



SEPTEMBER IS NATIONAL MUSHROOM MONTH

Kara Lydon, RD, LDN, RYT



Did you know that September is National Mushroom Month? The Mushroom Council will be celebrating all month long with our [Mushroom Meal Matchups](#) and we encourage you to join in on the fungi fun! During the month of September, 16 different mushroom recipes will go head to head and you get to vote on which one will reign

supreme. Every time you vote, you'll be entered for a chance to win prizes. Share the matchup on social using the #MushroomMatchUp to let your followers know how they can celebrate National Mushroom Month with you!

As you know, there are many reasons to share mushroom love during September and every month:

- Mushrooms can be added to everyday dishes to provide an extra serving of vegetables and deliver important nutrients like B vitamins, vitamin D, potassium and antioxidants.¹
- Mushrooms are the leading source of the essential antioxidant selenium in the produce aisle.²
- Mushrooms provide ergothioneine, a naturally occurring antioxidant that may help protect the body's cells.³
- Mushrooms are the only source of vitamin D in the produce aisle.⁴
- One serving of UV-exposed white button mushrooms provides 890 IU vitamin D.⁵

- Mushrooms blend seamlessly with meat to help lower fat, calorie and sodium intake and enhance the flavor of iconic recipes like burgers, tacos, meatballs and lasagna.⁶

If you're interested in sharing some of these mushroom nutrition talking points in a media segment, on social media or with your clients, check out the resource below. And if you need any additional support, please don't hesitate to reach out to us directly. We're excited for you to celebrate National Mushroom Month with us!

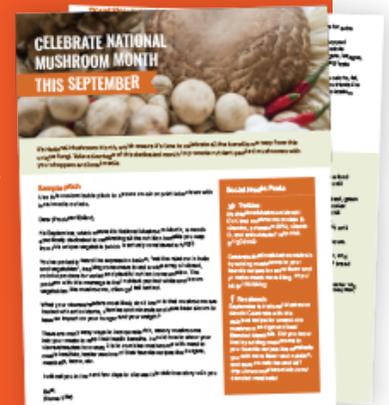
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On behalf of the Mushroom Council

Client Education Resources

Want to promote mushrooms to your clients, readers or the media for National Mushroom Month? We've got a sample pitch, mushroom nutrition talking points and crafted social media posts to make life that much easier for you.

[Click here to download the resource!](#)



DID YOU KNOW?

Last month, The James Beard Foundation unveiled the five restaurants voted by consumers as winners of the second annual Blended Burger Project™, an initiative challenging chefs to blend finely chopped mushrooms with meat to create a more delicious, nutritious and sustainable burger.

Held from Memorial Day (May 30) through July 31, the Blended Burger Project featured 349 restaurants from 38 states developing and serving their version of a blended burger (made by blending at least 25 percent chopped mushrooms with meat).

The five restaurants with the most votes won the opportunity to cook at the historic James Beard House in New York City as part of the official welcome reception on October 16 for the Foundation's annual [Food Conference](#) (October 17-18).

To learn about the winners of the Second Annual Blended Burger Project, read the [full press release here](#).



THE LATEST MUSHROOM RESEARCH

White Button Mushrooms and Brain Function in Aged Rats⁷

In just a little over a decade (by 2030), about twenty percent of the US population will be 65 years or older and may experience some of the common motor and cognitive behavioral changes that occur with aging. Some of these changes, thought to be due in part to the long-term effects of oxidative stress and inflammation, include a loss of balance, muscle strength and coordination as well as some changes in the ability to perform tasks that rely on learning and memory. Nutrients and bioactive compounds in some fruits and vegetables including [mushrooms](#) are thought to possess antioxidant and anti-inflammatory properties.

Dr. Barbara Shukitt-Hale, USDA-ARS, Human Nutrition Research Center on Aging at Tufts University, Boston, studied the effect of daily freeze-dried white button

mushroom intake on [mobility and brain function in aged rats](#). Rats fed various doses of mushrooms, representing the equivalent daily fresh serving of 42.5 grams (g), 85 g, 170 g and 425 g for eight weeks, were tested on a battery of behavior tasks to assess balance, coordination (ability to stay on a narrow beam) and cognition/working memory (ability to recall/find a platform in a water maze).

Although additional studies are needed, the most effective mushroom dose that resulted in improvements in both balance and working memory in rats was the dose equivalent to about 42.5 g (1.5 ounces or ½ serving) of fresh mushrooms. Higher amounts did not yield better results.



