

Know your New Zealand Summerfruit



This is a guide on how to
enjoy, store and handle
delicious, juicy
New Zealand
Summerfruit



PO Box 2175
Wellington 6140
info@summerfruitnz.co.nz
www.summerfruitnz.co.nz

New Zealand Summerfruit is grown in a clean safe environment and meets NZ Food Safety Standards

1st Edition 2012 © Summerfruit NZ

apricot

You can't beat a good fresh new season
mouth-watering apricot

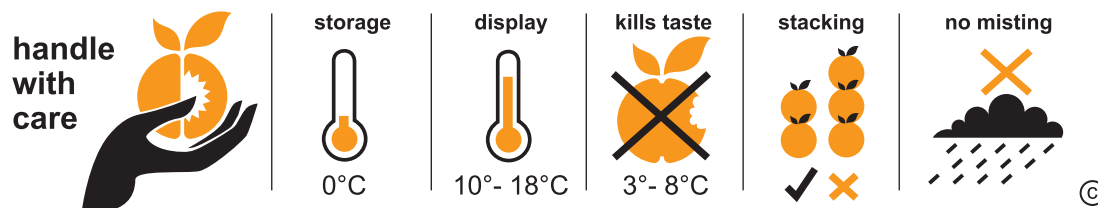
apricots

About apricots

- New Zealand apricots are available from late November to March.
- The main growing areas are Central Otago, Nelson and Marlborough in the South Island, and Hawke's Bay in the North Island. These areas with their high sunshine hours provide the hot dry summers which produce larger sweet fruit.
- Apricot stones are smooth with rough edges and the flesh of the fruit sometimes clings to the edges of the stone.
- Apricots are an excellent source of Vitamin A (from beta-carotene) and a natural source of Vitamin C.
- The flesh colour varies from a paler orange to a rich dark orange.
- Look for apricots that are plump and juicy with a uniform golden orange colour.
- The skin and flesh of apricots is velvety and smooth.
- Skin colour on the newer varieties has a red blush.
- Ripe apricots will yield to gentle pressure on the skin.
- Apricots develop their flavour and sweetness on the tree.
- Fresh apricots with their rich colour and firm-to-touch edible skins are delicious to eat whole.
- Best eaten fresh, however can be dried, cooked, preserved, puréed in blended drinks or frozen.
- Dried apricots have concentrated flavour and can be enjoyed all year round.
- *Prunus armeniaca* is the botanical name of the apricot.
- Good storage and handling are critical.



Handling & Storage



For the retailer

DO ✓

- Understand that maturity at harvest is the most important factor that determines storage life and final fruit quality.
- Apricots can be stored from 1 to 4 weeks at 0°C.
- Display apricots on dry surfaces at 10 - 18°C.
- Do check apricots frequently as rapid softening occurs once out of cool storage.
- Check displays, rotate stock throughout the day and remove any damaged fruit.
- Handle gently and with care.

DON'T ✗

- Display hard, unripe apricots with a distinctly green colour which are probably immature and won't ripen.
- Store apricots in the killing zone 3 - 8°C, this causes mealy flavourless fruit.
- Stack more than two high as this causes bruising and subsequent decay.
- Tip apricots from packaging into display areas.
- Display under misting units.
- Display in the direct sunlight or at higher temperatures as this results in a shorter shelf life.
- Handle apricots with condensation on, wait until they are dry.

For the consumer at home

- Apricots develop their flavour and sweetness on the tree. If they are too firm and have a greenish-yellow colour they have not been tree ripened and won't ripen further after picking.
- Dull looking, soft, bruised or mushy apricots can be cooked or stewed.
- Apricots should be slightly soft to touch.
- Enjoy eating apricots as soon as possible after purchasing and shop frequently for the best apricot.
- Apricots can be refrigerated for a day or two. They need humidity, so refrigerate in a plastic bag.
- To enjoy more flavour, allow fruit to warm to room temperature before eating.
- As apricots ripen quickly, when storing fresh apricots at room temperature be sure there is enough space between them to allow proper air circulation.
- The fruit should not be washed until just before you intend to use it.
- Cook fruit that is ripening too fast.

