

TASTE OF TEXAS 23-24 Harvest of the Month Club



Spotlight Item for March

HARVEST OF THE MONTH
MARCH

Fun Facts

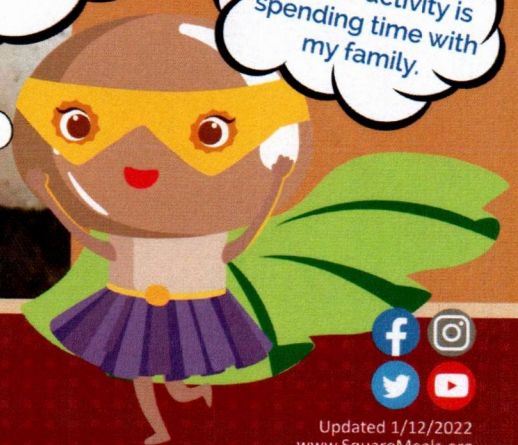
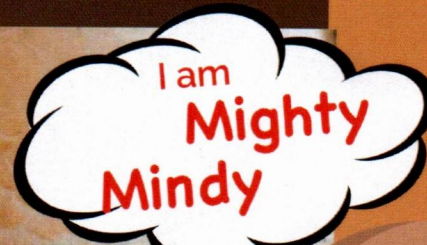
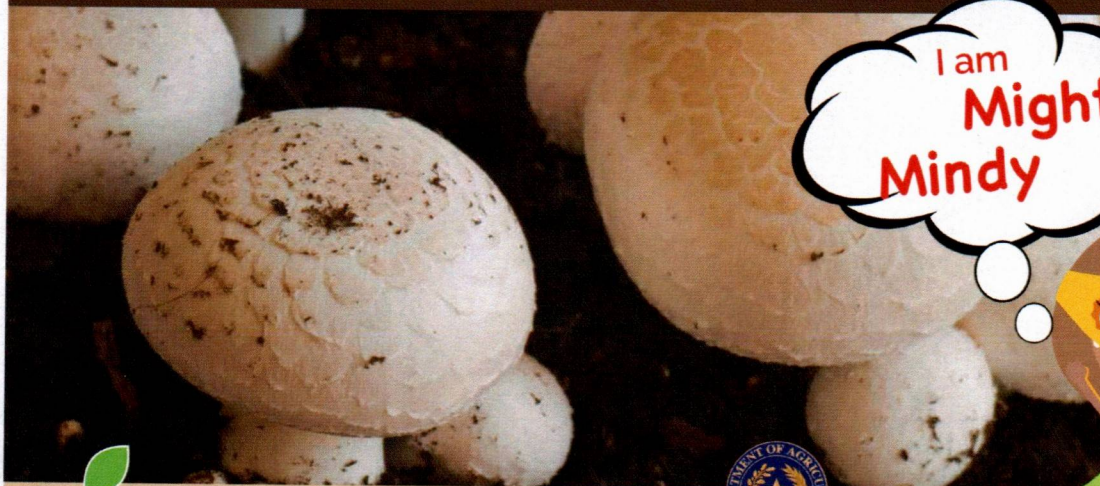
- Mushrooms are mostly water.
- A single portobella mushroom can contain more potassium than a banana. Potassium helps your heart and muscles work better.
- Mushrooms are fungi, and unlike plants, mushrooms do not require sunlight to make energy for themselves.



Joke of the Month

Q: Why was the mushroom having so much fun?

A: Because he was a fungi!



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BUTTON MUSHROOMS



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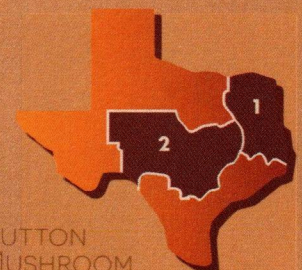
Button mushrooms grow out of the ground and don't need sunlight. Despite being mostly water—about 90 percent—mushrooms are sometimes thought of as the “meat” of the vegetable world. They are a low-calorie food that can be eaten raw, cooked or part of a larger meal. There are a few mushroom varieties,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

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 MUSHROOM GROWING REGIONS

1. East Texas

2. Central Texas



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