From portabella to shiitake, mushrooms enhance the flavor of any recipe thanks to their inherent umami, a savory, satisfying and earthy taste. Additionally, the meaty texture of mushrooms makes them a staple for both vegetarians and meat eaters alike.

Looking for inspiration on how to incorporate mushrooms this Earth Day? Try sautéed shiitakes in this hearty Avocado and Farro Harvest Buddha Bowl.

Avocado and Farro Harvest Buddha Bowl Recipe

With meaty shiitake mushrooms, this healthy vegetarian power bowl with a tahini drizzle will give you loads of energy.



Ingredients

- ½ pound Brussels sprouts, halved
- ¼ cup olive oil, divided
- ¾ teaspoon salt and pepper, divided
- ½ pound shiitake mushrooms, stems removed and sliced
- 1 tablespoon finely chopped fresh thyme

- 3 tablespoon lemon juice
- 1/3 cup plain Greek yogurt
- 1 clove garlic, minced
- 1 teaspoon lemon zest
- ¼ teaspoon ground cumin
- 1 cup farro, cooked according to package directions
- 1 ripe avocado, halved, peeled, pitted and sliced
- 1 cup alfalfa sprouts
- 1/3 cup toasted pumpkin seeds
- 2 tablespoons finely chopped fresh parsley

Instructions

1. Preheat oven to 425 degrees F. Toss together Brussels sprouts, 2 tablespoons olive oil and ¼ teaspoon each salt and pepper. Transfer to parchment paper-lined baking sheet. Roast for 18 to 25 minutes or until tender and lightly charred in spot. Set aside.
2. Meanwhile, heat remaining oil in large skillet set over medium heat; cook mushrooms, thyme and ¼ teaspoon each salt and pepper (do not overcrowd the pan, cook in batches if needed). Set aside.
3. Whisk together lemon juice, tahini and 1 tablespoon water until smooth. Stir in yogurt, garlic, lemon zest, cumin and remaining salt and pepper.
4. Stir together farro and Brussels sprouts. Divide among 4 bowls. Arrange mushrooms, avocado and alfalfa sprout on top. Sprinkle with pumpkin seeds and drizzle with tahini sauce. Garnish with parsley.

Next time you're in the kitchen, add mushrooms to the menu. Not only will your taste buds thank you, the planet will, too.

For more information on nutrition, sustainability and recipes, visit mushroomcouncil.com.

About The Mushroom Council:

The Mushroom Council is composed of fresh market producers and 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.com.

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