Main Varieties

Approximately 80% of apricots grown in New Zealand are Sundrop or the Clutha Series.

apricots



Sundrop

- There is a lot of this variety grown in both the North and South Islands, which means Sundrop is on the market from early December through to late January.
- A very bright orange apricot with a clean attractive skin.
- A juicy melting variety with no blush.

Clutha Gold

- Between 1988 and 1992, HortResearch (formerly DSIR) released six new apricot selections from their breeding programme at Clyde, called the 'Clutha' series. They provided a range of apricots with similar appearance and flavour, bred for the New Zealand environment, which mature over more than a month.
- The Clutha Series originated from crosses between Sundrop and Moorpark. These superior selections extend the season from which high-quality apricots are available for export.
- A medium apricot with very good flavour and stores well.
- An established export variety.
- The fruit are medium-large, golden-coloured with some red blush on a slightly glossy skin.
- These apricots ripen from the inside out.



Notable Varieties

Moorpark and Trevatt

Moorpark and Trevatt are two heritage apricot varieties that have been grown in New Zealand since the time of European settlement. Volumes of these are reducing dramatically. These days they have been largely replaced by more recent cultivated varieties, though it is still possible to find them.

Both varieties are available from mid-January to the end of February. Moorpark is one of Central Otago's traditional bottling and jam apricots. They are also delicious eaten fresh, very tasty, firm and juicy.



What's new

Today many exciting new varieties of apricots have been developed to improve the eating experience for consumers, to make the fruit more robust and trees more productive.

Summerfruit NZ is working on an apricot cultivar programme in conjunction with breeders at Plant & Food Research. The new varieties will provide the consumer with apricots which mature later in the season, have unique taste characteristics and which store longer.

Processed apricots

The once famous Roxdale apricot cannery in Central Otago closed in 2004 due to the availability of cheaper (though less flavoursome) canned apricots imported from China. There are still several well-known New Zealand brands that use locally grown apricots in the manufacture of delicious relishes, sauces and jams.

Dried apricots

Most dried apricots available in New Zealand are imported. Some Central Otago growers still produce dried apricots, although there is limited availability. These can be identified by their rich orange colour and tart flavour. They are flatter in appearance and highly flavoured.



tasty snack

Simply delicious as a snack, dried apricots can be used in baking, muesli, and in meat and chicken dishes.

Apricots are selected for drying when fully ripe, which concentrates the flavour and the sugars of the fruit. The high beta-carotene of apricots makes them valuable for heart health.

Dried fruit can be kept for up to a year.

Availability

Apricots		Nov	Dec	Jan	Feb	Mar
Royal Rosa	First volume apricot, sweet					
Sundrop	Bright orange					
Sundrop	Bright orange					
Dunstan	Yellow, sweet, firm					
Dunstan	Yellow, sweet, firm					
Goldrich	Sweet to tangy, firm, shiny bright orange					
Clutha Series	Shiny, orange flesh					
Clutha Series	Shiny, orange flesh					
Trevatt	Large, firm and juicy					
Moorpark	Yellow skin, orange blush					
Vulcan	Red blush, firm, juicy					
Alex	Red skinned, shiny, firm					
Southern Cross	Large, late, eats well					
Nevis Series	Late, great eating, spectacular					

The availability covers the bulk of apricot production and times may differ from region to region and from season to season.

