



Mushrooms are in season in September!

Fresh or cooked, mushrooms can be added to dishes for an extra serve of vegetables and deliver important nutrients such as B vitamins (niacin and riboflavin), potassium and Vitamin D.

There are several varieties of mushroom, which are grouped according to size and shape. Small and round button mushrooms are picked before they open. Cups are picked at the next stage, once the heads have started to open and the gills are just showing. Flats, such as portobello, are mature mushrooms with large, flat, open heads which show the gills.

Ways to use mushrooms in cooking include: in casseroles and soups, cooked on the BBQ and added to your favourite burger, diced, lightly fried with olive oil and thyme and served with a steak or thinly sliced and added to a salad in their raw and natural form.

VIS Sports Dietitian, Kylie Andrew