



## **MEDIA RELEASE**

### **Orange emerging as the new ‘green’**

Aussie grown oranges have long been one of Australia’s favourite citrus fruits due to their delicious sweet taste and fantastic health benefits, however they are increasingly being recognised as an effective ‘green’ household item.

According to the national peak body for citrus growers, Citrus Australia, Aussie grown oranges are now commonly being used for an array of household purposes as the trend towards more natural products continues to grow.

Australian oranges ambassador and co-founder of 4 Ingredients, Kim McCosker, said Aussie grown oranges were an incredible fruit that could prove helpful in many ways around the home.

“I love cooking with Aussie grown oranges as there is not one part of the humble orange that cannot be used to inject flavour into your food,” Kim said.

“As well as being fantastic to eat, what many people may not know about this fantastic fruit is that they can also be used for household deodorising and cleaning, right through to keeping ants away.”

“Dried orange peels can be used for kindling purposes, in wardrobes to eliminate musty odours and as a natural insecticide to get rid of flies or mosquitoes. They can even be used to stop cats digging around plants in the garden,” she said.

Kim said with this year’s Aussie orange supply looking to be one of the best in years, now was the perfect time to use Aussie oranges as a green household alternative.

“I’d suggest next time you enjoy an Aussie grown orange you retain the peel and consider using it as a fragrant, non-toxic alternative to chemical based products,” she said.

“Not only will it leave a delicious scent in your home, but you’ll also be supporting our hard working Aussie citrus growers.”

The Australian orange season commences in May. This year quality and supply are expected to be excellent due to favourable growing conditions.

**Kim’s ‘green’ orange tips:**

- Aussie orange peels contain oils which are flammable so they are great for kindling - add some dried orange peel to your fire for a longer burning blaze and fragrant orange aroma
- Tie a handful of dried Aussie orange peels in cloth bags and place in cupboards to act as a natural freshener and eliminate musty odours
- Position Aussie orange and lemon peels near windows to deter flies and mosquitoes
- A solution of orange peel powder mixed with water can stop ants - pour the solution in a line to prevent ants from crossing the line
- Place orange peels on a tray in a hot oven for about five minutes to eliminate food odour from the oven
- Boil orange peel and cloves for about 10 minutes to freshen up your home with a delicious orange aroma
- Place orange peels around your garden plants to stop cats digging in your garden as they do not like the orange fragrance

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

**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.***