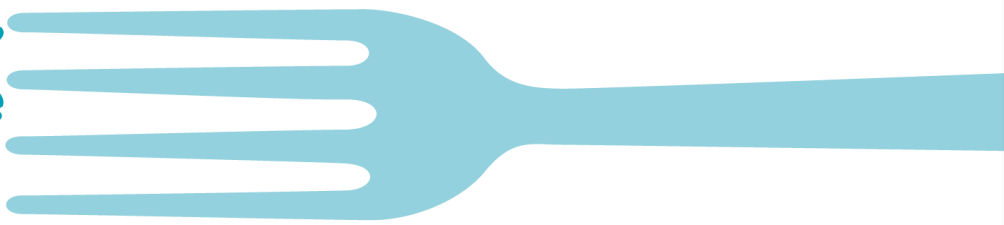


# Harvest of the Month



## 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.

## 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.

## Nutrition Facts

Serving Size (323g)  
Servings Per Container 6

Amount Per Serving

**Calories 250**    Calories from Fat 60

% Daily Value\*

**Total Fat 7g**    11%

Saturated Fat 1g    5%

Trans Fat 0g

**Cholesterol 50mg**    17%

**Sodium 390mg**    16%

**Total Carbohydrate 26g**    9%

Dietary Fiber 4g    16%

Sugars 15g

**Protein 22g**

Vitamin A 10%    • Vitamin C 140%

Calcium 6%    • Iron 10%

\*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:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

## 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. olive oil. Once oil is hot, add chicken and cook until browned. Set chicken aside. Add 1 Tbsp. of oil to the same pan. Once oil is hot, add broccoli, onions and mushrooms 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](http://www.laxf2s.org)

Color  
Mushrooms!

