Button mushrooms grow out of the ground and don’t need sunlight. Despite being mostly water—about 90 percent—mushrooms are sometimes thought of as the “meat” of the vegetable world. They are a low-calorie food that can be eaten raw, cooked or part of a larger meal. There are a few mushroom varieties, called toadstools, that are very poisonous. So if you find a mushroom growing in the woods or the yard, don’t eat it.

HARVEST OF THE MONTH
MARCH

DID YOU KNOW?
Button mushrooms were first grown in France nearly 300 years ago.

FUN FACT
There are more than 30 species of mushroom that actually glow in the dark. People have been known to use these fungi to light their way through the woods.

BUTTON MUSHROOMS GROWING REGIONS
1. East Texas
2. Central Texas