



Media Release

SPRING TO BRING AUSSIE PAPAYA IN ABUNDANCE

September 2020: Warmer weather and a good dose of rainfall has kick-started the spring flush for Australian papaya, with an abundance of fruit forecasted for the season.

Consumers can expect stores to be flush with plenty of the sweet, tropical tasting fruit as harvest begins to ramp up from this month.

President of Papaya Australia and Mareeba (QLD) papaya grower, Gerard Kath is looking forward to a generous season filled with high-quality fruit thanks to ideal conditions.

“We’re seeing lots of fruit in the fields across all growing regions. With the warmer weather setting in and temperatures well above 20 degrees, the crop has developed well and is increasing in steady volume” says Kath.

“We’re very proud of our spring harvest and are excited to share the result of our year-round hard work with customers. They can expect to find a better tasting, higher quality fruit in their local store (supermarket, independent retailer or green grocer).”

Aussie papaya is a deliciously healthy and versatile fruit, one that Dietitian Jemma O’Hanlon recommends enjoying regularly in your diet.

“Papaya boasts a wealth of benefits and is a natural, tasty way to support immunity, gut health, glowing skin and hydration. Just one serve (150g) contains a bundle of essential nutrients like vitamin C and A, folate, fibre.”

“As an added bonus, papaya is also low in kilojoules and has a moderate glycaemic index (GI) so it can help to keep you feeling fuller for longer,” Jemma says.

Whether you enjoy it fresh with a squeeze of lime, use it to top off your brekkie bowl or add it to baked goods, papaya is a delicious fruit that adds a healthy tropical touch to any dish.

Gerard Kath’s top tips for selecting, storing and savouring your papaya:

- **Ripe and Ready** - For a papaya full of freshness and flavour, look out for fruit with slightly yellow skin. Give your papaya a gentle squeeze under the stem and if it’s ripe, it will give slightly.
- **Signs of Sweetness** – Don’t shy away from a nicely freckled fruit. Spots on the skin are a sign of sweetness and your papaya will still be perfectly ripe on the inside. Fruit that is grown in-



land regions of Australia gets this freckle across the skin, whereas coastal-grown fruit can be clean skinned and just as sweet.

- **Beautifully Bright** - When selecting pre-cut papaya, look for vibrant coloured flesh as this ensures that it will be flavourful and ripe. When the fruit is paler and lacking vibrancy your fruit will be less juicy and flavoursome.
- **Love it Later** - If your papaya is a bit hard and partially yellow, pop it in the fruit bowl for a few days to ripen. To speed up the process, store your papaya in a brown paper bag with a banana.
- **Savouring sweetness** – Papaya is an incredibly refreshing snack when it's kept cool like a watermelon. Once ripe, store your papaya in the fridge and enjoy with a squeeze of fresh lime for a zesty spring snack.

Spring and autumn are the peak seasons for Australian papaya and papaw, but the fruit is available all year round.

For delicious recipes and more information about papaya visit: www.australianpapaya.com.au, www.facebook.com/papayaaustralia and www.instagram.com/papayaaustralia/. Share using #australianpapaya

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For more information, images or recipes please contact Isabelle Dunster at Bite Communications: 02 9977 8195 or isabelle@bitecom.com.au

Notes to editors:

- Growing regions - red papaya and yellow papaw are predominantly grown in the warmer tropical climates of Far North Queensland such as Tully, Innisfail and Mareeba, though plantings extend as far as the Northern Territory and Western Australia.
- Serving size - one serve of papaya or papaw is 150g, or one cup diced

ABOUT AUSTRALIAN PAPAYA AND HORT INNOVATION

The brand Australian Papaya is managed by Hort Innovation on behalf of the nation's papaya growers. Hort Innovation is a not-for-profit, industry-owned organisation that delivers more than \$110 million in research, development and marketing activities on behalf of growers each year.