



Mushroom Muddles and Myths MP3

Gary Crawford [00:00:00] Although you probably tried hard to forget it. You may remember that last year we did a piece on mushrooms and I used a preview of a really bad 1963 movie, The Attack of the Mushroom People.

Movie Announcer Voiceover [00:00:12] (Screams) And they escaped the vegetable monster...

Gary Crawford [00:00:15] Well, it turns out not only is the movie really bad, but just now I have been informed that this part of the preview.

Movie Announcer Voiceover [00:00:23] And they escaped the vegetable monster...

Gary Crawford [00:00:24] Is totally wrong. Speaking of wrong, we're once again out here at the Agriculture Department's farmers market in our nation's capital in that bedrock of scholarly endeavors, the VegU-cation tent, otherwise known as good ole VegU. One of our guest lecturers today, Heather Harter with the Mushroom Council. And you say that part of the preview.

Movie Announcer Voiceover [00:00:43] And they escaped the vegetable monster...

Gary Crawford [00:00:44] Is not right now, why is that?

Heather Harter [00:00:46] I think a lot of people don't understand, mushroom is a fungus, it's not a vegetable.

Gary Crawford [00:00:50] At least the people who wrote Preview didn't understand that. But here we are, Heather in the VegU-cation tent of good old VegU, talking about mushrooms, a fungus. Maybe we should change the name today to the mush occasion tent of good ole mushU. How's that? Okay. Anyway, why are we even discussing mushrooms today?

Heather Harter [00:01:10] Mushrooms are interesting.

Gary Crawford [00:01:12] Well, that's good enough for me. So, a few people have the mistaken idea that mushrooms are vegetables. Are there any other misconceptions that we have?

Heather Harter [00:01:21] I think the biggest misconception a lot of people just assume they don't like mushrooms, without trying.

Gary Crawford [00:01:27] Ah but you're out here talking with tourists and market customers, trying to get people who say they won't eat mushrooms to change their mind. You've been running the food processor over there. They're chopping up mushrooms, blending them with cooked hamburger meat or something like that and giving samples of that blend out. How's that been going for you?

Heather Harter [00:01:44] You have a lot of non-mushroom eaters becoming converts. They might not eat a fresh mushroom, but they'll have it blended into a taco, or a hamburger, or meatball. And in some ways, that's helping their nutritional profile as well. Makes a little bit more healthy in terms of reducing fat and calories. It provides an

awesome burger. Taco Blend really adds a flavor profile to it. Mushrooms are great in that aspect. They take on the flavor of what they're cooked with. So, if you put it into a hamburger, it's going to make a burger juicier, more flavorful, but not really having a strong mushroom taste. It can kind of take on that beef profile.

Gary Crawford [00:02:15] Now, while Heather was talking, you might have heard in the background sort of a banging sound. And that's coming from over here where USDA VegU-cator, Chantel Oyi, has some mushroom pieces in the pan over some heat. What's going on there?

Chantel Oyi [00:02:29] I'm just sautéing mushroom.

Gary Crawford [00:02:30] Then what are you going to do with them?

Chantel Oyi [00:02:32] We're just gonna top them with Parmesan and give these out for people to sample who don't want to try the beef blend.

Heather Harter [00:02:37] Got to make sure people get a good sample and wanna come back for more.

Gary Crawford [00:02:40] OK. For more mushroom recipes and blending instructions, go online to mushroomouncil.com, mushroomcouncil.com. From good old VegU, Oh no, from good ole mushU. This Gary Crawford reporting for the U.S. Department of Agriculture in mushing ton, oh Washington, D.C.