



## **LOCAL MUSHROOMS**

**BELLS LANE STAUNTON, VA**

**EMAIL: ANATHALLOACRES@GMAIL.COM**

**INSTAGRAM: ANATHALLO\_ACRES**

### ***About the Farm:***

Anathallo Acres is a farm based on the iconic Bells Lane in Staunton. The name is inspired by the greek word Anathallo, which means “to flourish anew” or “grow-green again” – a process we aim to create with each new day, season, year, and generation. While predominantly raising pasture-based proteins (grassfed beef, pastured chickens, and pork), in the last two years, we have added gourmet mushrooms to the menu.



### ***Why Mushrooms:***

I used to loathe mushrooms and would pick them out of any meal until I learned about their medicinal and environmental benefits. Think of them as nutrient packed body and earth healing superfoods. Each variety offers slightly different medicinal benefits (ie. Lion’s mane is known for its brain function benefits, oysters are known for their immune system and heart health benefits). And all mushrooms help the earth filter and metabolize waste and decay, so the more the merrier. That’s why spent grow bags are spread around the farm to further encourage the mycelial network in our area to flourish anew.



### ***The Share:***

Every two weeks, you will get a mixed bag of mushrooms. Each share will have some variety, but the staples will be lion's mane and blue oysters with seasonal additions of yellow oysters, king oysters, pioppino, and possibly a few others thrown in. All of these are grown from pre-inoculated mushroom bags made of sawdust and grain in a controlled environment on the farm.

### ***Cooking:***

While mushrooms should never be consumed raw (except button mushrooms...maybe), they're easy to cook and ultra versatile. The simplest way is to saute in butter or oil with some garlic, but they're also amazing in soups, tacos, pastas, etc. - the options are endless.

**For More Information, email Alex (the farmer) at [anathalloacres@gmail.com](mailto:anathalloacres@gmail.com)**