

Make It With Mushrooms e-Newsletter

September is National Mushroom Month and a great time to enjoy mushrooms! In celebration, more than 100,000 mushroom fans will gather at the 22nd annual Mushroom Festival. For your own celebration at home, Chef Tom Colicchio, head judge on Bravo's "Top Chef," created this delicious mushroom mac 'n' cheese recipe in honor of Mushroom Month!



The Mushroom Cap-ital

Every September, mushroom lovers from around the world unite for the annual Mushroom Festival in the small town of Kennett Square, PA, population 5,273, known as "Mushroom Capital of the World." At the festival, mushroom lovers will partake in unique activities such as bobbing for mushrooms and sampling mushroom ice cream. To learn more, visit www.mushroomfestival.org

Mushrooms are D-licious

Mushrooms are one of the few foods in the American diet that naturally contains vitamin D (15 IU per serving) and higher vitamin D intakes may be associated with a lower risk of some cancers. Combine mushrooms and vitamin D-fortified milk in a favorite like mac 'n' cheese for a D-licious dish. Visit the Mushroom Council Web site to learn more about [mushrooms and your health](#).

Tom's Twist on Mac 'n' Cheese

Chef Tom Colicchio is known for his love of mushrooms and for the different ways he cooks with them. Tom says, "Mushrooms' unique taste can bring a new level of flavor and enjoyment to almost any meal." Try Chef Colicchio's [mushroom twist on classic mac 'n' cheese](#) at your next family gathering or dinner party.



Remember, mushrooms are a part of Bob Greene's "The Best Life Diet." In fact, mushrooms are one of only two produce items that carry Greene's Best Life mark of approval. Look out for the logo on fresh mushrooms and be sure to toss them into your favorite recipes this fall for National Mushroom Month.

Have any questions about mushrooms or want to share some of your favorite recipes?

E-mail Us!

Do you have a mushroom-loving friend who would appreciate this information? Send her or him this newsletter!

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