



MEDIA RELEASE
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Crunch time for enjoying new season apples

Autumn fruit lovers are in for a treat with the new season of home-grown apples shaping up to be one of the best yet.

Perfect weather has created ideal conditions for this autumn favourite, producing fruit of outstanding size, quality and flavour, says Pipfruit New Zealand chief executive Alan Pollard.

Not only is that sweet for apple exporters, but Kiwi shoppers can expect to see varieties such as Braeburn, Royal Gala, Eve and Mahana Red in-store now or very soon.

That means now is the time for Kiwis to start enjoying the taste, texture, and healthiness of our home-grown apples, says 5+ A Day

In addition to being suitable for eating and cooking, one medium-sized apple helps boost immunity by providing 25 percent of your daily vitamin C requirements. It also provides dietary fibre for a healthy digestive system.

Here are three quick, easy tips on how to make the most of new season apples this autumn.

- For an autumnal salad that packs plenty of nutritional punch, gently toss together baby spinach leaves with thinly sliced crisp apples, avocado, fresh figs, carrot and courgette sticks and lightly toasted pumpkin seeds. Finish with a drizzle of olive oil, or light vinaigrette and a squeeze of fresh lemon juice.
- For a quick easy chutney, combine two chopped apples, ½ a chopped red onion, one teaspoon minced ginger, and a ¼ cup each of chopped dried apricots, dried cranberries, and red wine vinegar in a pot. Cook until the apples are tender. Remove from the heat, leave to cool and transfer to sterilised, clean, dry jars and seal. Spread in sandwiches or use as an accompaniment on a cheeseboard.
- For a last-minute dessert, peel, core and cut apples into wedges. Toss apples with lemon juice, a knob of butter and a sprinkle of sugar. Arrange on a baking tray in a single layer and grill until tender. Serve apples with low-fat yoghurt and a drizzle of maple syrup.

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Prepared on behalf of 5+ A Day by Bloom PR. For more information, interviews or images please contact Shelley Ashdown on shelley@bloompr.co.nz or 021 912 221.