Harvest of the Month

February Mushrooms

**Nutrition Info**
One cup of mushrooms has 20 calories. Most mushrooms are a good source of selenium and potassium.

**Fun Facts**
Mushrooms are made up of 85-95% water.

The most common varieties of mushrooms include white button, portabella, shiitake, and oyster. Many in our region hunt for morel mushrooms each spring. This variety of mushroom can bring in $10-20 per pound for experienced mushroom hunters!

**Uses**
Mushrooms are a great addition to sandwiches, salads, soups, pastas, stir fries and egg dishes.

Beef up your favorite recipes! Trying substituting diced button mushrooms for half of the ground beef – this works well in tacos, pasta sauces and more.

**Farm2School Updates**
February is the first time schools in the Coulee Region have ever purchased and served local mushrooms. Additionally, during winter months many local schools are purchasing fresh greens grown in hydroponic or aquaponics systems. This unique growing method uses water + nutrients and/or fish to grow produce year round. Some schools have even developed their own hydroponic or aquaponics systems! Cool!

**Family Friendly Activities**
Winter is here. Here are a few easy ideas to help your family enjoy the snow!

*Pretend snow bakery: Bring your baking cups, pans, & spoons outside.
*Milk jug snow scoop: Recycle milk jugs as fun scoops for the snow.
*Color snow spray: Mix water and food coloring in a large spray bottle. Make a rainbow in the snow.

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**Pick:**
* Mushrooms should be firm, plump and clean. The cap should be attached to the stem.

**Store:**
* Fresh mushrooms should be stored in a small paper bag in the fridge.
* Cooked mushrooms should be stored in a covered container and used within a few days.

**Prepare:**
* All mushrooms absorb water! Instead of rinsing to clean them, wipe them down with a damp paper towel or brush with a pastry brush.
Chicken Veggie Stir Fry

Serves 6

Ingredients:
- 1 pound boneless skinless chicken breasts, diced
- 4 Tbsp. flour
- 1 cup low sodium or homemade chicken broth
- ¼ cup honey
- ¼ cup low sodium soy sauce
- ½ Tbsp. fresh ginger, peeled and grated
- 2 garlic cloves, minced
- 2 Tbsp. olive or canola oil
- 6 cups broccoli florets
- 1 small onion, sliced
- 12 ounces white button mushrooms, sliced

Directions:
In a medium bowl, toss chicken with 2 Tbsp. flour until evenly coated. In a separate bowl, whisk together 2 Tbsp. flour, broth, honey, soy sauce, ginger and garlic. Heat a wok or large heavy-bottomed skillet on medium high heat and add 1 Tbsp. of oil to the same pan. Once oil is hot, add chicken and cook until browned. Set chicken aside. Add 1 Tbsp. of oil to the pan and stir-fry 4 minutes. Pour sauce on veggies and bring to a boil over medium heat, stirring constantly. Simmer 2 minutes or until sauce is thickened then toss in chicken and cook another 30 seconds.

For more information on Farm2School visit www.laxf2s.org

Color Mushrooms!

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 250</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Calories from Fat 60</td>
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</tr>
<tr>
<td>Total Fat</td>
<td>7g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
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<tr>
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<tr>
<td>Protein</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

Coulee Region Farm2School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.