

HARVEST

{Of the Month}



MUSHROOMS



Fast Facts

- ✓ **Mushrooms are a fungi.** Unlike plants, mushrooms do not require sunlight to make energy for themselves.
- ✓ Mushrooms are made up of **90% water**. Mushrooms are also a **good source of vitamin B** along with essential minerals such as copper and potassium.
- ✓ **There are over 30 species of mushrooms that actually glow in the dark.** The chemical reaction called bioluminescence produces a glowing light. Have you ever seen a glowing mushroom? Share with us on social media using the **#MDKidsEatLocal!**



Featured Farm

WARWICK MUSHROOM FARMS
CECIL COUNTY

Warwick Mushroom Farm is the largest single producing and most technologically advanced mushroom farm in the United States. The farm consists of 7 acres of enclosed buildings where they have the capability of producing 200 million pounds of mushrooms per year.

Availability

YEAR ROUND



MARYLAND DEPARTMENT OF AGRICULTURE
This product was funded by USDA. This institution is an equal opportunity provider.



#MDKidsEatLocal