



Australian Summerfruit

Australia's juicy stonefruits are the epitome of summer





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Acknowledgement of country

In the spirit of reconciliation we acknowledge the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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Introducing Australia's Summerfruit Industry

Enjoy our summerfruit - we cater to everyone's tastes: sweet and tangy, crisp and crunchy, soft and juicy, and everything in between

Australia's summerfruit growers take great pride in producing some of the world's best-eating peaches, nectarines, plums and apricots. Our attention to detail in how we grow, pack and ship the fruit makes all the difference.

We preserve the freshness from farm to consumer so that our summerfruit tastes just as good when it arrives as it did when it was picked — sweet, juicy, crisp and flavoursome.

Not only do summerfruit taste great, but they provide many nutritional and health benefits. Rich in Vitamins A, C and E, Australian summerfruit is a great source of dietary fibre and potassium.

Our paddock to plate traceability technology provides our global customers with assurance they are getting genuine Australian summerfruit

We know that variety is the spice of life. Over 380 varieties of yellow and white flesh nectarines and peaches, red and black plums, and apricots are grown in diverse growing areas. This diversity enables growers to harvest specific varieties at different times ensuring export customers are supplied with the best eating fruit right throughout the summerfruit season.

Australia produces 125,000 tonnes of summerfruit each year and we are continuing to grow to meet global demand. We export 21,000 tonnes every year to 39 countries around the world.

And there is a bonus for our northern hemisphere customers, in the middle of your winter, we bring the taste of our Aussie summer to you.

Buyers can be assured that Australia adheres to the highest level of quality, food safety and biosecurity standards globally.



