



MUSHROOMS

MIDDLE/HIGH SCHOOL



Mushrooms are the fruiting bodies of certain fungi. They occur in all environments on the planet. Some mushrooms are parasitic. They colonize living trees or plants, extracting nutrients until the host slowly dies. Mushrooms like to live in dark, damp places. They feed off the decaying matter around them. As the mushroom grows, it develops spores. New mushrooms grow from these spores. The spores are so tiny you can't see them without a microscope. A mature mushroom will form as many as 16 billion spores. There are 38,000 different varieties of mushrooms, with 3,000 in North America. Not all mushrooms are edible. In fact, some mushrooms are poisonous.

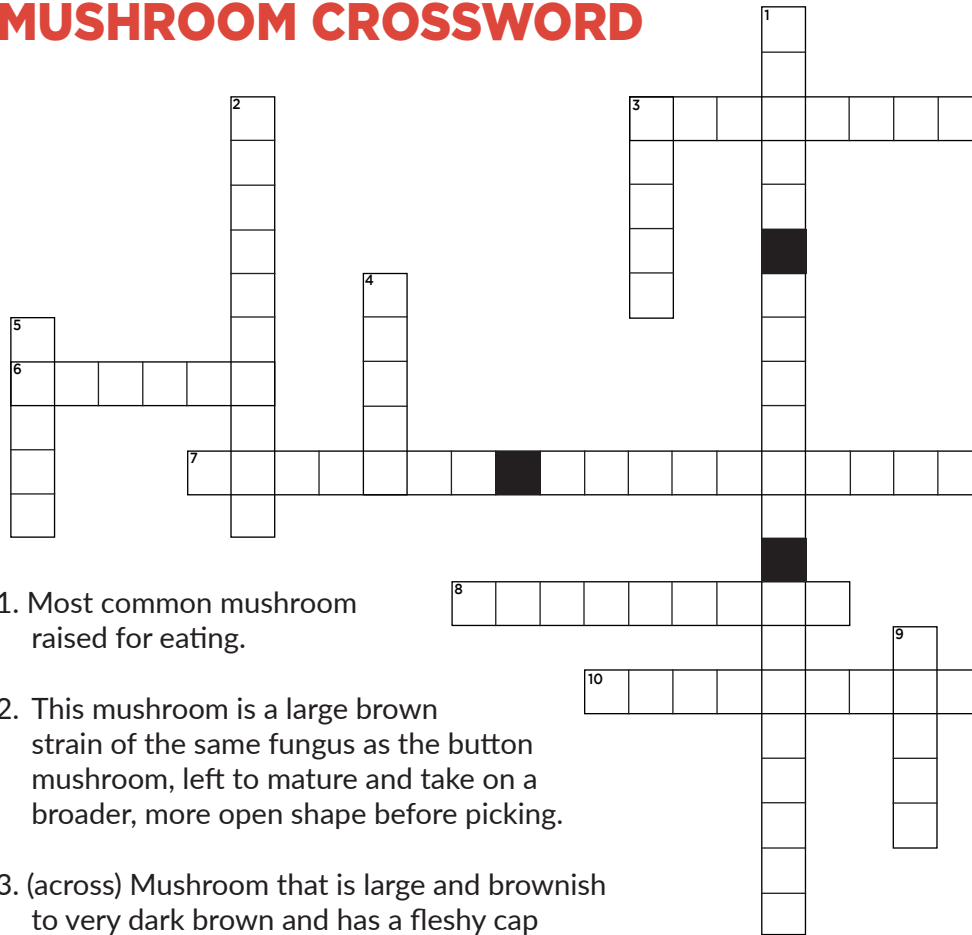


Mushroom farms today are climate-controlled buildings with airflow, temperature, and light all constantly monitored. The most common mushroom raised for eating is the white button mushroom. Shiitake, enoki, and oyster mushrooms are some other varieties raised for eating. Most grocery stores in the western world sell button mushrooms canned and fresh. J-M Farms, located in Miami, Oklahoma, produces white button, portabella, shiitake, and oyster mushrooms. They are sold in Oklahoma, Texas, Arkansas, Mississippi, New Mexico, Kansas, Missouri and Iowa.



The portabello mushroom is a large brown strain of the same fungus as the button mushroom, left to mature and take on a broader, more open shape before picking. Portabello mushrooms are distinguished by their large size, thick cap and stem, and a distinctive musky smell. Portabello mushrooms serve as a substitute for meat in some recipes because they have a similar texture. The shiitake (she-TAH-kee) mushroom is large, brownish to very dark brown, and has a fleshy cap from about 1 to 2 inches across. Shiitake are easily dried, convenient to use, and inexpensive to store and transport. The shiitake mushroom is native to Japan and China and grows naturally on fallen oak logs in the spring and autumn. Shiitakes are the second most-consumed mushrooms in the world, after the button mushroom.

MUSHROOM CROSSWORD



1. Most common mushroom raised for eating.

2. This mushroom is a large brown strain of the same fungus as the button mushroom, left to mature and take on a broader, more open shape before picking.

3. (across) Mushroom that is large and brownish to very dark brown and has a fleshy cap from about 1 to 2 inches across.

3. (down) A reproductive body that is produced by fungi and by some plants and microorganisms (such as ferns and bacteria) and that usually consists of a single cell and is able to produce a new individual either by developing by itself or after fusion with another spore.

4. Country that produces the most mushrooms in the world.

5. To go through or cause to go through the breakdown of plant or animal matter.

6. Fit or safe to be eaten.

7. Having the temperature and humidity regulated by a heating and cooling system.

8. Fruiting bodies of certain fungi.

9. Any of a kingdom of living things (such as molds, rusts, mildews, smuts, and mushrooms) that lack chlorophyll, are parasitic or live on dead or decaying organic matter.

10. Mushrooms are a good source of this mineral.

MAKE YOUR OWN MUSHROOM RAMEN SOUP



INGREDIENTS:

- 6 cups of chicken stock
- 3 packages of noodles (ramen)
- 8 ounces of sliced button mushrooms
- 1 bunch of green onions, roughly chopped
- 1 cup of soy sauce
- 1 ½ cups of thinly sliced carrots
- 2 lime wedges
- 1 tbsp grated ginger
- Half of rotisserie chicken

DIRECTIONS:

1. Pour chicken stock into large pot and bring it to a boil.
2. Add green onions, carrots, soy sauce, grated ginger and lime wedges. Stir.
3. Place rotisserie chicken into the pot. Stir to combine.
4. Cook for 30 minutes at medium to low heat.
5. Add mushrooms and cook for an additional 5 minutes.
6. Add ramen noodles and cook for 10 minutes. Enjoy!