

IN SEASON PINEAPPLES BRING A TASTE OF SUMMER THIS WINTER

If you like pina coladas, then Australian pineapple growers have good news – some of their best fruit is in store and available now for winter.

Best known as a summer fruit, pineapple growers want shoppers to know delicious, juicy pineapples are actually available year-round, even in winter.

“People are often surprised to learn pineapples are a winter fruit,” said third-generation pineapple grower, Ben Clifton, whose farm is just out of Yeppoon in Central Queensland.

“It feels like summer year-round up here but for most Aussies, pineapples aren’t a fruit that springs to mind for their winter shopping. We usually have a big harvest starting from July, which means there are lots and lots of pineapples in stores across the country.

“This year we’ve had great growing conditions and we’ve seen a winter crop produce good-sized, delicious pineapples. Shoppers should know that a pineapple’s skin colour will vary between summer and winter but they’re always ready to eat as soon as they hit stores,” he said.

Celebrity chef and Australian Pineapples ambassador Ben Milbourne has pineapples on his winter shopping list for the sweetness they bring to more traditional winter dishes.

“I love experimenting with pineapples, particularly in curries, stir fries, on pizzas and in toasties. They’re also a perfect partner for fish and pork – try grilling pineapple on the BBQ for a tropical addition to your meat. And of course, they add a taste of summer to lots of desserts,” he said.

“I’m looking forward to sharing some special recipes on how I use pineapples throughout the cooler months,” he said.

There are approximately 35 million pineapples produced in Australia each year, mostly grown across Queensland’s south east, Yeppoon area and to the state’s north.

One serve of pineapple is just over half a cup, enough to add a taste of summer to any occasion at any time of year, and they are also an excellent source of vitamin C, perfect for an immune boost over winter.

PICK THE PERFECT PINEAPPLE

- Crown on or crown off, all pineapples have the same sweet, juicy taste. Some growers actually cut off the tops of some pineapple varieties to replant them for the next crop.
- Check the fruit is free from soft spots or bruises. If it has the crown, make sure the leaves are fresh and green.
- Choose pineapples that feel nice and heavy for their size.
- Pineapples can be left at room temperature for a couple of days but are best eaten within days of purchase.

For more pineapple inspiration, facts and tips on how you can enjoy an #EndlessAussieSummer, visit:
Facebook: @Aussie Pineapples or
Instagram: @aussiepineapples

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ABOUT AUSTRALIAN PINEAPPLES AND HORT INNOVATION

The brand Australian Pineapples is managed by Hort Innovation on behalf of the nation’s pineapple growers. Hort Innovation is a not-for-profit, industry-owned organisation that delivers more than \$100 million in research, development and marketing activities each year.