

EL HONGO

**FRESH
RIGHT
NOW** 



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Yellow Oyster Mushrooms



Black Pearl Mushrooms



Lion's Mane Mushrooms



*Visit buylocalglv.org to see the most updated list!



An NNC
Program

MUSHROOM EL HONGO



Pictured on front: Portobello Mushroom

With their unique, savory taste and many health benefits, mushrooms are impressive and can grow in challenging conditions with few resources. Unlike most foods, which fall in the plants and animals category, mushrooms are in a kingdom of their own - **fungi**. Mushrooms grow from mycelia, a network of threads, and can be grown year-round, making them a perfect addition to your local grocery shopping list!

Health Benefits of Mushrooms:

Mushrooms are nutrient-dense and have been shown to: decrease risk of cancer, lower sodium intake, promote lower cholesterol, protect brain health, stimulate a healthy gut, support a strong immune system, and provide vitamin D (mushrooms are the only produce with vitamin D!).^[1]

Growing Local Mushrooms:

Local mushrooms are the stars of sustainable produce. Mushrooms are grown from recycled waste and byproducts of other crops, allowing mushroom farms to have a smaller environmental footprint than other farms. They are fast growers, doubling in size every 24 hours and taking only 2-3 weeks to be ready for harvest. Mushroom farmers harvest mushrooms by hand using minimal equipment, reducing harmful greenhouse gas emissions.^[2]

Common Mushroom Varieties in PA:

***Bolded** mushrooms are grown at Primordia Mushroom Farm^[3]

- | | |
|--------------------|------------------------|
| 1. White Button | 8. Lion's Mane |
| 2. Crimini | 9. Nameko |
| 3. Portobello | 10. Black Pearl |
| 4. Enoki | 11. Trumpet |
| 5. Oyster | 12. Pioppino |
| 6. Maitake | 13. Chestnut |
| 7. Shiitake | 14. Beech |



Top: Pioppino Mushroom, Center: Trumpet Mushrooms, ►
Bottom: Maitake Mushrooms

FUNGI FACTS!

Mushrooms are *fungi* - the largest lifeform on Earth - and some even glow in the dark!

- Fungi breathe oxygen and exhale CO₂, similar to us!
- More than **80% of the earth** under your feet is mycelium - the root network of fungi.
- Mushrooms have been grown in PA since the late 1800s when William Swayne (a Kennett Square florist) grew mushrooms beneath his greenhouse benches.^[2]
- Fungi are considered climate change warriors, helping forests absorb CO₂. Some fungi can store **70% more carbon in the soil!** ^[2]

[1] 7 health benefits of mushrooms. <https://connect.uclahealth.org/>. (n.d.). Retrieved January 10, 2023, from <https://connect.uclahealth.org/2022/01/24/7-health-benefits-of-mushrooms/>
[2] Mushroom facts. American Mushroom Institute. (n.d.). Retrieved January 10, 2023, from <https://www.americanmushroom.org/main/mushroom-facts/>
[3] Shop, Primordia Mushroom Farm. (n.d.). Retrieved January 10, 2023, from <https://www.primordiafarm.com/shop>.

MUSHROOM STROGANOFF Recipe

Serving size: 4 / Total time: 30 mins

Mushrooms can elevate any dish. Generally, mushrooms can be eaten raw, cooked in soups, sauces, sautéed, or stir-fried. This quick and easy recipe uses mushrooms for a filling and savory meal. Portobello or shiitake mushrooms work well with this recipe.

Ingredients:

- 12 oz mushrooms, thinly sliced
- 2 cloves garlic, finely minced
- 1 small onion, finely minced
- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup broth chicken or vegetable
- 1 teaspoon Dijon mustard
- ¾ teaspoon smoked paprika
- 4 tablespoon Creme Fraiche
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons parsley chopped
- 8 ounces of cooked pasta, lightly buttered

Directions:

1. In a medium skillet over medium heat, melt butter and add onions. Cook for 5 minutes or until golden brown. Then, add mushrooms and cook until slightly browned (about 6 minutes). Stir in garlic and cook for 30 more seconds.
2. In a tall cup, combine flour, mustard, smoked paprika, salt and pepper. Add broth and whisk until smooth.
3. Pour the mixture over mushrooms in medium skillet and cook until thickens (about 2 minutes). Stir in Creme Fraiche.
4. Transfer cooked pasta into the mushroom sauce. Stir to combine ingredients. If too thick, add a small amount of pasta water to thin out sauce.

Serve immediately. Add parsley to garnish.

Store in fridge.

Mushroom Storage & Preservation:

To prolong freshness, store mushrooms in a paper bag and keep in the fridge.



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