



Fresh. Simple. Good.

Mushrooms: Keep 'Em Cold!

What is the proper way to store mushrooms after you get them home?

Sure they taste great and are simple to use, but a lot of people are unsure how to properly store and care for their mushrooms after purchase. Here are the answers to a few of your questions about mushroom care and storage.



Q. Should I wash my mushrooms as soon as I get them home?

A. No. Unlike other produce, mushrooms are very porous, any expose to water before they are used may cause unwanted discolouration and will cause them to spoil faster.

Q. What's with the brown paper bags?

A. Mushrooms should always be stored in brown paper bags. The paper bag helps to absorb unwanted moisture. Even mushrooms that are packaged should be stored in a paper bag after they are opened.

Q. Should I store my mushrooms in the refrigerator?

A. Yes, you should always store your mushrooms in the refrigerator between the temperature of 0°C and 2°C (32 to 25°F). This will preserve their quality. It is the cool temperature that prevents the mushrooms from oxidizing and turning brown. It is similar to what happens to apples slices when they are left out on the counter.

Q. How long can mushrooms be stored under these proper conditions?

A. Mushrooms are best when used within a few days of purchase. When they are kept in the refrigerator in a paper bag they will stay fresh for 4-5 days.

Q. Where can I find more information about mushrooms?

A. Visit www.mushrooms.ca.