

MAA HITAWUS HII WIIRA
May: Earth Drying Moon

HARVEST OF THE MONTH

Morels

ABOUT MORELS

- The morel, or morchella, is more closely related to truffles rather than mushrooms.
- Morels cannot be cultivated by plant enthusiasts because their growing conditions have to be just right and their growing season is very short, typically in between the months of March and May.
- Morels are a good source of fiber, iron, and manganese, and contain other great nutrients as well.
- Nutrition (1 Cup): 20 calories, 3.4g carbs, 0.4g fat, and 2.1g protein.

THINGS TO REMEMBER

- It should be noted that morels should never be consumed raw. When identifying morels look for a pitted, or sponge like appearance. The interior and stem will also be hollow. Make sure you are 100% certain you have found true morels, and use multiple sources. False morels will not be hollow and have more of a cap than a sponge.
- You can clean morels by soaking them in cold water for at least 5 minutes (longer if you need to), and adding vinegar if bugs are present.
- They can be stored in the refrigerator for one week in a ventilated container or in a bag up to one year if they are dried or freeze dried.

SAUTEED ASPARAGUS AND MORELS

INGREDIENTS:

- 1 T olive oil
- 8 oz. asparagus
- 1/2 lb. morels
- 1 small onion, chopped
- 2 T sliced or chopped nuts (of your choice)
- 1-2 t ramp powder or garlic powder

STEPS:

In large skillet, heat oil over medium-high heat. Add asparagus, morels, and onion; cook and stir for 10-12 minutes. Add nuts and seasoning of your choice. Heat through and enjoy!



**For more information Contact
a HCN Registered
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<http://health.ho-chunk.com/>**

<https://pubmed.ncbi.nlm.nih.gov/28350213/>
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