

## SOME PRACTICAL TIPS FROM MUSHROOM GROWER

*Georgia*  
BEATTIE



### GEORGIA'S TOP TIPS

- ▶ Look for mushroom cups that are white and clean. It's normal to have a few marks as mushrooms can bruise easily, but if they are stored and handled carefully, this should be minimal.
- ▶ Check the underside of the mushroom, if the veil and gills look dry, it could be a few days old.
- ▶ Mushrooms are 90% water, so try not to overcrowd your pan or this could cause them to steam. Don't pre-cook them or let them sit in a bain-marie, as they may go soggy.
- ▶ Mushrooms are best cooked like you would a piece of steak. Cook them to order and cook them quickly – making them perfect for busy cafes.

Georgia Beattie (pictured above right with chef Jason Roberts) is an Australian mushroom grower and CEO of Bulla Park, Australia's largest organic mushroom farm, located about an hour north-west of Melbourne in Diggers Rest.



### DID YOU KNOW?

#### Year-round availability

Australian Mushrooms are grown 7 days a week, 365 days a year – so they're the ideal menu ingredient for cafes. All fresh white button, cups and flat, as well as all Swiss Browns and Portobello (*Agaricus Bisporus*) mushrooms are Australian grown.

#### Simply sustainable

Mushrooms are one of the most sustainable foods on the planet, as growers use recycled materials from other farms to make the compost. Our farms use energy efficient farming practices like solar power and recycled water, they don't require a lot of land and mushrooms grow really fast (doubling in size every day). Plus the finished compost can be used by other farms or nurseries, and returned to the earth full of nutrients to grow more food.

#### Versatile varieties

The white mushroom cup, called *Agaricus Bisporus* variety, is the same variety that produces Button and Flat mushrooms – they are just harvested at different stages in their life cycle.