

Mushrooms are the only fruit or vegetable that contains vitamin D.

There are over 30 species of mushroom that actually glow in the dark. People have been known to use these fungi to light their way through the woods.

Before the invention of synthetic dyes, mushrooms were widely used for dyeing wool and other natural fibers.

**Mushrooms are also called toadstools.**

The mushroom is used in many cuisines throughout the world and it is known as the "meat" of the vegetable world.

Drying mushrooms is the oldest and most commonly used way to preserve mushrooms, but they can also be canned, pickled or frozen.

Mushrooms are made up of around 90% water.

If not for mushrooms and fungi, the Earth would be buried in several feet of debris

One Portabella mushroom generally has more potassium than a banana.

Potassium is good for the heart, reduces the risk of high blood pressure and strokes.

So a mushroom can increase in size as fast as water can be pumped into its cells.

Almost overnight a mushroom can go from a pin head to a large mushroom.