


Food for Health: Mushrooms

Forest Mushrooms - Saint Joseph, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Forest Mushrooms is a family-owned farm. Since 1985, they have distributed a variety of mushrooms cultivated fresh, harvested wild, and dried. It is now Minnesota's largest fungi operation.

Mushrooms are uniquely sustainable. They are products of a regenerative food system. Fungi help break down waste and can produce edible mushrooms. Each mushroom variety is grown from a different fungi system with different compost.

Mushrooms are the edible bodies of various species of fungi. They grow under or above ground from a complex system of fungi much larger than the mushrooms.

Edible mushrooms come in a variety of colors. They have a head which can look smooth, like a cap, or frilly, like a fan.

They are high in protein, phytonutrients, B vitamins, and minerals like selenium and potassium. Sun exposed mushrooms are one of few natural sources of vitamin D.

Vitamin D is needed to grow and maintain strong bones.

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“Everyone should have access to a variety of healthy foods and the opportunity to experience food as an interesting, joyful, and fun part of life.”

- Kevin Doyle, Forest Mushrooms

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Fungi Stir Fry

Directions

1. Combine all ingredients for sauce in a bowl. Cut vegetables and set aside.
2. Add 2 Tbsp of oil and carrots to a large skillet. Turn heat to medium-high and sauté for 5 minutes. Add all vegetables except mushrooms and sauté for another 5 minutes. Add mushrooms and sauté for 2 more minutes.
3. Pour sauce over vegetables and serve with noodles or rice.

Flavor: meaty, umami flavor and texture

Storage: Refrigerate mushrooms in original packaging or paper bag

Ingredients

Sauce:

- 1/4 cup rice vinegar
- 2 Tbsp sunflower oil
- 2 Tbsp sesame oil
- 1/4 cup peanut butter
- 1 lime, juiced
- 2 Tbsp soy sauce
- 3 garlic clove, minced
- 1 inch ginger, peeled and minced

Stir fry:

- 1/2 cup onions, diced
- 1/2 cup carrots, diced
- 1/2 cup green beans
- 1/2 cup bell pepper, diced
- 1/2 cup broccoli florets
- 1 cup mushrooms, sliced
- 4 cups cooked noodles or any grain



To learn more, visit the
Sprout website at
www.sproutmn.com/recipes.

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