

IF YOU NEED YOUR BODY, YOU NEED

# VITAMIN D

Vitamin D helps the body absorb calcium, which builds and maintains strong bones. What's more, current research indicates that vitamin D helps protect against 17 varieties of cancer. Even more? It can help prevent heart disease, stroke, hypertension, autoimmune disease, depression, chronic pain, and that's not even the entire list. No wonder it's recommended that you get 600 IU of vitamin D each day.

## GREETINGS FROM SUNNY WASHINGTON STATE

There are three ways to get vitamin D: through your diet, through supplements, or through sunlight. In fact, vitamin D is sometimes called the "sunshine vitamin." But if you live in the Pacific Northwest, where we enjoy the fewest sunny days in the continental U.S., may we suggest you eat mushrooms?

**3 oz. of Ostrom's Mushrooms = 100% DV of vitamin D**

## WE DON'T MAKE VITAMIN D; THE MUSHROOMS DO IT FOR US

Mushrooms contain a plant sterol called ergosterol that converts sunlight into vitamin D—in fact, mushrooms are the only plant to contain vitamin D naturally. At Ostrom's, we mimic sunlight by exposing mushrooms to a UV light for a matter of seconds. We don't add anything to the mushrooms to absorb the light—it's a completely natural process.

## D2 AND D3: NEITHER IS A ROBOT, BOTH ARE GOOD FOR YOU

There are two types of vitamin D: D2 and D3. Mushrooms contain D2, also known as ergocalciferol. And they're all good—there is no current scientific evidence that one type is better than the other.

Learn more about mushrooms and vitamin D at [mushroominfo.com](http://mushroominfo.com).

*Ostrom's*  
FAMILY OWNED  
SINCE 1928

# NORTHWEST GROWN

(THAT INCLUDES OUR PEOPLE)

Ostrom's Mushrooms has been part of the Pacific Northwest since 1928. We're still family owned and operated today at Mushroom Corner in Olympia, Washington. Every year, we grow 12 million pounds of fresh white and crimini (Italian brown) mushrooms and market an additional 760,000 pounds of specialty mushrooms. We also work with Oregon family farms to offer fresh, certified organic specialty mushrooms. And we demand the highest quality and food safety compliance from every supplier. Our mushrooms are handpicked daily, refrigerated immediately, and on the road to you within hours of harvest. The people of the Pacific Northwest are our family. And we want our family to have the very best.

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WHEN YOU CAN'T  
GET SUN, GET  
MUSHROOMS

## BAJA SALMON WITH MUSHROOMS

Prep time: 7 minutes

Cook time: 8 minutes

Serves: 4

Average cost per serving: \$3.21

- 1 tbsp. olive oil, divided
- **6 oz. white button mushrooms, quartered or halved**
- 1 packet dry citrus marinade mix
- 3/4 cup frozen white sweet corn kernels, thawed
- 1/2 cup red onion, diced, run under cold water
- 1/2 cup red bell pepper, diced
- 1/4 cup cilantro leaves, minced
- 2 tbsp. lime juice, freshly squeezed
- 1/2 tsp. kosher salt
- 4 salmon filets (about 5 oz. each)
- 1/4 cup water

Heat a large sauté pan over medium-high heat. Add 2 teaspoons oil and swirl to coat bottom of pan. Add mushrooms and sauté 2 minutes. Add 1 tablespoon of dry citrus marinade mix to the mushrooms and continue cooking another 3 minutes.

Remove mushrooms from pan and place in a large mixing bowl. Add the corn, onion, red pepper, cilantro, lime juice and salt; toss to combine. In same sauté pan, add remaining teaspoon of oil and swirl to coat pan.

Sprinkle the top of each salmon filet with 1 teaspoon dry citrus marinade mix. Add salmon, seasoned side down, to hot pan and sear 1 minute. Flip over and add water to the pan. Cover and cook another 2 minutes or until done to taste. Remove from the heat and uncover.



Place a spoonful of the mushroom mixture on each serving plate; top with a salmon filet. Garnish with a sprig of cilantro and a lime wedge.

Each serving provides: 340 calories, 19g fat (29% Daily Value), 5g saturated fat (25% Daily Value), 70mg cholesterol (23% Daily Value), 830mg sodium (35% Daily Value), 2g dietary fiber (8% Daily Value), 31g protein, 25% Daily Value for vitamin A, 8% Daily Value for iron, 70% Daily Value for vitamin C, 6% Daily Value for calcium, 129% Daily Value for vitamin D, 27% Daily Value for potassium, 81% Daily Value for selenium

Find more mushroom recipes from the Mushroom Council at [mushroominfo.com](http://mushroominfo.com).

## CHOOSING, STORING, AND CLEANING

IT'S ALL EASIER THAN YOU THINK.

You want firm mushrooms with a fresh, smooth appearance (it's like you're a Hollywood casting agent)

### HOW TO CHOOSE

- Choose firm mushrooms with a fresh, smooth appearance
- Look for a dry (not dried out) surface and a plump appearance (Okay, maybe you're not a Hollywood casting agent)
- A closed veil under the cap means a delicate flavor; an open veil and exposed gills mean a richer flavor

### HOW TO STORE

- Refrigerate mushrooms in the original packaging and they should keep for a week or more
- Once open, store in a paper bag or Ostrom's special mushroom bag
- Avoid airtight containers—they can cause condensation and spoiling
- Never freeze fresh mushrooms. However, sautéed mushrooms may be frozen up to a month

### HOW TO CLEAN

- Do not soak mushrooms as they absorb moisture
- Brush off any dirt with your fingers or a damp paper towel
- Trim the end of the stem before using (remove stems from shiitakes; they are very fibrous)