

Mushroom

Fun Facts



- **Fruit or Vegetable? Neither! Mushrooms are fungi, which is a totally different kingdom from plants or animals!**
 - **Mushrooms can grow indoors all year long, and unlike green plants, do not require sunlight to grow.**
- **Mushrooms grow from spores, not seeds, and they double in size every day. Depending on the variety, mushrooms are harvested every 16-35 days.**
 - **Mushrooms are high in several key nutrients, including Vitamin B, can make Vitamin D when exposed to sunlight, and are also low in calories, fat free, and low sodium! In fact, a single Portabella mushroom can contain more potassium than a banana!**
- **Mushrooms can grow in almost every state in the U.S., but about 60% of commercially grown mushrooms come from Pennsylvania**
 - **Mushrooms are also sometimes referred to as toadstools.**
- **Mushrooms are approximately 90% water**