

# 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**