



## **MEDIA RELEASE**

### **Kim McCosker unveils winter's hottest citrus recipes**

Citrus Australia's newly appointed Aussie oranges ambassador and 4 Ingredients co-founder, Kim McCosker, has released a mouth-watering new range of recipes to celebrate the peak of the Australian orange season in June.

Kim said her new range of Aussie orange inspired recipes were not only delicious, but also provide a great source of vitamin C during the winter cold and flu season.

"Aussie grown oranges can be used in entrees, mains and desserts to add a tasty sweet flavour that can transform an ordinary dish into something your friends and family will love," Kim said.

"As well as tasting delicious they're also a great source of vitamin C, with one orange providing twice the recommended daily intake<sup>1</sup>, so Aussie oranges are certainly a guilt free ingredient that's ideal for the sniffle season."

CEO of Citrus Australia, Judith Damiani, said Kim's recipes demonstrated the versatility of Aussie grown oranges, which would be in ample supply this season due to favourable growing conditions.

"Consumers will be able to enjoy an excellent supply of Australian grown oranges this season, with quality expected to be fantastic and the pricing good, so there's no better time to get into the kitchen and start creating your own delicious orange inspired dishes," Ms Damiani said.

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<sup>1</sup> Oranges Health & Wellbeing Report by dietician Andrea Morenson

### **Kim's sweetest orange tips:**

- When shopping for Aussie oranges look for fruit that is heavy for its size as it indicates it is full of juice
- Use orange juice to prevent other cut fruits from browning
- If you put oranges in a hot oven for two minutes before peeling them, no white fibres will be left on them
- Get rid of food odours in your oven by placing orange peels in an oven tray and setting the oven to 180 degrees Celsius for about five minutes

### **Did you know?**

- Navels are available during the winter months, with the season commencing in May
- There are more than 2000 commercial citrus growers in Australia, 80% of which grow oranges
- Oranges account for more than 76% of the citrus grown in Australia
- In 1788 the First Fleet brought orange, lime and lemon seeds from Brazil to the new colony of New South Wales

### **Nutritional information**

- One Aussie orange contains twice the recommended daily intake of Vitamin C<sup>2</sup>
- Worried about ageing? Aussie oranges contain 170 polyphenols which have an anti inflammatory action, helping to reduce the ageing process<sup>345</sup>
- Aussie oranges are an ideal fruit in a healthy weight loss diet, having low GI and fibre to keep you satisfied for longer<sup>6</sup>
- Want glowing skin? Aussie oranges contain a rich bundle of nutrients, Vitamin C, carotenoids, polyphenols, potassium and water which help give skin a healthy glow<sup>7</sup>

For more information on the Australian orange season visit: [www.oranges.com.au](http://www.oranges.com.au)

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<sup>2</sup> CSIRO Report 2003. Health benefits of Citrus

<sup>3</sup> CSIRO Report 2003. Health benefits of Citrus

<sup>4</sup> Joseph, J.A, Shukitt- Hale B and Lau, F.C (2007), Fruit Polyphenols and their effects on neuronal signalling and behaviour in senescence. Annals of the New York Academy of Sciences, 1100:470-485

<sup>5</sup> Gonzalez-Gallego J, Garcia- Mediavilla MV, Sanchez-Campos S, tunon MJ. Fruit polyphenols, immunity and inflammation. Br J Nutr.2010Oct;104Suppl3:s15-27

<sup>6</sup> CSIRO Report 2003. Health benefits of Citrus

<sup>7</sup> CSIRO Report 2003. Health benefits of Citrus

**Media Contact: For further information, recipes or high resolution images please contact Belinda Zordan or Millie Yervantian at Clemenger PR on (07) 3833 3666.**

### **About Citrus Australia**

Citrus Australia Ltd is the national peak body for citrus growers. Citrus Australia represents the industry in policy and advocacy, biosecurity, market access, promotion, research, and communications. The citrus industry in Australia is worth \$540 million and represents the interests of around 2,000 citrus growers. It is the largest fresh fruit exporter, with annual export earnings of around \$190 million.

For further information please visit [www.citrusaustralia.com.au](http://www.citrusaustralia.com.au)

### **About Kim McCosker**

Kim McCosker and fellow co-founder Rachael Bermingham launched '4 Ingredients' in 2007. The book quickly became an essential household item, becoming Australia's biggest selling book in 2008. On the back of its extraordinary success, Kim and Rachael have now launched 3 other books, filmed two television series also titled '4 Ingredients' for the Lifestyle Channel that are now viewed in 20 countries, launched a Cookware range and created one of the most popular 'lifestyle' iApps in Australia.

**For further information visit [www.4ingredients.com.au](http://www.4ingredients.com.au) or facebook/4ingredients.**