

The Australian avocado industry

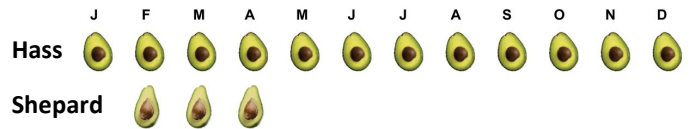
Avocados from Australia: healthy, safe, nutritious

Australia has a long-established, experienced avocado industry. The country currently produces more than 87,000 tonnes of avocados annually, with production expected to increase to 115,000 tonnes in coming years. This means the high quality Australian avocados currently enjoyed by our domestic customers will increasingly be available for our neighbours to enjoy.

The Australian avocado industry can supply avocados year-round. Our peak production period is from April to December. The Australian avocado industry comprises 800 growers across the country and in 2019/2020 the Australian avocado industry produced 87,546 tonnes of avocados.

Avocados - the fruit from the *Persea americana* tree - are grown widely in Australia. Avocados are mainly used in savoury dishes but can also be used in sweet dishes such as smoothies, ice creams and cakes.

Australia's key avocado growing areas are North, Central and South East Queensland, Northern and Central New South Wales, the Tristate area (South



Australia, Victoria, South Western New South Wales and Tasmania) and Western Australia. The main varieties grown for market are Hass (81%), and Shepard (16%).

The industry's goal is to provide consistently high quality, nutritious, healthy and safe Australian avocados both domestically and internationally. Australia is not a provider of bulk product, focussing instead on quality, safety, nutrition and ensuring a positive experience for our end consumers.

A number of resources are freely available to support the supply chain to deliver high quality Australian avocados to consumers. You can access these resources online at www.avocado.org.au/global/.



The benefits of Australian avocados

- Exceptional health properties
- Unique texture and flavour
- Versatile – use them in savoury or sweet dishes
- Australia uses world leading production systems
- Australia is a long-established, experienced industry
- Australia has highly regulated food safety standards
- Close proximity to Asia – Australia can deliver the freshest product to Asia in just 48 hours!

Nutrition

Avocados are an incredible fruit not only are they good for your heart but they also have heaps of vital nutrients needed for a healthy body. They are low in sugar, have plenty of fibre and are salt free. They contain Thiamin, Riboflavin, Niacin and Magnesium. Plus they are full of vitamins A, C and E, which are amazing antioxidants with anti-viral and anti-bacterial properties. This means they'll do wonders for your skin. Avocados are rich in monounsaturated (good) fats that contribute towards a healthy heart, particularly when they replace saturated fats in your diet (Yates, L., 2015).

Varieties, choosing and storing

choosing your Australian avocado use colour as your guide



The most popular varieties of avocado are the Hass (shown above) with its pebbly purple-black skin when ripe, and the pear shaped Shepard which has smooth, thin, green skin. The yellow-green flesh has a rich smooth consistency and a nutty flavour.

Choose ripe avocados which are soft but free from dark sunken spots. A firm avocado will ripen in a paper bag or in a fruit basket at room temperature within a few days. Once ripe, they will keep in the fridge for a day or two. Slice around the seed and twist the two halves to separate, then use a spoon to remove the seed.

To store cut fruit sprinkle any exposed cut surface with lemon or lime juice or white vinegar to prevent the flesh from browning, or alternatively press cling wrap firmly on the exposed edge.



Unit 13, Level 1, Fresh Centre
385 Sherwood Road
Rocklea Q 4106 Australia
Phone: +61 7 3846 6566
www.avocado.org.au
Email: export@avocado.org.au

Avocados Australia is the peak industry body for the Australian avocado industry, representing the interests of 800 avocado growers and the broader supply chain. We work to foster growth and development across the entire supply chain, ensuring our customers receive the best quality Australian avocados at every purchase. By working together, we seek to continually improve the ability of growers to provide a healthy and safe product for all consumers.