RD MUSHROOM LOVE IN THE MEDIA

[Relax and Refresh via Diabetes Forecast](#): Robyn Webb, MS, LN and Michele Rivera showcase recipes using minimally processed foods, in particular a creamy mushroom soup.

[Cooking with mushrooms using 'The Blend' via Western Mass News](#): Registered dietitians Andrea Luttrell and Carrie Taylor from Big Y did a cooking segment for Western Mass News on how to blend mushrooms and meat to create some delicious meals.

[Korean Bulgogi and Mushroom Tacos via Food Network](#): One of my favorite ways to incorporate more nutrients into my ground beef dishes while cutting back on calories, fat and sodium is replacing some of the meat with mushrooms. Simply chop the mushrooms to resemble the texture of ground beef and you won't even notice the difference. Mushrooms are a source of important nutrients, including niacin, riboflavin, potassium and selenium. They're also the only source of vitamin D in the produce aisle, and I love that they're non-fortified.
– Min Kwon, MS, RD

[Fire up the flavor with grilled fruits and vegetables via The Des Moines Register](#): Savory and meaty, large portabellas can take the place of meat and make a fantastic veggie burger! Mushrooms are very low in calories, and contain blood pressure-lowering potassium, magnesium and vitamin D. Tips for the grill: Portabellas can dry out quickly, so it is best to marinate them for 30 minutes before grilling. A simple marinade of balsamic vinegar, soy sauce, olive oil and steak seasoning works great. Grill them over medium heat for 5 to 7 minutes per side, brushing them with marinade frequently. Serve them on a whole-grain bun with your favorite burger toppings.
– Denise Boozell, RD, LD

[Nutritious Intent: Beyond Burgers on the Grill This Summer via KUTV.com \(Salt Lake City\)](#): Expanding your grilling repertoire to include more fresh produce is a great way to work more fruits and veggies into your diet and crowd out less healthful, processed foods. That might mean grilling portabella mushroom caps in place of a burger (35 calories vs 175 calories).
– Trish Brimhall, RDN, CD

REFERENCES:

1. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2013. USDA National Nutrient Database for Standard Reference, Release 26. www.ars.usda.gov/nutrientdata. (see attached chart)
2. National Institutes of Health. Health Professional Fact Sheet. Sources of Selenium. <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/#h3> and attached chart.
3. Dubost, N.J., et al. (2006). Identification and quantification of ergothioneine in cultivated mushrooms by liquid chromatography-mass spectroscopy. *International Journal of Medicinal Mushrooms*, 2006. 8;3. pg 221. Table 3.
4. National Institutes of Health. Health Professional Fact Sheet. Sources of Vitamin D. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/#h3> and attached chart.
5. USDA National Nutrient Database for Standard Reference Release 28. UV Exposed White and Brown Mushrooms.
6. Myrdal Miller, A., Mills, K., Wong, T., Drescher, G., Lee, S.M., Sirimuangmoon, C., Schaefer, S., Langstaff, S., Minor, B. and Guinard, J.-X. (2014), Flavor-Enhancing Properties of Mushrooms in Meat-Based Dishes in Which Sodium Has Been Reduced and Meat Has Been Partially Substituted with Mushrooms. *Journal of Food Science*, 79: S1795–S1804.
7. Daily supplementation with mushroom (*Agaricus bisporus*) improves balance and working memory in aged rats. Thangthaeng N, Miller MG, Gomes SM and Shukitt-Hale B. *Nutr Res* 2015, Dec; 35(12): 1079-84.

IN THE KITCHEN WITH MUSHROOMS

Open in Browser to 



Classic Blended Burger

Prep Time: 15 minutes

Cook Time: 10-15 minutes

Servings: 4

Ingredients:

- ½ pound crimini or white button mushrooms
- 2 tablespoons olive oil, divided
- 1 pound ground beef
- ½ teaspoon salt
- 4 buns

Directions:

1. Finely dice mushrooms or gently pulse in food processor.
2. In skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms, sautéing 5-7 minutes, or until golden brown. Remove from heat and cool 5 minutes.
3. Transfer cooled mushrooms to medium bowl. Add ground beef and salt, mixing until combined.
4. Make 4 patties. Add remaining tablespoon of olive oil to pan and cook burger patties on medium-high heat until desired doneness. Plate and add desired toppings to bun.

Topping recommendations: fresh tomato, red onion, butter lettuce, cheddar cheese and your favorite spreads.

Visit www.mushroominfo.com for the latest news, recipes and blog posts from the Mushroom Council.



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