

Mushroom Storage, Selection, Washing and Preparation



Mushrooms are perishable! Knowing how best to store and select them will help you provide your customers with the highest quality, tastiest mushrooms on the market.

Storing Mushrooms

Ideal Storage Temperature

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

WHY? 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. Don't place mushrooms directly next to 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 place mushrooms directly next to onions or garlic.

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

3. Don't place mushrooms under 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).



Commonly Asked Consumer Questions

CUSTOMER QUESTION:

How do I clean my mushrooms?

YOUR ANSWER:

Rinse your mushrooms underwater only when preparing a soup or a one pot meal where your 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. You'll hasten the aging process and shorten their shelf life.

CUSTOMER QUESTION:

How do I prepare my mushrooms?

YOUR ANSWER:

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 prematurely aging.

To brown mushrooms, turn your burner on medium low heat, lay down oil or butter and then add your sliced mushrooms*. Don't stir. Instead, flip once about halfway through sauteing.

**If using Portabellas, cut off the rim first to make a cleaner looking dice. Then, scrape the gills to prevent darkening your dish before slicing.*

Decode Your Code

All Monterey Mushrooms have a printed code, which includes our location code, Julian date and packing line number on the package.

This tells you (and us) when the mushrooms were packed as well as where and on what production line, providing full transparency and traceability.

What Is The Julian Date?

It's a continuous count of days starting January 1. January 1 is 001.

For example, the date code shown in the image at right breaks down as follows:

FACILITY	JULIAN DATE	PACKING LINE	TIME
110	173	4	13:44

Examine the numbers printed on your package and match them with one of the location codes at right.

Location Codes

- 110 - Royal Oaks, California
- 115 - Morgan Hill, California
- 125 - Arroyo Grande, California
- 140 - Madisonville, Texas
- 145 - Princeton, Illinois
- 150 - Loudon, Tennessee
- 155 - Temple, Pennsylvania
- 160 - Orlando, Florida
- 510 - San Miguel de Allende

