



MUSHROOM PRODUCT GUIDE



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A GUIDE TO MUSHROOMS

G's grow, process and pack a wide range of mushrooms – from white closed cups to exotic pink oysters.

This product guide offers you a comprehensive list of all the available products and formats.

G's grow mushrooms both in the UK and in Poland using state of the art growing facilities. Our process and packing operations are situated near Ely, Cambridgeshire and at two locations in Poland utilising growers from central and greater Poland as well as the east.

We take pride in the quality of our mushrooms and offer great products year round from farms with the highest technical and ethical standards, that delivers our promise.

We grow mushrooms year round and offer a variety of packaging options. Our processed offers include sliced and diced which are also available year round.

Foraged mushrooms are only available during the season and availability is very weather responsive.

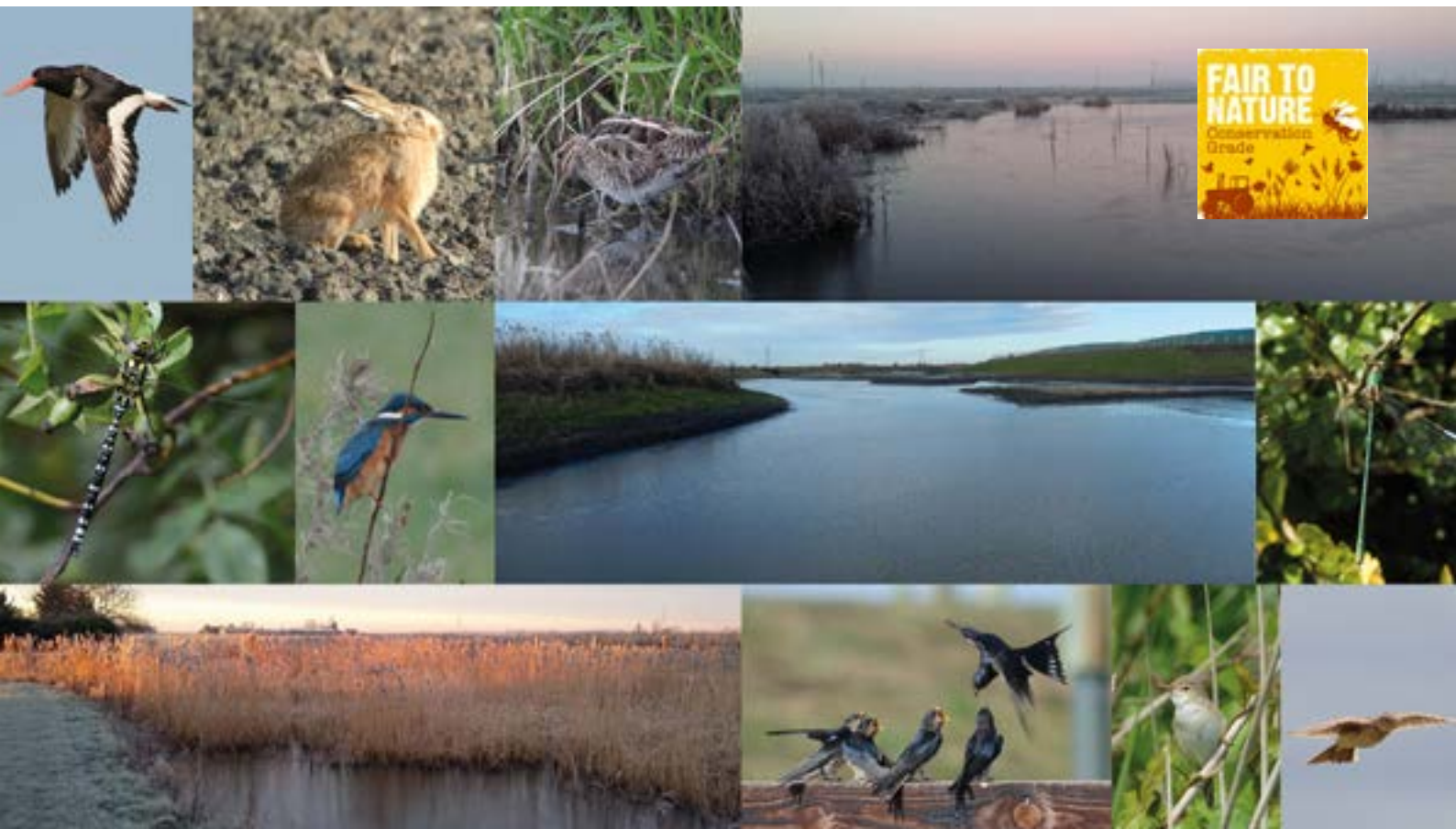
ETHICS & SUSTAINABILITY

AWARD WINNING SUSTAINABILITY

G's mushrooms have been recognised by the industry for their leading approach to sustainability, including awards from the Fresh Produce Journal and the Fresh Produce Consortium.

