

Dilgard Produce



PRODUCT DESCRIPTION

Mushrooms, Jumbo 40ct

Pk/Size

1, 40 ct

Dilgard #

P99030

Mushroom Facts:

Choose mushrooms that have smooth, sturdy caps with no scars, soft spots, slime, or bruises. There should be no visible influence of moisture on or near the mushrooms, which can cause spoilage. The area where the cap meets the stem should be formed inward; open caps are a sign of over-maturity. Mushrooms should be refrigerated unwashed (exposure to moisture promotes spoilage) in a paper bag (a plastic bag will trap moisture and promote spoilage; storing them out of a bag will promote dehydration). Mushrooms should keep up to five days if stored this way. Do not wash mushrooms until you are going to use them. Before washing mushrooms, gently brush the mushroom surface free of dirt. You can wash mushrooms under cold water or wipe each mushroom delicately with a wet food scrubber, a dampened cloth towel or a dampened recycled paper towel until water runs clean beneath them. Mushrooms will freeze for several months but you must clean and cook them first. Do not freeze more than 1 cup of mushrooms together. Mushrooms are especially high in B vitamins (riboflavin, niacin and pantothenic) and minerals (selenium, potassium, and copper). Mushrooms are a great, low calorie substitute for meat because they contain a significant amount of protein. Mushrooms may have antibacterial substances, which can help the body.