

San Patricio Extension Education Association News Flash



Sharing is caring with TEEA

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May 2016



A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.

Tenneva Jordan



The San Patricio County
Extension Office will be
closed
Monday, May 30, 2016
in observance of
Memorial Day

Mushroom Basics

Shop and Save

- * Fresh mushrooms may be available in bulk or pre-packaged for about the same price per pound. Bulk lets you select the amount and size you need.
- * Fresh mushrooms should feel relatively dry and firm. Avoid dark spots.
- * The stronger the sweet, earthy scent, the more flavorful the mushrooms. Closed caps have a more delicate flavor while open caps with gills showing are more robust.
- * Buy an amount of fresh mushrooms that you can use within a few days.
- * Canned and dried mushrooms are good options to store for longer times.



Mushrooms are a good source of B vitamins, which help the body produce energy from food.



Using Mushrooms

- * Some wild mushrooms are very toxic.
- * Be sure you eat mushrooms from a reliable source.
- * Mushrooms can be eaten raw or cooked by many methods: sauté, roast, grill, broil, or microwave.
- * Soak dried mushrooms before using.

Types of Mushrooms

Different varieties of mushrooms may be substituted in most cooked recipes.



White or button - excellent both raw and cooked. Widely available. Varies in color from white to light brown and in size from small to jumbo. Mild flavor intensifies when cooked and as the mushroom becomes more mature. Also available canned and dried.



Cremini, crimini or baby bella - firm texture. Ranges in color from light tan to rich brown. Rich, earthy flavor is more intense than that of white mushrooms.



Portobello or portabella - large, mature mushrooms. Deep, meaty flavor and firm texture. Tough stems are removed.



Shiitake - large, broad, umbrella shaped caps. Varies in color from tan to dark brown. Rich, full-bodied, smoky flavor and meaty texture. Best when cooked. Use tough stems to flavor stock. Available dried.

Store Well Waste Less

- ◆ Store mushrooms in a paper bag in the refrigerator. Avoid airtight containers that can collect moisture and cause the mushrooms to spoil faster.
- ◆ For best quality use fresh mushrooms within a week. Canned mushrooms usually have a 'best by' date on the can. Dried mushrooms keep their quality for up to a year in

an airtight container in a cool, dry place.

- ◆ Dirt on mushrooms is normal. Clean mushrooms just before using. Use a soft brush or slightly dampened paper towel to brush off the surface or rinse very briefly under cold, running water and pat dry.



- ◆ Cooked mushrooms can be frozen. For best quality, use within 1 month.

Go to FoodHero.org
for easy, tasty
mushroom recipes

Simple Sautéed Mushrooms

Ingredients:

- 1 Tablespoon vegetable oil
- 2 cloves garlic, minced
- 1½ cups onion, chopped
- 3 cups sliced mushrooms
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

1. Heat oil in a large skillet over medium high heat. Add garlic and onion; cook until onion begins to soften, about 3 to 4 minutes.
2. Add mushrooms, salt and pepper. Cook with occasional stirring until liquid evaporates and mushrooms begin to brown
3. Refrigerate leftovers within 2 hours

Makes: 1½ cups

Prep time: 7 minutes

Cook time: 10 to 15 minutes

Mushroom Math

1 pound fresh button mushrooms =

- 20 to 24 medium mushrooms
- 5 cups sliced
- 6 cups chopped
- 2 cups sliced and cooked

8 ounces sliced fresh mushrooms =

4 ounces canned sliced mushrooms, drained ($\frac{3}{4}$ cup) = 1½ ounces dried mushrooms plus $\frac{3}{4}$ cup boiling water

Mushroom Bulgur Pilaf

Ingredients:

- 1 cup onion, chopped
- 1½ teaspoons vegetable oil
- 3 cups mushrooms, sliced or chopped
- $\frac{3}{4}$ cup bulgur
- 1½ cups water
- 2 teaspoons dry bouillon (chicken or vegetable)
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon pepper
- 2 cups packed fresh spinach, roughly chopped

Directions

1. Use a medium saucepan or skillet with a tightly fitting lid. Over medium heat, sauté onions in oil in the open pan until they are softened
2. Add mushrooms and sauté until beginning to brown, stirring frequently.
3. Stir in bulgur and continue to stir until lightly browned
4. Add water, bouillon, garlic powder, and pepper. Cover pan with lid.
5. Reduce heat to low. Cook for 15 to 20 minutes or until bulgur is tender and liquids are absorbed.
6. Remove from heat. Mix in the spinach and serve.
7. Refrigerate leftovers within 2 hours

Makes: 4 cups

Prep time: 10 minutes

Cook time: 30 to 40 minutes

So-Sweet Squash Pickles

Total Time: Prep: 20 min. + standing / Cook: 10 min. + chilling
Yield: 8 servings.

Ingredients:

- 3 small yellow summer squash, thinly sliced
- 1 large sweet red pepper, cut into 1/4-inch strips
- 1 medium onion, chopped
- 1 tablespoon salt
- 1 cup sugar

- $\frac{3}{4}$ cup white vinegar
- $\frac{3}{4}$ teaspoon mustard seed
- $\frac{3}{4}$ teaspoon celery seed
- $\frac{1}{4}$ teaspoon ground mustard

Directions

1. Place squash, pepper and onion in a colander over a plate; sprinkle with salt and toss. Let stand 1 hour to drain.
2. In a large saucepan, combine remaining ingredients; bring to a boil, stirring to dissolve sugar. Add vegetables; return to a boil. Remove from heat; cool completely.
3. Transfer to a covered container; refrigerate, covered, at least 4 days before serving. May be stored in refrigerator up to 3 weeks.

Nutritional Facts

1/2 cup equals 123 calories, trace fat (trace saturated fat), 0 cholesterol, 225mg sodium, 30g carbohydrate, 2g fiber, 1g protein.



TEXAS A&M AGRI LIFE EXTENSION

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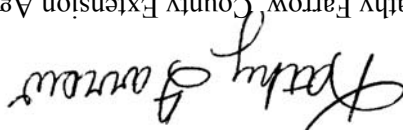
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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

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For additional information contact:

District 11 TEEA Spring Conference

April 19, 2016

San Patricio County Civic Center, Sinton



A **SPECIAL THANKS** to everyone who assisted with hosting the
District 11 TEEA Spring Conference!