



MUSHROOMS

Elementary



Mushrooms are the fruiting bodies of certain fungi. They like to live in dark, damp places. Mushrooms feed off the decaying matter around them. As the mushroom grows, it develops spores. New mushrooms grow from these spores. There are many different kinds of mushrooms, but they are not all edible. Some mushrooms are poisonous.



Today, mushroom farms are climate-controlled buildings. The most common mushroom raised for eating is the white button mushroom. The portabello mushroom is the same kind of fungus as the button mushroom, but it is bigger. The shiitake (she-TAH-kee) mushroom is a large, brown mushroom and can grow on fallen oak logs. J-M Farms in Miami, Oklahoma grow all of these mushrooms and sell them in local grocery stores.

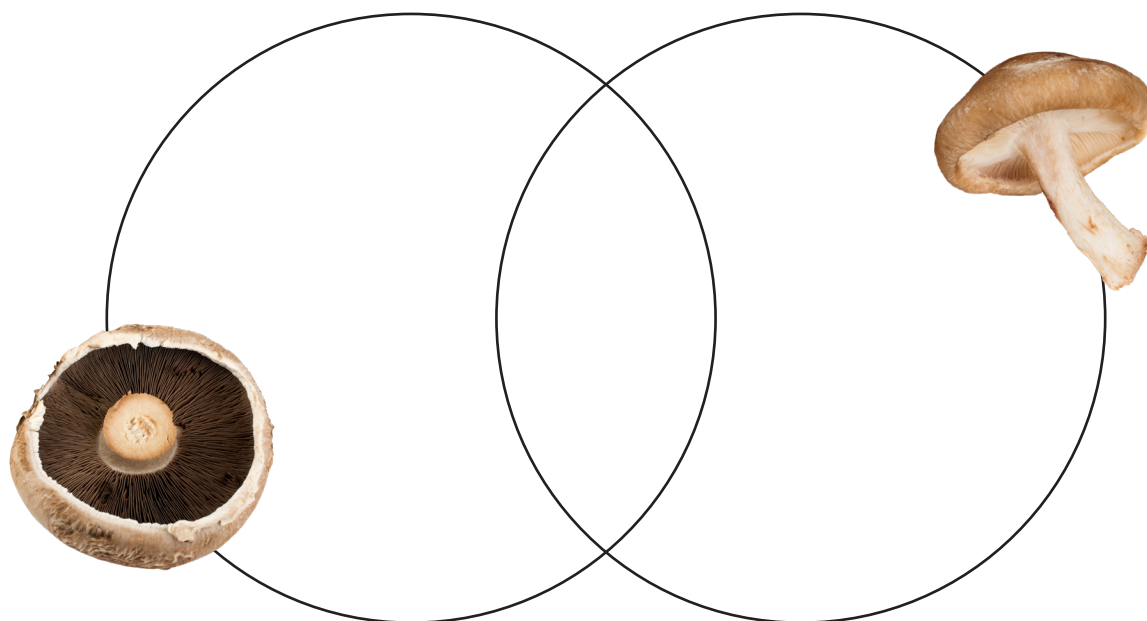


DID YOU KNOW?

A single portabello mushroom can contain more potassium than a banana.

PORTABELLO VS. SHIITAKE

Use the venn diagram to compare the two varieties.



Why did the mushroom
have so many friends?

BECAUSE HE WAS
A FUNGI!



HOW DO THEY GROW?



Get to know mushrooms
– the mysterious food
that suffers from a case of
mistaken identity. Watch
this video to learn more.



WILD MUSHROOMS IN OKLAHOMA



Morel mushrooms grow wild across Oklahoma. The morel season is short, making their harvest all the more special. Morels appear in southern Oklahoma in mid-March, at the beginning of April in central

Oklahoma, and reach northern Oklahoma by mid-April.

Because wild mushrooms can be poisonous, make sure the mushroom is identified by an expert before eating it.