











# WHAT DOES A MUSHROOM DO








## WHAT IS A MUSHROOM?



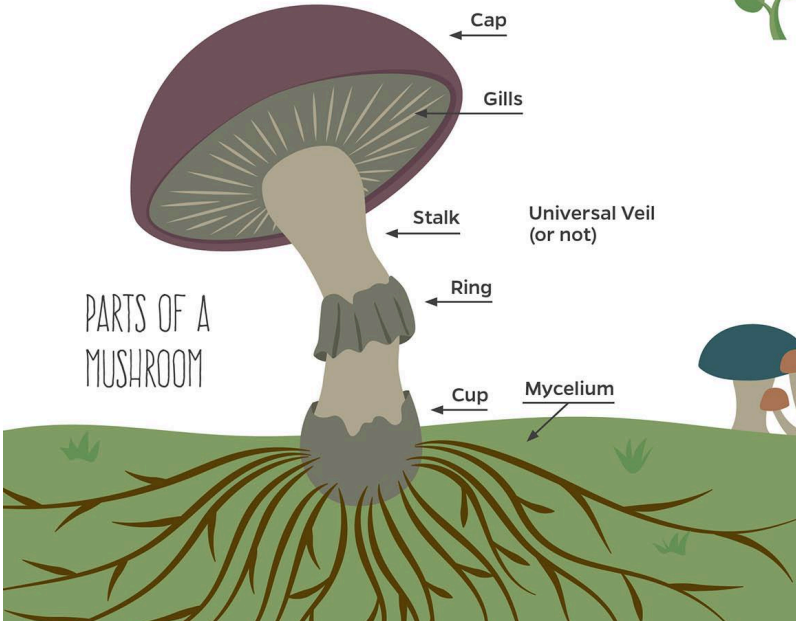
-  Mushrooms are just a small part of larger living things called fungi.
-  They are the 'fruiting body' of fungi.
-  Mushrooms spread the spores which allow the fungus to reproduce.


-  They come in many shapes and colors.
-  They are often found on decaying wood or other decomposing material.
-  There are over 10,000 known mushrooms in the U.S.A.

### WHAT DOES A MUSHROOM DO?

-  **Nature's Recyclers:** fungi break down organic matter and allow other living things to use the essential nutrients.
-  **Plant Helpers:** More than 90% of all plants live in a mutually beneficial relationship with fungi, this is known as a symbiotic relationship. These fungi exchange nutrients for photosynthetic sugars.
-  **Message Carriers:** The fungi that live in symbiosis with plants (mycorrhizae) carry chemical 'messages' through the web of mycelium in the soil.
-  **Pollution Removers:** Fungi can remove harmful chemicals and reduce the presence of harmful bacteria in water and soil.
-  **Food Source:** Mushrooms are the only non-animal based complete form of protein and have many antioxidants, prebiotics, minerals and vitamins.

### PARTS OF A MUSHROOM





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SOURCE : [golden bloom mushroom gummies](https://goldenbloommushroomgummies.com)