



MEDIA RELEASE

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Avocados offer awesome value in 2021

In 2021, there's one bright point of certainty in some very uncertain times: excellent value avocados.

"In the next three months alone, there are going to be about 130 million avocados making their way to retail shelves around the country," Avocados Australia CEO John Tyas said.

"Nationally, we're expecting a bumper harvest all year, with our growers from North Queensland to Tasmania, from Western Australia to the east coast, picking 65% more than they did in the last 12 months."

Mr Tyas said this winter was definitely the time to experiment with a new avocado recipe, or to add avocado to a favourite Mexican or Asian dish.

"There's no reason not to indulge yourself by adding an avocado (or three) to your shopping baskets, whether you're planning a smashed avo, a polenta pizza topped with avocado and pesto, or a decadent avocado brownie.

"This year's Hass crop is of excellent quality, and we've had good growing conditions across most of our production regions, so it's definitely the time to celebrate Our Green Gold," he said.

"As well as being a tasty snack or a versatile recipe ingredient, avocados are a significant source of good fats. They fill you up for longer, and studies show they can also lower cholesterol and triglyceride levels."

Currently, most of the supply is coming from Queensland from production regions on the Atherton Tablelands west of Cairns and around Bundaberg.

"We expect the strong supply to continue throughout the year as southern regions progressively start their harvest," Mr Tyas said.

"In Australia, we have Australian-grown avocados on the shelves all year round, because of the climates of our various growing regions.

"The year starts in January with the last of the Western Australian summer avocados and moves to North Queensland, then down to Central Queensland, through the southern areas of Queensland and into northern and central New South Wales. From there, the harvest moves to our Victorian and South Australian growing regions before finishing the year back over in Western Australia."

And Mr Tyas said all the growers in all regions would be focussed on delivering the best avocados they could the 2021.

"Given the abundance of avocados in 2021, there's never been a better time to add an avo to your shopping basket, and treat yourself to a regular, healthy indulgence."

A range of tasty avocado recipes, from breakfast to dessert, can be found at www.australianavocados.com.au.

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About Avocados Australia – www.avocado.org.au

Avocados Australia (AAL) is the representative industry body for the Australian avocado industry. We provide a range of services to our members and the broader industry to foster growth and development. Avocados Australia is a not-for-profit member-based organisation and our members include avocado growers, associated businesses and industry people. Avocados Australia seeks to work with all parts of the chain, from production through to the consumer. By working together, we seek to continually improve the ability of growers to provide a healthy, profitable and safe product for all consumers.