

SHARING GENERATIONS OF DELICIOUS APPLE SECRETS

The Aussie apple-picking season has started and to celebrate third and fourth generation Aussie apple growers are sharing family secrets on the best way to enjoy the much-loved fruit.

These delicious, heirloom apple recipes are now available for everyone to enjoy at www.aussieapples.com.au

They include Iole's Apple and Spice Cake, a favourite with the Nicoletti's - third generation growers from Stanthorpe in Queensland, and the Mason's Honey Baked Apples, a recipe that has been in the South Australian grower's family for more than 100 years.

Graham Mason says the traditional recipe is another reminder of his family's long history as apple growers in the Adelaide Hills where, as a baby, Graham's playpen was an apple bin during the busy harvest and packing time.

"It's not an easy life but it has its rewards," Graham said. "To be in the industry you must be passionate about producing premium quality fruit and enjoy the satisfaction of producing good crops."

Apple and Pear Australia Limited Chairman Darral Ashton says it's the growers' passion that has helped to earn the Aussie apple industry a world-wide reputation for being clean and green.

"Australia is an ideal place to grow apples with orchards in each state providing delicious local produce," said Mr Ashton.

"And while it's picking season now, we are fortunate to be able to enjoy Aussie apples all year round because their premium quality ensures they store very well."

The best way to keep your apples fresh and maintain their nutritional value is to always store them in the fridge, and to gain maximum health benefits eat them with the skin on.

Apples are a potent source of antioxidants, low GI, and high fibre. Aussie Apples nutritionist Karen Kingham says an apple's high antioxidant capacity is believed to be one of the reasons for their impressive disease fighting potential.

"The latest scientific evidence that a regular apple habit can help to prevent heart disease, diabetes and high cholesterol," Ms Kingham said.

Snacking on whole apples can also help with weight loss and emerging science has shown eating apples may prevent asthma and reduce allergy symptoms like sneezing.

Around 1.6 billion apples (or 270,000 tonnes of fruit) grown each year. The industry generates up to \$600 million a year and employs about 4,500 people in regional areas, as well as thousands of additional casual workers during the picking season.

For recipes or more information about Aussie apples visit www.aussieapples.com.au

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Issued on behalf of Horticulture Australia

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