

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

Books

Grades K-2

Only Just One Mushroom
By Susan McDonald

Grades 2-5

The Mushroom Fan Club
By Elise Gravel

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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



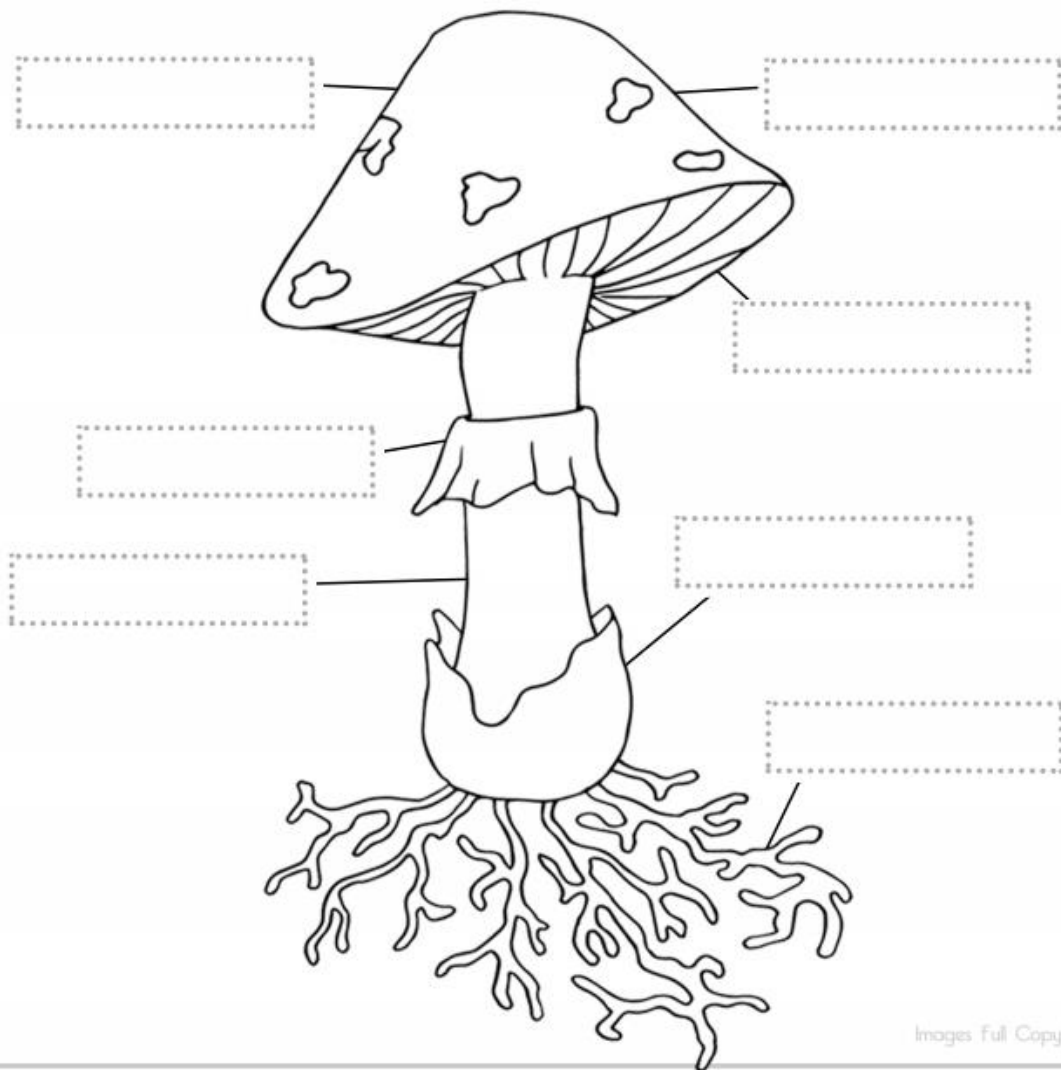
Did You Know?

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	