

Fast Facts



Mushrooms are a fungi. Unlike plants, mushrooms do not require sunlight to make energy for themselves.



Mushrooms are made up of **90% water**. Mushrooms are also a **good source of vitamin B** along with essential minerals such as copper and potassium.

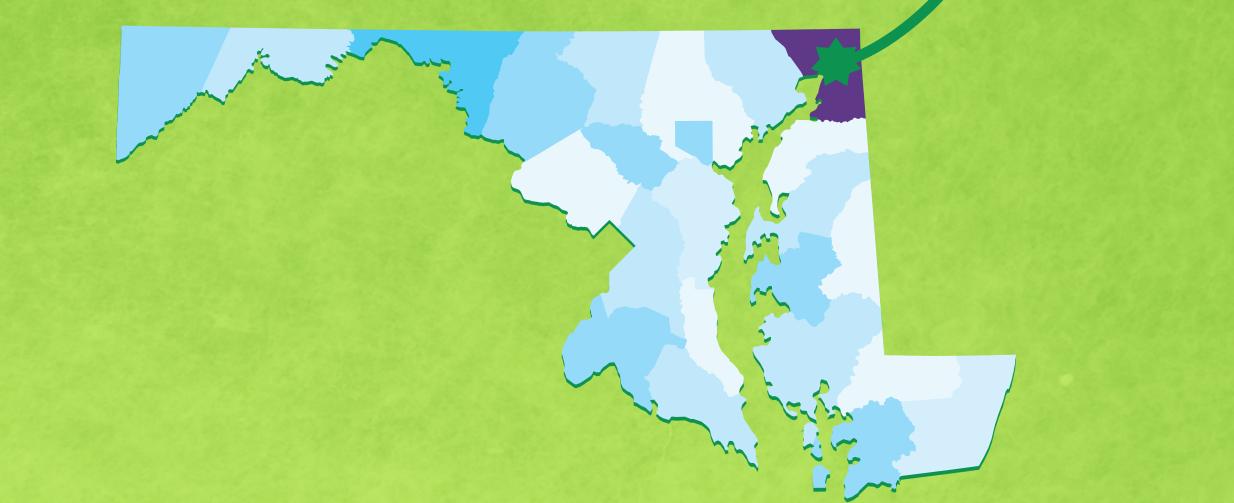


There are over 30 species of mushrooms that actually glow in the dark. The chemical reaction called bioluminescence



Warwick Mushroom Farm is the largest single producing and most technologically advanced mushroom farm in the United States. The farm consists of 7 acres of enclosed buildings where they have the capability of producing 200 million pounds of mushrooms per year.

produces a glowing light. Have you ever seen a glowing mushroom? Share with us on social media using the **#MDKidsEatLocal**!





Availability

YEAR ROUND

MARYLAND DEPARTMENT OF AGRICULTURE

This product was funded by USDA. This institution is an equal opportunity provider.

