

Texas Spotlight: Mushrooms

Vitamin D - UV light

- Few naturally occurring food sources – “Sunshine Vitamin”

- Bone building

Vitamin B

- Release energy, transport oxygen and nutrients

Antioxidant

- Lower inflammation



Check Out Your Grocery Store

- Only about 10 grown commercially
- Button/Portabella, Enoki, Shiitake, Reishi, Turkey Tail, Lions Mane

Featured Recipe: Texas Mushroom Queso

Fungi for Everyone!

- 300-2,000 edible varieties!
- Watch out for poisonous varieties!

TDA Harvest of the Month

- March – Button Mushroom



TEXAS DEPARTMENT OF AGRICULTURE
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Food and Nutrition Division
Nutrition Assistance Programs

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