



Mushroom Storage, Selection, Washing and Preparation

Mushrooms are perishable! Knowing how best to store, select, wash and prep them will save you time and money as well as improve your fungi's overall quality.

Storing Mushrooms

Ideal Storage Temperature

34 to 39°F in truck and receiving dock and 34°F in the cooler.

As mushrooms warm up, they respire and cause condensation to build up in their container. The condensation speeds up the breakdown process.

General Rules of Thumb

- More mushrooms in one box = more sensitive to temperature variations
- The smaller the piece (or slice thickness) = more sensitive to temperature variations

Quick Tips

1. Do not place mushrooms in a cooler near produce that gives off ethylene, like apples, pears and avocados.

WHY? Ethylene speeds up your mushroom's maturation process and shortens its shelf life.

2. Don't store mushrooms near onions or garlic.

WHY? Mushrooms are porous and can absorb these foods' flavor.

3. Don't store mushrooms near misters, under iced produce, or anywhere where they can get wet.

WHY? Water may cause discoloration and even spoilage.

4. Don't stack anything on top of the mushrooms themselves.

WHY? Mushrooms easily bruise, which affects their appeal and shelf life.

5. Always practice **first in, first out** and rotate older inventory towards the front of the shelf

WHY? Less waste and fresher mushrooms for your consumers.

Did You Know?

Mushrooms with more gill have deeper flavor, but a shortened shelf life. Typically, the more gill, the more mature, except with Portabellas (which all have a lot of gill).





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Washing Mushrooms

- Rinse your mushrooms underwater only when preparing a soup or a one pot meal for which mushrooms will be in liquid as they cook.
- For recipes that don't involve complete submersion in liquid, wipe your mushrooms off with a damp paper towel right before you're ready to use them.
- Don't wash or slice mushrooms before it's time to cook before it's time to cook, otherwise you'll hasten the aging process and shorten their shelf life.

Preparing Mushrooms

- When using mushrooms in a recipe, only grab enough mushrooms from the cooler/ refrigerator as needed for the recipe. Leave the container under refrigeration to prevent mushrooms from warming up and aging prematurely.
- Cut off the rim of your Portabellas first to make a cleaner looking dice. Then, scrape the gills to prevent darkening your dish.
- To brown mushrooms, don't stir. Instead, flip once about halfway through sautéing.