Grown in ideal conditions



Over 383 varieties



Exported to 39 countries



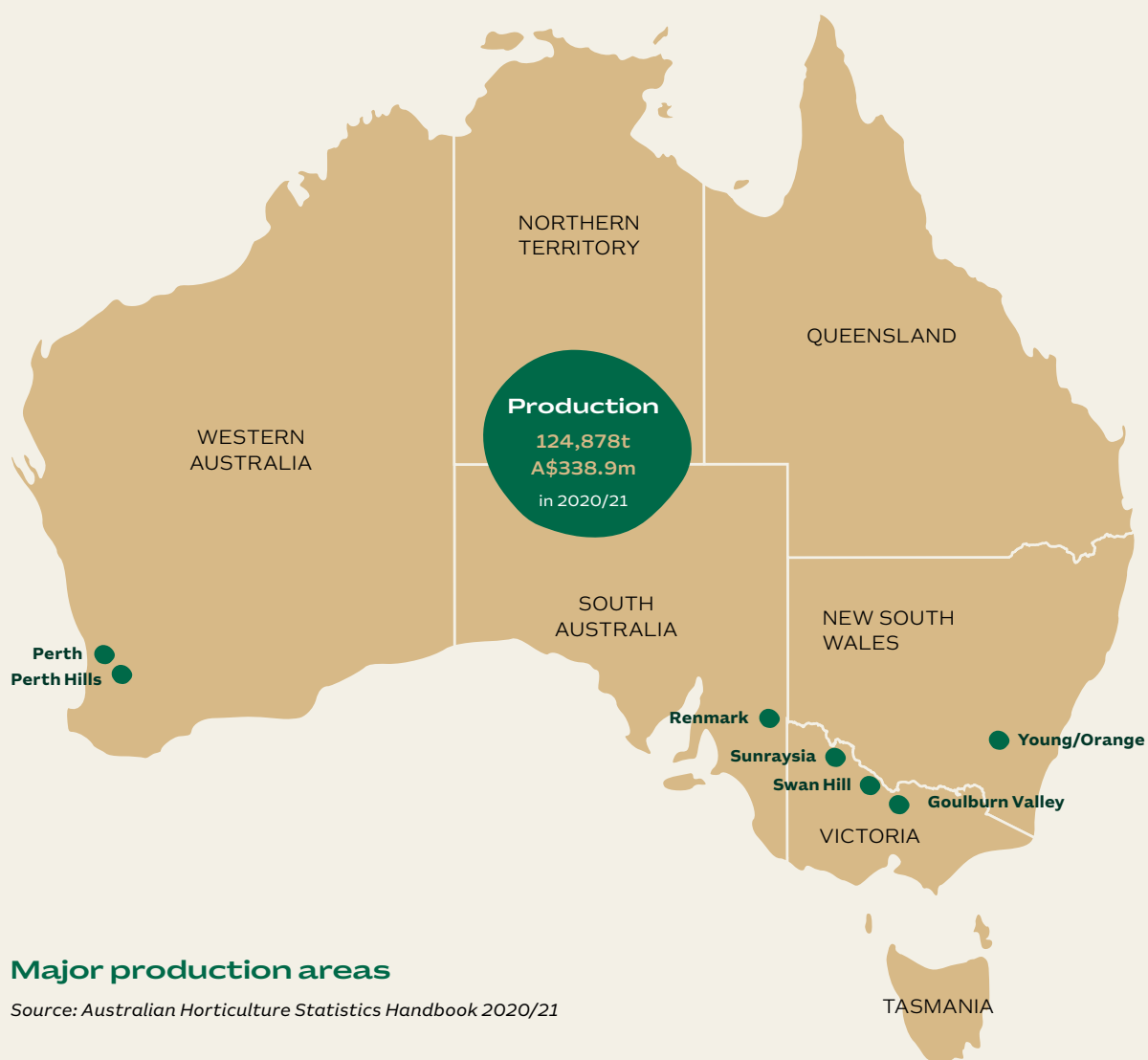
Healthy and nutritious



Technology and innovation



Safe and trusted source



Ideal Growing Environment



Australia produces some of the best tasting summerfruit in the world thanks to our unique microclimates

Favourable growing conditions are reflected in the quality of the fruit. Premium summerfruit benefit from nutrient-rich soils, access to water and high penetration rates of the sun, ensuring fruit with high sweetness levels and optimal colour, size and flavour.

Lovers of Australia's summerfruit benefit from our growers' expertise and knowledge that has been passed down through the generations. Our growers produce high-quality summerfruit under 'clean and green' supply conditions which are also free from some of the world's major agricultural pests and diseases. Our strict biosecurity and food safety measures guarantee the tastiest and best quality fruit.

Australian summerfruit is produced in approximately 26 regions across the country. Victoria and New South Wales are the largest producing regions followed by South Australia, Queensland, Western Australia, and Tasmania. Production has risen by approximately 25% over the last decade and 1,200 growers now produce over 125,000 tonnes per annum.

Summerfruit are available from October to April each year. Early season produce comes from sub-tropical Queensland and northern areas of Western Australia and New South Wales, followed by fruit from mid to southern New South Wales, parts of Victoria like Swan Hill and the Riverland of South Australia. Fruit from cooler climates like Tasmania are last to market.

Apricots



Volume by state in 2020/21

New South Wales	199t	Western Australia.....	162t
Victoria.....	3,421t	South Australia.....	1,399t
Queensland.....	92t	Tasmania	862t

Peaches/Nectarines



Volume by state in 2020/21

New South Wales	6,961t	Western Australia.....	4,025t
Victoria.....	65,286t	South Australia.....	5,746t
Queensland.....	3,583t	Tasmania	218t

Plums



Volume by state in 2020/21

New South Wales	6,231t	Western Australia.....	6,532t
Victoria.....	16,701t	South Australia.....	1,700t
Queensland.....	1,667t	Tasmania	92t

Australian Summerfruit Varieties



There are over 380 varieties of yellow and white flesh nectarines and peaches, red and black plums and apricots

The diverse growing regions enable growers to harvest specific varieties at specific times. This ensures that our customers have a constant supply of fruit, with varieties selected based on their quality and their timing.



Peaches

Prunus persica L.

Originating in China where they have been cultivated for thousands of years and regarded as the tree of life, peaches have been grown in Australia since the 19th Century. The fruit is recognised by their velvety or fuzzy skin, which is commonly yellow and red, or red and white. Peach flesh also ranges in colour from white to rich orange, depending on the variety, but is grouped into white or yellow varieties. Ripe peaches have delicate aroma and may give slightly under gentle pressure. Like nectarines, peaches can be categorised as either freestone (flesh falling away from the pit) or clingstone (the flesh clings to the pit).

Availability

Australian peaches are available between October and April.

8,000 ha

planted with
summerfruit across
Australia

383

different summerfruit
varieties planted
across Australia



Nectarines

Prunus persica L. var. nucipersica

Nectarines, or 'nectar of the Gods', are a variety of peach with a smooth yellow, orange or red skin and either white or yellow juicy flesh. Yellow nectarines can taste both sweet and tart, while white nectarines are sweet while still being firm and crunchy. Both types will express more juice as the fruit softens. Nectarine flesh is highly aromatic and very juicy when ripe.

Availability

Australian nectarines are available between October and April.



Plums

Prunus domestica L.

