



Canberra Times
Wednesday 23/04/2008

Page: 4
Section: Food and Wine
Region: Canberra, AU
Circulation: 33935
Type: Capital City Daily
Size: 129.38 sq.cms.

Fungus enters the limelight

They may be grown in the dark, but they've brought plenty of attention for Li-Sun Mushrooms, Australia's biggest producer of exotic mushrooms, and its founder, Noel Arrol.

Li-Sun Mushrooms, based in Mittagong, is a finalist in the 2008 *Vogue Entertaining and Travel* produce awards.

Li-Sun's mushrooms include shiitakes, wood ears, oysters and chestnuts, all grown in an 1860s railway tunnel, which provides the perfect growing environment.

Arrol says he started with occasional visits to the Capital Region Farmers Market at Exhibition Park, and is now there most Saturdays. It gives him a chance to educate people about how to use the mushrooms.

Arrol, a microbiologist, has developed a unique strain of mushrooms suitable for his railway-tunnel micro-climate.

"Because mushrooms aren't native, I had to learn the best way to grow them in Australian soils," he says.

He also sells at Sydney markets and in supermarkets and restaurants. At the Exhibition Park market, his mushrooms sell for

an average of \$4.50 to \$5 for 100g.

■ This article was contributed by the Capital Region Farmers Market.



Noel Arrol grows his exotic mushrooms in an old railway tunnel and sells them at the farmers market at Exhibition Park.