

Roasted Wild (and not so wild) Mushrooms



“Mushrooms are often overlooked as a source of nutrition, but they are chock-full of fiber and essential nutrients. It’s fun to cook mushrooms as well—you can practically watch them shrink before your eyes. They can be cooked many different ways and are often added to other dishes, but this month’s recipe puts mushrooms front and center. Enjoy!”

Deval Patrick
Governor of Massachusetts

■ ADULT: YES ■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 35-45 MINUTES ■ MAKES: 4 SERVINGS



WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Large rimmed baking sheet

Sharp knife
(adult needed)

Cutting board

Measuring cup

Measuring spoons

Wooden spoon

INGREDIENTS

1 pound assorted mushrooms (you can use any combination of button, white, shiitake, portobello, cremini, or oyster mushrooms), left whole if small, or quartered or halved if large

1 tablespoon olive oil

1 garlic clove, peeled and minced or put through a garlic press

1 teaspoon salt

½ teaspoon black pepper

INSTRUCTIONS

1. Turn the oven on to “bake” and set it to 400 degrees.
2. Put the mushrooms on the baking sheet and add the olive oil, garlic, salt, and pepper. Mix well with clean hands or the wooden spoon.
3. Put the baking sheet in the oven and roast until the mushrooms are golden brown, 20 to 30 minutes.
4. Serve right away or cover and refrigerate up to overnight.

Safety Tip

Get an adult’s permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

Shady Oaks Organics

Self-taught cultivator Devin Stehlin joined friends Nate Seyler and Leif Johnson, and created Shady Oaks Organics, a Newburyport-based greenhouse operation where they grow shiitake and five varieties of oyster mushrooms. Shady Oaks was born from a passion for the outdoors, a love for culinary arts, and a strong desire to provide fresh, specialty food to local communities through sustainable and organic farming methods. Find mushrooms near you at your **local** winter farmers' market.



The partners in Shady Oaks Organics: Nate Seyler, Leif Johnson, and Devin Stehlin.

DID YOU KNOW?

The **cultivated mushrooms** you might see at a supermarket include **white** mushrooms (the most basic kind), **button** mushrooms (small white ones), **portobellos** (huge, meaty, and dark-skinned), and **cremini** (baby portobellos).

The **wild mushrooms** you might see at a supermarket or farmer's market, depending on the season, include **oyster** mushrooms (trumpet-shaped and mild-tasting), **shiitakes** (rich and strong-tasting), **chanterelles** (bright yellow and funnel-shaped), and **morels** (these have a honey-combed surface).

The technical term for **eating mushrooms** – a practice which dates back to ancient times – is **mycophagy**, while the technical term for **growing mushrooms** is **fungiculture**.

Try This:

Mushrooms use dusty spores, instead of seeds, to reproduce themselves. The spores are contained in the mushroom's gills—that feathery-looking part underneath the mushroom's cap. To make a print of the spores, pull the stem off of a mushroom, then lay the mushroom cap, gills side down, on a white piece of paper. Put a drinking glass over the mushroom cap and leave it overnight. In the morning, lift the mushroom cap and see if it left a print of its spores.



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