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**Unlock the Mystery of Mushrooms with Monroe County 4-H  
Explore the Fungal Kingdom in Upcoming Virtual Winter Workshops**

Fantastic or forgotten? Fungi are not plants nor animals; they are a unique group of organisms in their own kingdom. Mystery surrounds this group. Yet, most of us interact with these organisms every single day and may not even know it. For their sometimes moldy reputation, we have many enjoyable things thanks to fungi. From bread to antibiotics to mushrooms and more, there are options for all to be thankful for! Learn more about these curious organisms and how we interact with them in our everyday life through upcoming virtual workshops with the 4-H team at Cornell Cooperative Extension of Monroe County.

We are holding two fungal themed workshops this winter. Both workshops will be geared towards youth ages 5-12. Any 5-7 year old youth will need an adult present to participate. All are welcome to attend.

On January 29<sup>th</sup>, there will be a Fungal Friday: Fungi and Food workshop from 5:00-6:30 p.m. In this program, we will discover what exactly fungi are and the role they play in making foods we love. Yeast, single-celled fungal organisms, have been used by humans for thousands of years for baking and brewing endeavors. We will investigate the role of yeast in baking through a hands-on bread-in-a-bag experiment. There is a \$5 fee for each youth to participate in the workshop. Registration for this workshop closes on January 22. Families can register for this event at:

[https://pub.cce.cornell.edu/event\\_registration/main/events\\_landing.cfm?event=4H\\_FungalFriday\\_226](https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=4H_FungalFriday_226).

On February 22<sup>nd</sup>, we are having a Mushroom Monday: Learn and Grow workshop from 5:00-6:30 p.m. For centuries, humans have grown fungi and mushrooms for a variety of culinary and medicinal purposes. In this workshop, we will explore the basic life cycle, uses of, and ways to grow mushrooms. Participants will get to practice growing oyster mushrooms in a fun science experiment on toilet paper! There is a \$25 fee for each youth to participate in this workshop; this fee includes a mushroom grow kit for each participant. Mushroom kits will be available for pick up at the Cornell Cooperative Extension of Monroe County Office (2449 St, Paul Blvd, Rochester NY 14617) during the week prior to the event. Mushroom kits will contain spawn and substrate materials needed to grow oyster mushrooms.

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Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

Registration for the Mushroom Monday: Learn and Grow Workshop closes on February 15. Families can register for this event at: [https://pub.cce.cornell.edu/event\\_registration/main/events\\_landing.cfm?event=4H\\_MushroomMonday\\_226](https://pub.cce.cornell.edu/event_registration/main/events_landing.cfm?event=4H_MushroomMonday_226). For more information on these and other Cornell Cooperative Extension of Monroe County 4-H events, please visit <http://monroe.cce.cornell.edu/events>.

The Monroe County 4-H Program is offered through Cornell Cooperative Extension to the youth of Monroe County. 4-H is a worldwide youth development program open to all youth ages 5 to 19, who want to have fun, learn new skills, and explore the world. In return, youth who participate in 4-H find a supportive environment and opportunities for hands-on or "experiential" learning about things that interest them. Learn more at <http://monroe.cce.cornell.edu/4-h-youth-development>.



Oyster mushrooms fruiting on 4-H bucket. Monroe County 4-H is offering exciting mushroom workshop opportunities this winter. Photo by Lori Koenick.

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