- North Island
- South Island

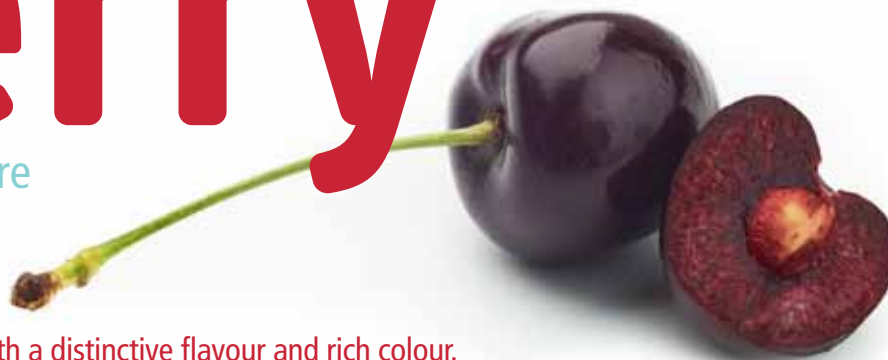


apricots



cherry

Fresh summer cherries are
a lovely tasty treat

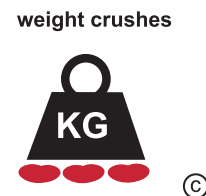


cherries

About cherries

- New Zealand cherries are large with a distinctive flavour and rich colour.
- They are available from November to early February.
- Central Otago in the South Island of New Zealand is a world renowned cherry growing region. The cold winter climate with hot, dry summers means ideal conditions for cherry production. Blenheim is also a key region for growing premier export and local market cherries. Cherry production in Hawke's Bay is expanding and provides fruit for the local market.
- Cherries are a high risk crop as they are very easily damaged by rain.
- Cherries can be freestone or clingstone.
- Cherries come in sweet and tart varieties. Generally the darker the colour, the sweeter the cherry. Tart cherries are used in cooking and in juice products.
- Recent breeding programmes have produced modern cultivars with highly desirable characteristics such as larger size, sweetness of the fruit, improved rain resistance, and to increase seasonal spread. The heart shape of some cherry varieties has also been emphasised.
- Cherries are an excellent source of Vitamin C. They contain significant levels of anthocyanins which provide the distinctive red colour. Anthocyanins have attracted interest for their antioxidant activity but are now being linked to a wide variety of health benefits.
- Cherries are best eaten fresh, and are popular in desserts. Frozen cherries are used for cooking or in ice-cream and yoghurt.
- *Prunus avium* is the botanical name for the sweet cherry and *Prunus cerasus* the sour cherry.
- Most cherries are hydro cooled immediately after harvesting to maximise freshness, flavour and storage potential.
- Good storage and handling are critical.

Handling & Storage



For the retailer

DO ✓

- Refrigerate cherries for up to three weeks at 0°C.
- Innovative packaging such as Modified Atmosphere liners can help storage life.
- Open sealed Modified Atmosphere packs when the cool chain is broken.
- High humidity is recommended in storage.
- Misting on loose cherries will help the stems to stay fresh to maintain good fruit quality.
- Cull older poor quality cherries to avoid customer dissatisfaction.
- Always display in refrigerated locations.
- Avoid prolonged fruit warming prior to sale.
- Try to handle by the stem only to avoid bruising.
- Handle with care.

DON'T ✗

- Crush cherries with any undue weight.
- Handle any more than absolutely necessary.
- Sell cherries with cuts, bruises or stale, dry stems.
- Display in direct sunlight or at higher temperatures as this results in a shorter shelf life.

For the consumer at home

- Fresh cherries should be clean, bright, shiny and plump with no punctures or blemishes.
- Keep cherries unwashed and with stems attached to prolong shelf life.
- Store in a paper bag, loosely-covered container, or loosely closed plastic bag in the refrigerator until you're ready to use them.
- Avoid storing cherries near strong smelling food items as this may alter the flavour.
- To enjoy more flavour, allow fruit to warm to room temperature before eating.
- Immature fruit will generally be hard, smaller, more acidic and dry with a lighter colour than ripe cherries.
- Avoid cherries that leak, are sticky, or show signs of decay. Over mature fruit will be soft, dull and shriveled.
- You can freeze cherries, but they should be pitted first otherwise they will take on an almond flavour from the pit. Lemon juice will stop the flesh from browning. Beware the juice can stain clothing.
- Glacé cherries are simply cherries that have been candied. Soak in sugar syrup for a couple of days until the syrup replaces the moisture in the fruit. The sugar preserves the fruit and when dried, the candied fruit will retain shape and colour.
- Enjoy eating fresh cherries as soon as possible after purchasing and shop frequently for less.
- Cherries are great in the school lunch box, ensure the pit is removed for the under fives.

Main types of cherry

With every new summer comes a new cherry variety, and at the same time some of the less popular varieties are being replaced. Central Otago produces approximately 80% of cherries grown in New Zealand. The very hot, dry weather with low humidity is most suitable for growing cherries.



Dawson

This is a traditional Central Otago cherry, a small, dark burgundy coloured cherry which is sweet and juicy. This cherry is available before Christmas and is grown in both the North and South Islands.

Sonnet®

A new red, firm and large cherry, crunchy and very sweet.

Stella

A large sweet delicious heart-shaped cherry with red flesh. This fruit handles and travels well.

