

## VEGETABLE of the MONTH

### Cooking for Kids

#### **Creamy Mushroom Soup**

**Serves: 4**

#### **Ingredients:**

2 tablespoons butter  
1/2 pound sliced fresh mushrooms  
1/4 cup chopped onion  
6 tablespoons all-purpose flour  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 cans (14-1/2 ounces each) chicken broth  
1 cup half-and-half cream

#### **Directions:**

In a large saucepan, heat butter over medium-high heat; sauté mushrooms and onion until tender. Mix flour, salt, pepper and one can broth until smooth; stir into mushroom mixture. Stir in remaining broth. Bring to a boil; cook and stir until thickened, about 2 minutes. Reduce heat; stir in cream. Simmer, uncovered, until flavors are blended, about 15 minutes, stirring occasionally.

Recipe by [www.tasteofhome.com](http://www.tasteofhome.com)

### Books

#### **Grades K-2**

*Only Just One Mushroom*  
By Susan McDonald

#### **Grades 2-5**

*The Mushroom Fan Club*  
By Elise Gravel

# The edible fungi Mushrooms



## Just the Facts

→ Mushrooms grow best in moist places in the wild, and some types can only be found in the wild!

→ Mushrooms are not a vegetable, but part of the fungi family. They do not have roots, seeds, leaves, or flowers.

→ There's a name for people who study mushrooms – a mycologist

→ Some wild mushrooms are poisonous!

There are more than 10,000 types of mushrooms in North America. Common varieties include white button, crimino, portabello and shiitake.

→ The Pine Mushroom, scientific name *Tricholoma magnivelare*, is the proposed Washington State Mushroom



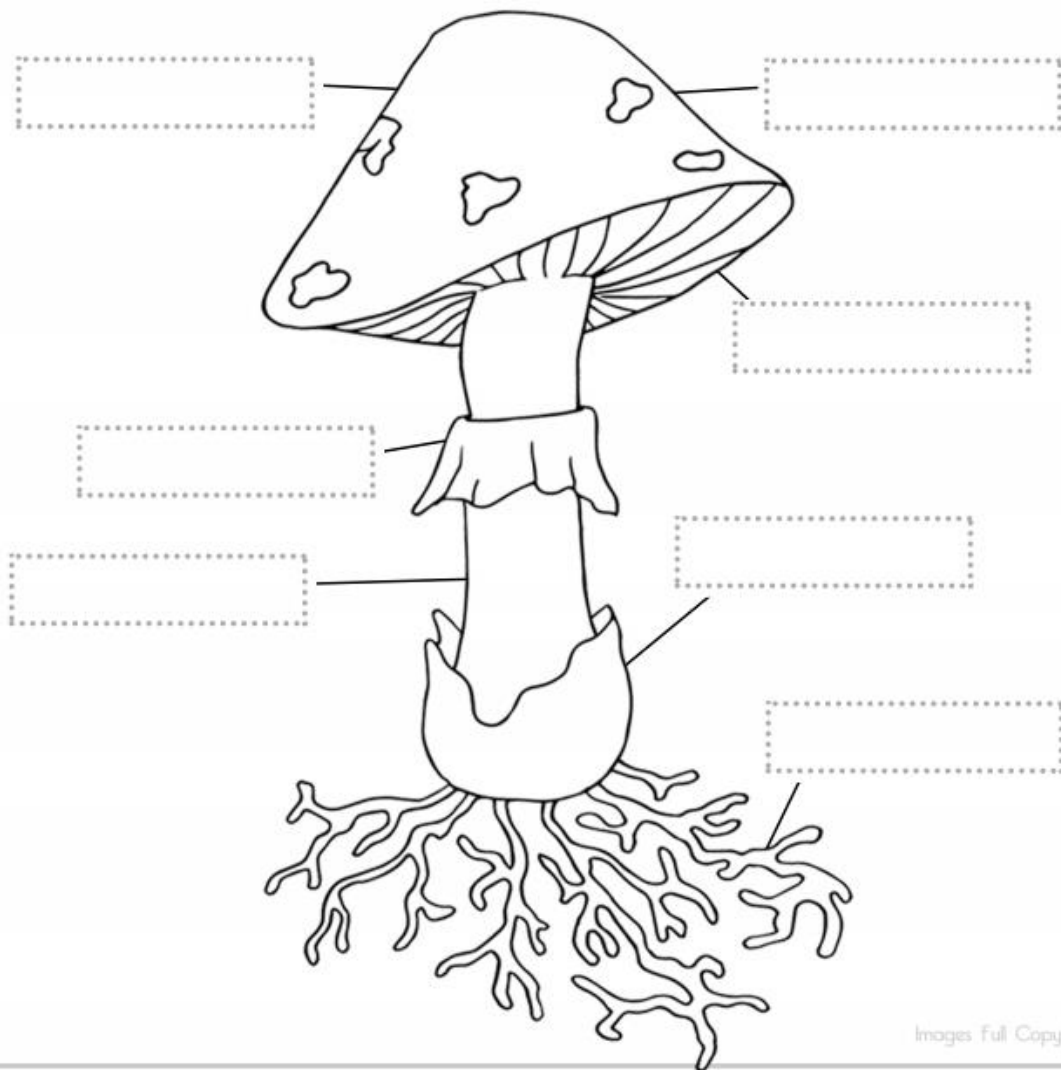
## Did You Know?

This month you can enjoy mushrooms at school! Look for mushrooms on the salad bar and the menu!



Created by: The EPS Food & Nutrition Department

# Activity: Mushrooms



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## Parts of a Mushroom

scales	cap	gills
stem	ring	
cup	root	