

How Mushrooms are important to our lives?

Mushrooms are an important part of nature and our lives. They are natural decomposers, which help break down old foods, nutrients and trash to grow new foods and plants. They are also used globally for food, medicine and beverages to support healthy diets. Mushrooms are a super and do a lot for our environment. Beyond their amazing uses and properties, is a sense of wonder and mystery. Mushrooms have often been included in fairy tales and stories loved and shared by many. Stories hold a special place in a child's heart because they create memories, affect our personal growth and build essential skills. A classroom favorite of ours is Alice's Adventures in Wonderland by Lewis Carroll.

Students will be serving samples of tea at their Mad Tea Party made from Turkey Tail Mushrooms, commonly found in North Florida and are used as a strong antioxidant and a support to the immune system. There is even some medical research and evidence showing significant improvement in the immune systems of cancer patients who use Turkey Tail Mushrooms. There will also be a craft center for children to dissect mushrooms (safe & edible!) and use the pieces to stamp cool designs with!