BIODIVERSITY DRIVE

Biodiversity at our farm near Ely represents our commitment to nature and to the local community, creating habitats and environments for wildlife and endangered species to thrive in. We are the only mushroom farm globally to have achieved a high standard of the Fair to Nature accreditation.



ETHICS & SUSTAINABILITY



GLOBALG.A.P.



FIRST TO MARKET PACKAGING INNOVATION

G's leads the market in the drive towards sustainable packaging, pioneering first to markets such as pulp punnets which increase shelf life as well as reduce plastic usage. Flow wrap innovation and recyclable films offer further opportunities to drive packaging in card and pulp punnets. Our processing products utilise bespoke modified atmosphere packaging (MAP) to deliver a 'just cut' quality to our customers.

TECHNICAL STANDARDS

G's packing centres operate to the highest standard BRC levels and all farming sites have full Sedex, Global Gap & Grasp and Soil Association accreditation, alongside other accreditations required by customers.



HEALTHY EATING & USAGE AS A MEAT ALTERNATIVE

Mushrooms are unique within the world of produce. As a fungi they offer one of the best, most natural and unprocessed alternatives to meat out there!

As consumers turn towards meat-free or reduced meat diets, mushrooms have enjoyed strengthened category growth.

The high protein content and strong umami flavour along with sulphur compounds result in a natural meaty flavour and texture which can easily replace meat in recipes, whilst 80g of mushrooms delivers 1 of your 5-a-day.

G's diced, sliced and whole mushrooms can be used in many different cuisines and recipes to offer a robust and flavoursome alternative to meat based products.

Mushrooms are rich in copper, selenium, potassium, vitamin B6, niacin, antioxidants and G's can offer vitamin D enhanced chestnut and white mushrooms.





PRODUCT RANGE



WHITE MUSHROOMS

Agaricus bisporus

The humble white mushroom makes up around 70% of total mushroom consumption in Europe and is seen as versatile and constant in both flavour, texture and availability. White mushrooms are available year round.

White mushrooms are cultivated in our growing tunnels taking 17 days from the phase 3 compost being loaded to the first day of harvest.

From each crop we will pick our baby buttons to create room to allow closed cups and then finally flats to be grown.

We will pick on average 3 flushes (harvests) over the life of the crop before we start the whole process again.

We grow and offer the full range of white mushrooms – baby buttons, closed cups, flats and processing formats.

WHITE MUSHROOMS



	PACKAGING	WEIGHT	AVAILABILITY
BABY BUTTON	PP/CARD/PULP PUNNET	150g/200g	52 weeks
	CRATE	3kg	52 weeks
CLOSED CUP	PP/CARD/PULP PUNNET	150g-700g	52 weeks
	CRATE	3kg	52 weeks
FLATS	PP/CARD/PULP PUNNET	250g	52 weeks
	CRATE	1 . 7kg	52 weeks
CLASS II	PP/CARD/PULP PUNNET	400g	52 weeks
	CRATE	3kg	52 weeks

CHESTNUT MUSHROOMS

Agaricus bisporus

Offering greater flavour and a higher dry matter than their white cup cousins, Chestnut mushrooms are available year round.

Chestnut mushrooms (or Cremini if you want to show your knowledge) are available in baby, closed cup, open cup (Portobellini) and full open (Portobello) styles and their flavour is a savoury umami experience making them robust and suitable for multiple recipe usage.

Chestnut mushrooms are grown similar to white mushrooms - they are cultivated in our growing tunnels but are grown slower and with a different environment and water ratio to deliver a strong crop.

The same as white mushrooms we will pick from each crop baby buttons to create room to allow closed cups and then finally Portobello to be grown.

We will pick on average 3 flushes (harvests) over the life of the crop before we start the whole process again.

CHESTNUT MUSHROOMS



	PACKAGING	WEIGHT	AVAILABILITY
BABY BUTTON	PP/CARD/PULP PUNNET	150g/200g	52 weeks
	CRATE	3kg	52 weeks
CLOSED CUP	PP/CARD/PULP PUNNET	150g-700g	52 weeks
	CRATE	3kg	52 weeks
PORTOBELLINI	PP/CARD/PULP PUNNET	200g/300g	52 weeks
	CRATE	2.5kg	52 weeks
PORTOBELLO	PP/CARD/PULP PUNNET	150g/250g	52 weeks
	CRATE	1.7kg	52 weeks

ORGANIC MUSHROOMS

Agaricus bisporus

Organic chestnut mushrooms are grown at our farm near Ely, Cambridge, and are available year round.