Plums come in a wide range of shapes, sizes, skin colours and tastes which vary from extremely sweet to quite tart. The skin colour of plums ranges from yellow to dark purple or red depending on the variety. Ripe plums have a natural white coating, or bloom, over their flesh. Plum flesh is generally yellow or red with a firm texture and extremely juicy when ripe. Some varieties, particularly those with red or dark flesh, are very sweet.

Availability

Australian plums are available between November and April.



Apricots

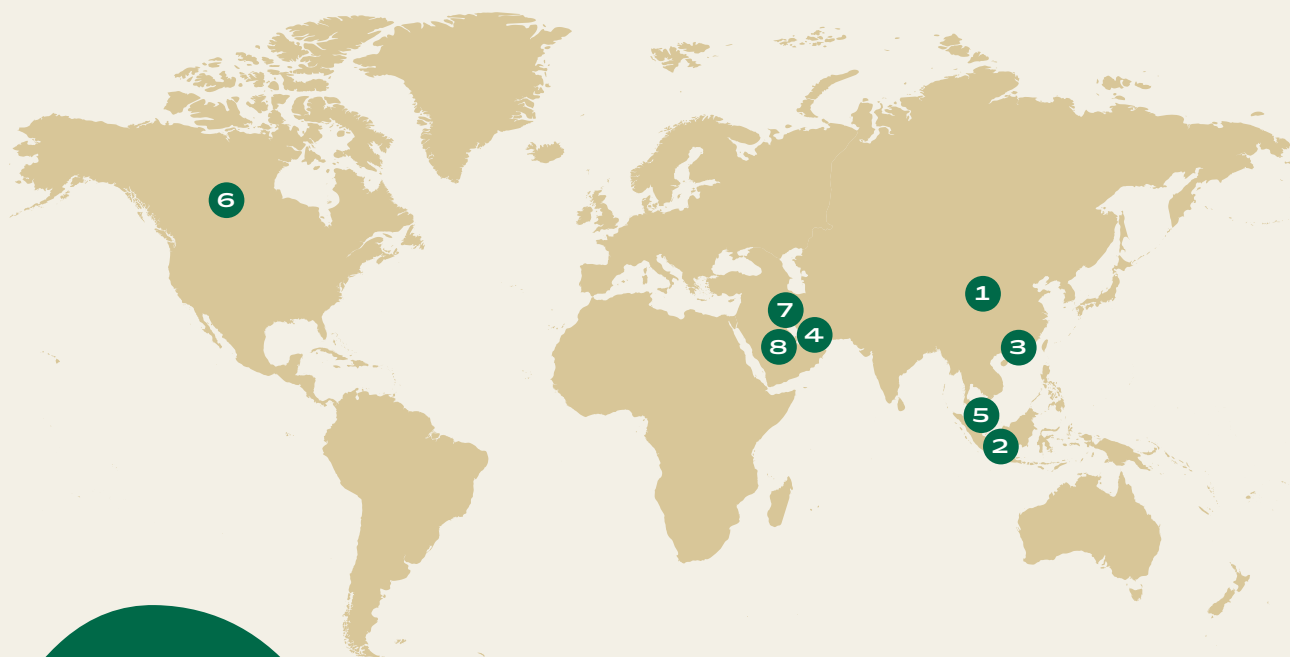
Prunus armeniaca L.

Apricots may be small, but they are big on taste. Their characteristic flavour and sweetness develop as the fruit softens. This small velvety-skinned fruit is a lovely yellow-orange and may even have a soft red blush. Apricot flesh is usually a medium to firm consistency and, depending on the variety, its taste can range from sweet to tart. Apricot flesh detaches freely from the stone. Apricots are also popular as a dried fruit.

Availability

Australian apricots are available between November and February.





2021/22
A\$92m
21,000t

Top export markets

- | | |
|------------------------|------------|
| 1 China | 5 Malaysia |
| 2 Singapore | 6 Canada |
| 3 Hong Kong | 7 Kuwait |
| 4 United Arab Emirates | 8 Qatar |



Growing Global Demand



Sharing our sweet and juicy summerfruit with the world

The global demand for Australian summerfruit is growing. In 2021, Australia exported close to 21,000 tonnes of summerfruit valued at A\$92m, to 39 countries.

Asia has become a major export region for Australian summerfruit primarily due to strong counter seasonal demand, our capability to produce premium export quality summerfruit and our geographic closeness to market.

Top export markets by volume in 2021 included China, Singapore, Hong Kong, United Arab Emirates, Malaysia, Canada, Kuwait and Qatar.

Australia has 16 Free Trade Agreements in force that benefit Australian exporters and their overseas customers in major markets. Recent trade and economic partnership agreements negotiated between Australia and other international markets are focussed on making Australian fruit and vegetables even more competitive.

