There are heaps of everyday foods we eat that are fungus or made using fungi. Can you use (and better yet combine) fungal ingredients and make an epic lunch box?

Pātai I Challenge

CELEBRATING



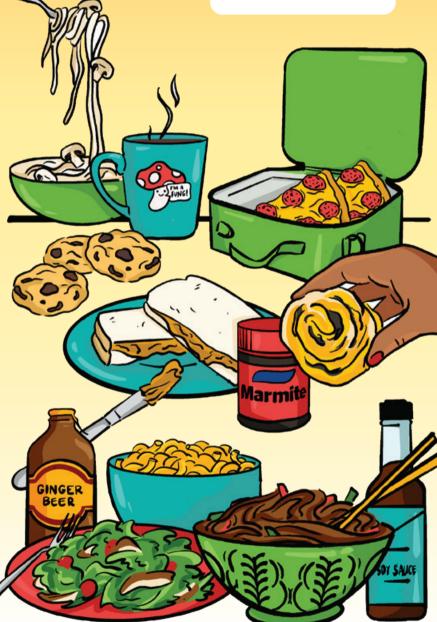
YEARS 1923-2023

Here are some fungirific ingredients to get you started:

- Marmite
- Yeast
- Yeast breads (sourdough, English muffins, rēwena bread, pizza base etc.)
- Soy sauce
- Chocolate
- Salami
- Miso
- Mushrooms
- Coffee
- Mould cheeses (brie, camembert, blue vein, stilton etc.)
- Ginger beer
- Quorn
- Tempeh
- Kombucha
- Horace (see page 7)

Send in a
picture of your
creation/s to kcc@
forestandbird.org.nz
by 29 March 2024 to
be in to win one of
10 fungi prizes.

fungal ingredients
you use is one of the
judging criteria - the



We've made this challenge with



Make a free account, and find out more about fungi and food at tenz.org.nz/resource-store

