

# Mushroom Webquest

Directions: Visit the Mushroom Council's website to explore mushrooms.

Website: <https://www.mushroomcouncil.com/>

1. When do mushrooms grow?
2. Why are mushrooms considered a superfood?
3. How much do mushrooms grow in a day?
4. How many gallons of water are required to produce one pound of mushrooms?
5. List three nutrients of mushrooms.
6. What are the benefits of the mushrooms requiring a small amount of land to grow?
7. Identify and describe six varieties of mushrooms.
8. When talking about a mushroom blend, what are mushrooms blended with?
9. What is a reason for utilizing a mushroom blend?
10. Select one recipe you would like to try and place the link here:

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1. When do mushrooms grow?

*Answer: Year round*

2. Why are mushrooms considered a superfood?

*Answer: nutrients they offer, nutritional qualities of both vegetables, meat, beans, and grains.*

3. How much do mushrooms grow in a day?

*Answer: They double in size*

4. How many gallons of water are required to produce one pound of mushrooms?

*Answer: 1.8 gallons of water*

5. List three nutrients of mushrooms.

*Answer: Vitamin D, Potassium, Riboflavin, Niacin, Selenium, Pantothenic Acid, Copper, Beta-Glucans, Ergothienine*

6. What are the benefits of the mushrooms requiring a small amount of land to grow?

*Answer: Mushrooms' small growing space conserves soil and nets high yields.*

7. Identify and describe six varieties of mushrooms.

*Answer: Answers will vary but may include*

*white button*

*crimini*

*shiitake*

*king trumpet*

*portabella*

*lion's mane*

*oyster*

*maitake*

8. When talking about a mushroom blend, what are mushrooms blended with?

*Answer: meat*

9. What is a reason for utilizing a mushroom blend?

*Answer: Any of the following - Umami flavor, get your veg, earth friendly, save money*

10. Select one recipe you would like to try and place the link here:

*Answer: Answers will vary*