Australian summerfruit are a perfect gift for Chinese New Year

Fruits, especially peaches are a popular gift during Chinese New Year as they symbolize a long and healthy life. With all four Australian summerfruits perfectly ripe and in season, the gift of Australian summerfruits in the form of a fruit basket will certainly leave a good impression on family and friends as their round shape and vibrant colour are said to symbolize prosperity and bring the recipient good fortune throughout the year.

Apricots



Peaches/Nectarines



Plums



Source: Australian Horticulture
Statistics Handbook 2020/21

Nutrition and Health Benefits



Rich in vitamins and minerals, Australian summerfruit are some of the world’s best eating fruit

For the health-conscious consumer, Australian summerfruit are a perfect match. They are a natural, low Glycemic Index (GI) superfood that is also low in calories. A Low GI helps restore energy and satisfy cravings in a healthy way and keeps you fuller for longer.

Peaches

Peaches provide potential health benefits, including improved digestion, a healthy heart, a strong immune system and improved allergy symptoms.

They are also a moderate source of potassium, which is an important nutrient to help control blood pressure. They are also rich in vitamins A, C and E and are a great source of dietary fibre and antioxidants.

Nutritional information (serving size 85g)	
Protein	1.1 g
Total Fat	0.1 g
Carbohydrate	9.4 g
Sugars	9.2 g
Dietary Fibre	2.5 g
Sodium	2 mg
Potassium	260 mg
Calcium	8 mg
Vitamin C	10 mg

Source: CalorieKing (Australia)

Summerfruit not only hydrate but also restore energy levels and boosts overall health

Plums

Rich in vitamins A, C and K, potassium, copper and manganese, plums are also a good source of fibre which can help promote a healthy digestive system.

The potassium in plums may help with blood pressure control. Plums are also rich in antioxidants. They are full of fibre, and they can contribute to your body’s production of adiponectin, a hormone that helps regulate your blood sugar levels.

Nutritional information (serving size 70g)	
Protein	0.4 g
Total Fat	< 0.1 g
Carbohydrate	4.4 g
Sugars	4.4 g
Dietary Fibre	1.3 g
Sodium	1 mg
Potassium	103 mg
Calcium	5 mg
Vitamin C	3 mg

Source: CalorieKing (Australia)



Apricots

Apricots are low in fat but rich in vitamin A and beta-carotene. These nutrients act as antioxidants to protect your cells from damage.

Apricots are also a good source of flavonoids, an antioxidant that helps to protect against inflammation and inflammatory illnesses, along with reducing your risk for obesity, diabetes, and heart disease.

Nutritional information (serving size 30g)	
Protein	0.2 g
Total Fat	< 0.1 g
Carbohydrate	1.8 g
Sugars	1.8 g
Dietary Fibre	0.7 g
Sodium	< 1 mg
Potassium	94 mg
Calcium	4 mg
Vitamin C	3 mg

Source: CalorieKing (Australia)

Nectarines

Nectarines are full of antioxidants and contain vitamins, minerals and fibre. Among their other benefits, they support iron absorption, can assist with weight loss, and enhance skin health.

They also contain niacin which is great for keeping your digestive system and skin healthy, getting that great Australian summer glow.

Nutritional information (serving size 90g)	
Protein	1 g
Total Fat	< 0.1 g
Carbohydrate	6.7 g
Sugars	6.7 g
Dietary Fibre	1.7 g
Sodium	0 mg
Potassium	201 mg
Calcium	7 mg
Vitamin C	10 mg

Source: CalorieKing (Australia)



The Taste of an Australian Summer

Summerfruit becomes more fragrant as it ripens, with a mix of sweet and tangy flavours

All types and varieties of summerfruit can be enjoyed exactly as they are or in sweet and savoury dishes and smoothies, rewarding the consumer with summertime sweetness.

Peaches are a fantastic any-time snack and are great sliced up in fruit or vegetable salads, pies, flans or on top of cheesecakes and pavlovas. They are also brilliant for jams and chutneys and make an excellent accompaniment to chicken, pork and fish.

The riper the fruit, the sweeter the taste with texture preferences ranging from crisp and crunchy to soft and juicy

Sliced nectarines are a perfect addition to salads or cheese and fruit platters. Nectarines can also be mixed with yoghurt or used as a topping for frozen yogurt or ice cream.

Fresh plums are delicious on their own and are ideal for lunch boxes or snacks on the run. They are also fantastic in hot and cold desserts, whether stewed, grilled or baked, and when used in fruit salads and pies. Plums make tasty sauces for various meats or ice-cream and can also be preserved in jams.

