

Nutrition Bites



Why All the Mushrooms?

Mushrooms have been treasured as remedies for disease and as natural supplements for thousands of years. Ceres Community Project meals and supplements include a variety of different mushrooms including trumpet royale, maitake and shiitake for cooking and reishi, cordyceps and maitake in our supplemental products.

- Most edible mushroom varieties are considered to be adaptogens – substances that help the body adapt to stress, support normal metabolic functions, detoxify the body, and help restore balance. In other words, mushrooms work to facilitate the body's movement towards health.
- A growing body of research is supporting the use of mushrooms in both cancer prevention and in reducing the side effects of traditional cancer treatments as well as generally supporting the immune system and reducing inflammation. The combination of active ingredients in mushrooms seems to maximize the body's immune response which is vital to health as well as recognizing and eliminating tumor cells.
- Try to include 2-3 servings of a variety of mushrooms in your weekly menu. The meals from Ceres provide you at least one of those and if you are drinking Immune Broth and/or eating Vital Bites you are getting a couple more!

Many of these mushrooms can be found at local markets such as Whole Foods.

Ceres Community Project also sells bags of the herbs and mushroom mix that is used in our Immune Broth.



Featured Mushroom: Shiitake

- Used medicinally by the Chinese for more than 6,000 years.
- Have long been recognized as a very good, non-animal food source of iron.
- Recent research indicates that shiitake mushrooms help protect our blood vessels.
- Rich in B vitamins, concentrated in minerals (esp. selenium, copper, zinc, and manganese.)

This Week's Recipe

Creamy Mushroom Soup

- 1 1/2 Tbs butter
- 1 cup finely chopped onions or leeks (white and pale green only)
- 6 oz chopped mushrooms
- 1/2 Tbs chopped fresh thyme
- 1 1/2 Tbs brandy or madeira or marsala
- 1 Tbs all purpose flour (gluten free)
- 2 cups chicken, vegetable or Immune Broth
- 1/4 cup almond milk

Makes 4 servings (1 quart) | Cooking time: 30 mins

- 1** Melt butter in large pot over medium-high heat. Add onions; sauté until golden, about 5 minutes.
- 2** Add all mushrooms and thyme; sauté until mushrooms begin to brown, about 8 minutes
- 3** Add brandy; stir 30 seconds, then whisk in flour. Cook for 30 seconds.
- 4** Slowly stir in broth; bring soup to boil. Reduce heat; simmer uncovered 10 minutes. Add almond milk. Season with salt and pepper.
- 5** Puree soup if desired or ladle into bowls.