

SMALL KINE FARM Organic, Locally Grown Tutu & Keiki Portabella

by Kehaulani Padilla



Waimanalo farmer, Mr. Fung Yang

Tucked away in the backroads of Waimanalo, on a small plot of land with numerous Matson containers, Mushroom Magnate, Fung Yang, gave me a tour of 'Small Kine Farm'. It is truly amazing how these certified organic mushrooms are produced. In a series of steps, organic waste is cured to become the medium that nurtures the mushrooms to full growth. If you've tasted these keiki portabella, also known as crimini button mushrooms, you'll agree that the fresh taste surpasses any other.

Mr. Yang did not start out being a mushroom farmer but rather the owner of Oahu Community Recycling. Through years of studying the organic waste that he collected he realized that it could be recycled into purposeful fertilizer. Commercial tree trimmings, mostly coconut, are cured in temperature

I promised Mr. Yang that I would give a shout-out to anyone who has coconut trimmings to get rid of ; he will gladly take it off your hands. Please call him at 779-1109.

controlled air-tight containers. Throughout the process bad bacteria, pathogens, mold and weeds are exterminated and pure, clean, nutrient-enriched compost is what remains where the mushroom spores are introduced.

However, Fung Yang admits, it's a very costly process. The temperature-controlled containers utilize a good amount of electricity, the biggest expense for this 'small kine farm'. At the end of the tour I was convinced that the mere \$10.00 per pound (at the Waimanalo Market Co-op) was worth-it for every ounce of these delectably delicious mushrooms.

Our farmers are a vital part of local sustainable living, and Fung Yang deserves a "mahalo" for his unique way of producing certified organic portabella and crimini button mushrooms, broke-da-mouth ono mushrooms.



Mushroom, Tomato, Basil Frittata

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| 1/2 medium onion minced | 1/2 medium tomato diced |
| 3 medium cloves garlic pressed | 3 large eggs |
| 1 TBS +1 chicken broth | 3 TBS chopped fresh basil |
| 1 cup thinly sliced crimini mushrooms | Salt and black pepper to taste |

1. Mince onions and press garlic and let sit for 5 minutes.
2. Heat 1 TBS broth in a 10-inch stainless steel skillet over medium heat for 3 minutes stirring frequently.
3. Add garlic and mushrooms and continue to sauté for another 2 minutes.
- 4 Add 1 TBS broth, tomato, salt and pepper and cook for another minute. Stir well, gently scrape pan with a wooden spoon to remove any slight burning.
5. Beat eggs well, and season with salt and pepper. Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 5 minutes, or until firm. Cut in wedges and serve.

143 calories 1 serving/ 151.35 grams

Some interesting facts about the nutritional benefits of the Crimini Mushroom: Crimini mushrooms are amazingly rich in nutrients that support the immune system. It has been proven that these common button-type mushrooms surpass their more exotic mushroom counterparts (like shiitake or maitake mushrooms) in terms of immune system benefits. These mushrooms are worthy of serious recognition for their health benefits: antioxidant, cardiovascular and anti-cancer benefits. Crimini mushrooms are also credited for providing a source of vitamin B12.

Handling and Cooking Crimini Mushrooms: Pick those mushrooms that are firm, plump, clean and brown in color. Once you get home, refrigerate immediately to keep their nutrient values and freshness. Clean your mushrooms with a damp cloth, mushrooms are porous and too much water could make them soggy. It is best to store your loose mushrooms in a paper bag wrapped in a damp cloth or laid out on a glass dish. Keeping your mushrooms covered with a damp cloth would help them to keep their moisture and freshness. Avoid clumping them together, rather, lay them in layers with a damp cloth between each layer. Good handling and storage of mushrooms can maximize freshness and will store for 3-7 days.

The healthiest way of cooking Crimini mushrooms is to sautee for maximum flavor and nutrition. Heat about 3 tbsps of broth over medium heat till it begins to steam. Add the sliced mushrooms and enjoy. If using the whole mushroom in your recipe, slice off the very bottom of the stem which can be a bit spongy. If you are just using the caps of the mushroom, gently break them off with your hands. Keep the stems for making soup or chop them up to add to your favorite recipe.