

AgBite

A series of commodity insights

Did you know?

Mushrooms are a type of fungus and grow different than fruits and vegetables. They start as a fungal spore not a seed.

Overview

- Mushrooms break down dead plants to recycle their nutrients.
- There are more than 2000 varieties of edible mushrooms.
- Mushrooms are harvested by hand.
- Mushrooms are 80% to 90% water and double in size every 24 hours.

Production

Pennsylvania leads the US in organic and conventional mushroom production.

Mushrooms grow in all 50 states.

US Mushroom crops totaled 667 million pounds for \$1.04 billion according to the USDA NASS for 2022-2023 year.

Mushrooms do not require light to grow.

Mushroom

Kingdom: Fungi

Order: Agaricales

Family: Agaricaceae

Genus: Agaricus

Nutritional Information

1 cup sliced	Potassium 428 mg
Calories 28	Calcium 4 mg
Protein 3.9 g	Vitamin D 9 IU
	Magnesium 10.2 mg

Mushroom Anatomy



<https://downloads.usda.library.cornell.edu/usda-esmis/files/r781wg03d/kp78j124b/g158d0210/mush0823.pdf>
<https://www.ers.usda.gov/data-products/chart-gallery/gallery/chart-detail/?chartId=107368> <https://www.mushroomcouncil.org/schools/mushroom-facts-for-kids/> <https://pmc.ncbi.nlm.nih.gov/articles/PMC4244211/>
<https://www.americanmushroom.org/main/mushroom-facts/>