

OREGON MUSHROOMS

About 2,500 varieties of mushrooms are grown worldwide. Americans began cultivating mushrooms as early as 1890.

Oregon is home to the world's largest mushroom, a honey mushroom that grows mostly underground. It is estimated to be 2,400 years old and measures 3.5 miles across!



90% of mushrooms consumed in the US are white button mushrooms.

NUTRIENTS FOUND IN MUSHROOMS

- ~ Mushrooms are an excellent source of riboflavin, a B vitamin that helps release energy from our food.
- ~ Mushrooms are a source of potassium, which helps muscles function properly.

Today, most mushrooms grown for humans are farmed in controlled, sterilized environments.



Mushrooms have no chlorophyll (a green pigment in plants), which means they do not need the sun to grow!



People have been eating mushrooms for thousands of years. The "Iceman" mummy discovered in the Italian Alps who is thought to have died over 5,000 years ago, was carrying dried mushrooms with him.



Some of the earliest known commercial mushroom farms were set up in caves in France during the 1600s.