Growing organic mushrooms is a very precise process with rigorous controls in adherence to Soil Association standards.

The compost uses only organic straw with no artificial inputs. This process delivers a mushroom completely organic in its nature.

The organic chestnut mushrooms are available in baby, closed cup, open cup (Portobellini) and full open (Portobello) styles and their flavour is a savoury umami experience making them robust and suitable for multiple recipe usage.

ORGANIC MUSHROOMS

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EXOTIC MUSHROOMS

Exotic mushrooms are cultivated on wood blocks; their natural growing medium. They are available year round via a confirmed program.

SHIITAKE (*Lentinula edodes*)

A well known exotic mushroom with a reddish brown cap and delivering a squeaky texture and smoky flavour rich in umami and oak forest flavours.

OYSTER (*Pleurotus ostreatus*)

Coming in a range of colours including grey, brown, yellow and pink the Oyster mushroom has delicate gills which offer a velvety texture and savoury flavour with hints of almond.

KING OYSTER (*Pleurotus eryngii*)

Unique in appearance with a large white stem and small brown cap the King Oyster offers dense and meat like texture and flavour.

BEECH (*Tricholomataceae hypsizygus*)

Also called Shimeji these little mushrooms pack some serious flavour - rich in umami with hints of nuttiness. They are harvested in clumps.

MAITAKE (*Grifola frondose*)

Often called Hen of the woods they come in clusters and offer a soft feathery cap with an earthy and game flavour profile.

EXOTIC MUSHROOMS



	PACKAGING	WEIGHT	GROWN TO PROGRAM
SHIITAKE	CRATE	2kg	52 weeks
GREY/BROWN/PINK OYSTER	CRATE	2kg	52 weeks
YELLOW OYSTER	CRATE	1kg	52 weeks
KING OYSTER	PUNNET/CRATE	1kg	52 weeks
MAITAKE	CRATE	2 x 500G	52 weeks
BEECH	CRATE	MULTIPLES OF 150G	52 weeks

FORAGED MUSHROOMS

Our foraged mushrooms come from secret woodland locations and availability is seasonal (June to November) and driven by the outside weather - they can't be cultivated and are as close to nature as you can come!

CHANTERELLE (*Cantharellus cibarius*)

Also called Girolle these golden trumpet mushrooms have a sweet apricot aroma and once cooked deliver a peppery and fruity flavour with the texture becoming soft and delicate.

BLACK TRUMPET (*Craterellus cornucopioides*)

Sometimes called a black chanterelle they deliver a strong and rich smoke flavour and are highly sought after during their short seasonal window.

PORCINI (*Boletus edulis*)

Also known as Ceps these are one of the best flavour mushrooms with a texture to match. They offer a strong wood based flavour.



	PACKAGING	WEIGHT	AVAILABILITY
CHANTERELLE	CRATE	1-2 . 5kg	June-Nov
BLACK TRUMPET	CRATE	1-2kg	June-Nov
PORCINI	CRATE	1-2kg	June-Nov

PROCESSING

Processed fresh mushrooms are available all year round.

Quality is the key in mushrooms and our unique one-touch system alongside bespoke packaging solutions deliver a 'just cut' quality on all sliced and diced mushrooms.

We only ever sliced fresh, quality mushrooms, as close to harvest as possible and then seal in bespoke MA packaging to ensure a 'just cut' quality on delivery.

To maintain quality and shelf life we never wash our mushrooms which ensures the maximum shelf life as well as strong quality and eating experience.

We offer various grades of sliced and diced mushrooms alongside halved and quartered options and can discuss different size bands and bespoke formats as required.

PROCESSING



	PRODUCT	WEIGHT/GRADE	PACKAGING
WHOLE	BUTTON/CLOSED CUP/ CHESTNUT	3kg +	CRATE
	FLAT/PORTOBELLO	2.5kg +	CRATE
SLICED	ALL	10mm	CRATE WITH LINER
	ALL	7mm	CRATE WITH LINER
	ALL	5mm	CRATE WITH LINER
DICED	ALL	10mm	CRATE WITH LINER
	ALL	5mm	CRATE WITH LINER
QUARTER	FLAT/PORTOBELLO	-	CRATE WITH LINER
HALVED	BUTTON/FLAT/CLOSED CUP	-	CRATE WITH LINER



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