

## Chris Tolson, General Manager, Premier Mushrooms, The Hawkesbury Valley

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### [AMGA PTC Chris Tolson](#)

Hi! My name's Chris Tolson. I'm a fourth-generation mushroom farmer out here in The Hawkesbury – about an hour-and-a-half outside of Sydney.

Mushroom production takes about six weeks, from filling the compost, harvesting, right through to packaging and distribution.

Here we produce about 30 tonnes of mushrooms per week, in a six-week production cycle, in a vertically integrated farm.

Being an indoor growing facility allows us to control the three critical points for mushroom farming – air temperature, moisture, and airflow,

We are able to control the entire process from compost production, through harvesting, right through to distribution at the end.

The mushrooms we grow on farm here are white *Agaricus Bisporus*. And we grow both the Button and the Flat variety. They're actually the same mushroom, just a difference in growth time. So the difference in the mushrooms you see here, are approximately four-to-five days.

Mushrooms are highly nutritious to eat. They have been long positioned as the “meat for vegetarians”. But there's also been recent developments, and understanding that they're able to generate their own vitamin D when exposed to sunlight.

So you're able to leave your mushrooms outside for 15 minutes, to get this supercharged boost, or able to purchase specially mark packs in store.

Commercially grown mushrooms in Australia are perfectly safe to eat. We undergo rigorous auditing process through certification authorities, as well as we take great pride in the food we produce to consumers, both in the quality, and assuring the safety and validity for the end consumer.

I ask that you add the “mighty mushroom” to your next meal. Not only will the nutrition be good for you, it'll taste great, and you'll be supporting your local Aussie farmer.

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