



# FoodShare's Harvest of the Month

## Remember the May Long Weekend!

Look on the bright side of all this soaking rain, it's easy to dig in and start your very own school food garden! The May long weekend is the theoretical last frost date, meaning you can start transplanting those seedlings you've been babysitting for months into their rightful position, the moist, nutrient-rich soil.

To find out what other schools and educators are up to in the world of school food gardens, visit FoodShare's Field to Table Schools' website ([www.foodshare.net/school02](http://www.foodshare.net/school02)) and join the *Garden and Food Curriculum Working Group!* We're a network of around 100 educators, teachers, green thumbs and school community members interested in giving students the opportunity to get their hands dirty and learn where their foods comes from in the most hands-on way.

*Why do toadstools grow so close together? **They don't need mushroom.***

### + Did You Know?

- Early civilizations in Egypt, Rome, Mexico, China and Russia believed eating mushrooms could provide **super strength or special powers.**
- In ancient Egypt, mushrooms were believed to give **the gift of immortality.** Therefore only pharaohs were permitted to eat them.
- The best storage method for mushrooms is a **loosely closed paper bag** or on a tray with a damp cloth. Mushrooms are **best kept in the fridge.**

### Dirty Soil?

#### *Some Fungi are natural soil cleansers...*

Healthy food needs healthy soil. Unfortunately, due to industrial pollution, some soils are contaminated with heavy metal build-up, toxic waste and spilled oil.

Many fungi species are known as "bioremediators", or natural soil cleansers!



## May Feature: Mushrooms



### Farm Profile: **Sharon Farms** *Sharon, Ontario*

**Farmer:** Laxman Marsonia  
**Produce Grown:** Crimini, Portobello and white button mushrooms

Sharon Mushroom Farm has existed for 27 years and they focus on what they do best: producing high quality and delicious mushrooms.

Their family run business relies on two mushroom growing facilities and one facility dedicated to producing high quality compost that provides nutrients for optimal growth and flavour.

They grow their mushrooms using state of the art computer systems to ensure sufficient nutrients and climate controls. These systems help to improve the quality and yield and help to ensure the farms stays productive and profitable. They grow over \$25million of mushrooms per year and provide employment for about 180 people.

*We hope you enjoy their mushrooms!*



### How to make a Mushroom Spore Print

For mushrooms with gills, cut off the stem and place the cap, with the gills facing downwards, onto a sheet of paper.

Put a drop of water on top of the cap to help release the spores and leave covered for up to 24hrs.

When the mushroom is removed, the thousands of spores will be left behind, leaving a print.

Adapted from North American Mycological Association ([www.namyc.org](http://www.namyc.org))

## Mushroom Recipe

### Mushroom and Sweet Pepper Quesadillas

Quesadillas are the Mexican version of a grilled cheese sandwich but with more flavour from additional fillings. They're great for lunches, snacks or appetizers.

#### Ingredients:

- 1 red pepper, sliced into strips
- 1 small onion
- 1 cup fresh mushrooms, sliced
- 2 garlic cloves, minced or pressed
- 1tbsp jalapeno or hot banana peppers, diced (*can be omitted for young children*)
- ½ cups light cream cheese
- 1tsp chili powder (*can be omitted for young children*)
- 1tsp cumin, ground
- 2 whole-wheat tortillas
- 1 cup mozzarella or cheddar cheese, shredded
- 6 tsp olive oil
- Salsa for garnish

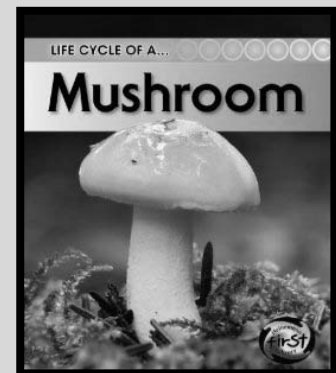
#### Directions:

- Put 5 tsp, or 25ml of oil in large non-stick skillet. Over a medium heat, add peppers, onion and mushrooms, stir constantly until lightly browned. Remove from the heat and crush garlic into mixture; stir in jalapenos if using.
- Preheat oven to 425°F (220°C). In small bowl mix cream cheese, chili powder and cumin until smooth.
- Place 1 tortilla onto a lightly greased baking sheet; using the back of the spoon spread the cheese mixture evenly over the tortilla.
- Spoon the mushroom mixture evenly over that tortilla; sprinkle shredded cheese over all. Place the other tortilla on top, pressing down lightly. Brush remaining 1 tsp oil, or 5ml on top tortilla.
- Place baking sheet in middle of oven and bake for 8-10 minutes or until lightly browned and crisp on top. Let cool and rest 5 minutes before serving. Add salsa as desired.

Makes 8 wedges

(adapted from *The Cap Crew*, [www.thecapcrew.ca/FunRecipes/Quesadillas.aspx](http://www.thecapcrew.ca/FunRecipes/Quesadillas.aspx))

## Feature Book



**Title:** *Life Cycle of a Mushroom*

**Author:** Angela Royston

**Publisher:** Heinemann First Library

**Publication Date:** 2009

**ISBN:** 143292530X

**Description:** This series looks at the life cycles of some familiar plants and animals. The stages are explained through simple text and photographs. Every spread builds on information presented in the previous one. At this stage, children should understand that animals move, feed, use their senses, and reproduce; and that flowering plants grow and produce seeds, which in turn, produce new plants.

(From [www.amazon.com](http://www.amazon.com))



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