



# Button Mushroom



FUN FACT: Mushrooms are a fungus, and unlike plants, mushrooms do not require sunlight to make energy for themselves.

Button Mushrooms can be consumed raw or cooked. Make sure to clean mushrooms with a damp cloth before using them. People tend to enjoy raw mushrooms in salads. Common cooking methods for mushrooms include sauteing, roasting, frying, or grilling.

Health Benefits: Button Mushrooms contain vitamin D, which is essential for bone growth and calcium metabolism.