

Available Now...Mushrooms

You may be familiar with Portabella and Crimini mushrooms, but have you heard of Lion's Mane, Cinnamon Caps and King Trumpets? Colorado's mushroom farms grow several varieties, which can be used in everyday recipes. Mushrooms are fat free, very low in sodium, contain more than 12 vitamins and minerals and are an excellent source of B Vitamins.

These farms currently have Colorado grown mushrooms available:

[Colorado Mushroom Farm/Rakhra](#) (Available in Whole Foods.)

[HazelDell Mushrooms](#) (Pop Up Mushroom Market, Monday-Friday, 12-4pm, Fort Collins)

[Innovative Ag Colorado](#) (Mushrooms available late April at www.caamarket.org, Steamboat Springs)

[Megan's Mushrooms](#) (Delivery available in El Paso County, Teller County, Pueblo County and Otero County.)

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Grilled Mushrooms

Chef Jason K. Morse, C.E.C., 5280 Culinary, LLC and Ace Hardware Grill Expert

- 4 fl. oz. Olive Oil
- 1 pound Mushrooms, Crimini, Shiitake, Button and Oyster, sliced
- 1 Tbsp. Fresh Thyme Leaves, minced
- 1 Tbsp. Fresh Rosemary Leaves, minced
- 1 Tbsp. Fresh Garlic, crushed
- 1 tsp. Kosher Salt
- 1 tsp. Black Pepper, fine grind

If fresh herbs are not available, use Herbs de Provence or Italian herbs as a substitute.

Prepare the grill for direct cooking over high heat (500-550°F). Brush the grill grates clean. In a mixing bowl, combine olive oil, mushrooms and herbs. Season to taste with salt and pepper and toss quickly to coat with oil. Open the grill and pour mushroom onto a grilling pan, the mushrooms will have absorbed the oil, so there should be no flare ups. Place the pan on the grill over direct medium-high heat and grill the mushrooms for 5-10 minutes, occasionally moving them around and until the mushrooms start to brown. Chef's Note: Browning the mushrooms helps release more Umami flavors.

Enjoy with a glass of Colorado wine such as Nebbiolo from Red Fox Cellars in Palisade, Colorado. This wine is part of the 2019 Colorado Governor's Cup Collection, which includes wines that best represent Colorado's wine industry as selected by a panel of national and Colorado wine professionals.

Visit www.coloradoproud.org for a complete list of recipes.



King Trumpet and Lion's Mane Mushrooms. Photographs courtesy of Megan Deaton, Megan's Mushrooms.