

# Lots of demand in Calif. for record mushroom crop

By Debbie Arrington, Sacramento Bee

Mushrooms can grow on you. For mushroom farmers and nutritionists, that's a good thing.

According to experts, demand for the tasty fungi keeps, well, mushrooming as consumers discover more varieties to try in different ways.

Demand peaks during November, prompted in part by mushroom stuffing and other holiday favorites. But year-round, mushrooms can find their way into almost any savory food.

The average American eats about 2 pounds of mushrooms a year. To meet that demand, more mushrooms are imported from Canada and Mexico.

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