

# Louisiana HARVEST *of the* MONTH



## Mushrooms

### Fun Facts About Mushrooms!

- Mushrooms are neither plants nor animals. They are classified as fungi.
- When grown in sunlight, mushrooms produce vitamin D. Very few foods are natural sources of this vitamin.
- The white button mushroom is most common, but there are over 20 different species of edible mushrooms grown worldwide!



### Mushrooms Are Nutritious and Good for You!

- A cup of mushrooms has the same amount of potassium as a banana.
- Mushrooms are nutrient-dense. They supply a wide variety of nutrients with few calories.
- Mushrooms are the only vegetarian food that can produce vitamin D and are often the “meat” of vegetarian dishes.



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