Apricots can be enjoyed on their own or added to plain yoghurt, or to your morning cereal. Dried apricots are also a popular snack and ideal for many cooking styles.

There are many recipes to inspire on the Australian summerfruit website visit

www.summerfruit.com.au



Breakfast



Lunch



Dinner



Dessert



Technology and Innovation



When it comes to Australian summerfruit it's always quality first!

The Australian summerfruit industry operates under strict biosecurity and food safety compliance measures, which are designed to protect the business, customers and consumers.

These rigorous compliance measures ensure the highest level of plant protection and food safety standards are adhered to and that accountability and traceability are achieved.

Our quality system monitors and controls the shape and size, colour, sugar levels, firmness, and blemishes of our fruit.

Using sophisticated grading technology coupled with quality control systems and processes, Australia's summerfruit growers can ensure consistent quality standards across each order.

We are proud of our quality system

We back all of this up with the scan and trace technology used by Australian summerfruit growers throughout the product life cycle; through picking, packing, processing, and shipping. We are able to provide our global customers with product traceability from paddock to plate.

Sensors for Summerfruit Project

Newly developed hand-held sensing technology is helping Australia's summerfruit industry provide new and existing export markets with consistently high-quality fruit, while also optimising the growing and packing operations back home.

'Sensors for Summerfruit' is a 2.5-year, A\$1.1 million Food Agility CRC project led by Agriculture Victoria in collaboration with RMIT University, Summerfruit Australia Ltd, and Australian technology companies Green Atlas and Rubens Technologies.

Now in its final stages, the project is actively helping producers improve their supply chain practices to grow fruit consumers want, as well as highlighting when to harvest for optimal taste, quality, and storage. Correct application of the sensors can also reduce the frequency of fruit being downgraded or redirected at the harvesting and packing stages, resulting in potentially less waste.

Rubens Technologies	Green Atlas	RMIT University
Fluorescence Spectrometer	Cartographer	Bistatic LiDAR
<p>This handheld device measures fluorescence spectra in fruit.</p> <p>The team will test whether it can accurately measure sweetness, firmness, and maturity, and detect post-harvest internal disorders.</p>	<p>This fast-moving mobile sensing platform is equipped with optical cameras, LiDAR and GPS to map the variation in fruit across an orchard, and measure size, yield and tree canopy size.</p> <p>The team will test how well the Cartographer works for different varieties of summerfruit.</p>	<p>Bistatic LiDAR uses ground and drone-based sensor networks to detect changes in molecular and aerosol concentrations.</p> <p>The team will test whether it can be used to accurately assess the health of individual plants and whole orchards by measuring indicators of photosynthesis and fruit quality.</p>

Safe and Trusted Source



The Australian horticultural industry's food safety and environmental standards are amongst the highest in the world



Australian Government
Department of Agriculture,
Fisheries and Forestry



Export credentials

The **Australian Government** administers export laws to ensure that exported products meet all Australian and importing country requirements. This maintains the integrity of our summerfruit exports, Australia's positive relationships with trading partners and our reputation as a reliable exporter of safe and high-quality products.

Biosecurity Standards

A national Biosecurity Management Program facilitated by **Plant Health Australia** has been adopted by the industry to ensure Australian summerfruit are free from pests and diseases of quarantine concern. The Biosecurity Program in conjunction with a Government approved export Crop Monitoring program and Integrated Pest and Disease Management allows growers to achieve export-ready biosecurity standards.



Food Safety Standards

Australia has very strict food safety standards that apply to retail, wholesale, exporting and processing. These standards are developed jointly by leading Australian retailers and **Food Standards Australia New Zealand (FSANZ)**.



Organic Standards

The Australian Certified Organic Standard is one of the most respected and rigorous standards in the world for organic production ensuring integrity of organic products in the marketplace for consumers.

Australian Grown Horticulture Sustainability Framework

As a nation, we are committed to protect our environment now and for future generations

Nourish & Nurture

Food to nourish people
Plants to nurture communities
Safe, traceable, quality

People & Enterprise

Productive, profitable growers
Safe & ethical work
Leadership & governance
Innovation
Thriving communities
Trade & economic value

Planet & Resources

Water
Landscapes
Climate
Energy
Biosecurity

Less waste

Food waste
Packaging
Farm waste

More Information

Trade & Investment related enquiries:

Australian Trade & Investment Commission

www.austrade.gov.au

Industry-related enquiries:

Summerfruit Australia

www.summerfruit.com.au