Lapins

Crisp sweet dark red cherry, very popular and considered one of the best cherries. The fruit is large, dark red to mahogany, firm, moderately sweet with good flavour and acidity. This is a mid-season variety.

Sweetheart®

This is a very popular large heart-shaped cherry that is sweet and crisp with dark red flesh. This cherry is exceptionally crunchy with a long shelf life. A late season cherry available from mid-January into February.



Staccato®

A new late season crisp red-black cherry with sweet burgundy coloured flesh and great for eating fresh. Available from late January into the first two weeks of February, this cherry is only grown in the South Island.



cherries

Notable and New Varieties



Rainier

- A cultivar imported from USA, Rainier cherries were created in 1952 at Washington State University.
- An unusual variety because their flesh is creamy-white instead of red.
- Skin is golden with a pink blush.
- Sweet and delicate flavour.
- Available from around Christmas until mid-January.
- Considered the 'cream of the crop' by many cherry aficionados.
- This cherry needs extra careful handling.
- New York is another creamy-white fleshed cherry.

New Varieties

- Celeste® – Large and ready around Christmas, a variety from Canada.
- Samba® – Very large and glossy, available between Christmas and New Year.
- Tieton – From the Washington State University breeding programme, large, firm, mild flavour.
- Selah – Mid-season variety from Washington State University, extremely large fruit.
- Skeena® – From Canada, mid-season, large and very crunchy.



taste of summer

Availability

Cherries		Nov	Dec	Jan	Feb
Burlat	Dark red, mild to sweet				
Burlat	Dark red, mild to sweet				
Sonnet®	Dark, firm, large				
Sonnet®	Dark, firm, large				
Roseann	Dark, firm, medium size				
Glo Heart *	Crunchy cherry, good flavour				
Dawson	Dark, crunchy, sweet and juicy				
Dawson	Dark, crunchy, sweet and juicy				
Rainier	Sweet, large, creamy-white flesh				
Rainier	Excellent eating				
Summit	Large, red, heart-shaped				
Stella	Dark red flesh, juicy, sweet				
Bing	Juicy, firm red flesh				
Lapins	Good flavour, large, firm red flesh				
Lapins	Good flavour, large, firm red flesh				
Kordia®	Very firm, dark and sweet				
Sweetheart®	Large, sweet, crisp				
Sweet Valentine®	Late cherry, sweet				
Staccato®	Late cherry, large, crisp				

* Glo Heart® brand of Chelan™

Each season new varieties come in to production. For further information about these please go to our website www.summerfruitnz.co.nz

North Island
South Island
W creamy-white flesh

cherries



nectarine

nectarines

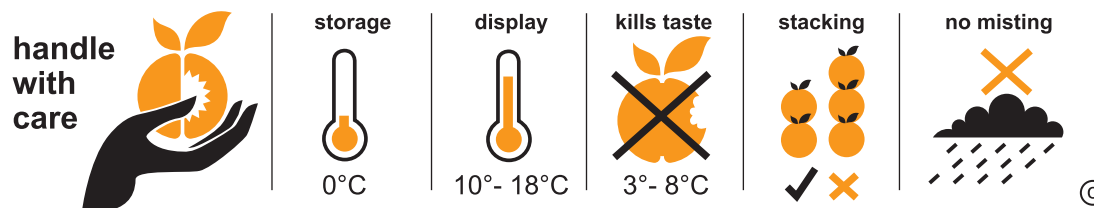
New Zealand nectarines are sought after for their refreshing,
juicy flesh and unique flavour

About nectarines

- New Zealand nectarines are available from November to March.
- Central Otago in the South Island and Hawke's Bay in the North Island are the main growing areas for nectarines. Both regions have high sunshine hours and fertile, well drained soil ideal for growing premium quality nectarines.
- There are as many white fleshed varieties as there are yellow or golden fleshed.
- Nectarines are a natural source of Vitamins A and C and fibre.
- Nectarines can be freestone or clingstone, and there is a newer, third category of nectarines called semi-freestones.
- Tangy-sweet and extremely juicy, ripe nectarines have a somewhat firm texture and lightly fibrous flesh.
- Cosmetic defects will not detract from internal quality.
- Plumpness and a slight softening along the seam are important signs of maturity.
- Once picked, nectarines will become softer and juicier as they ripen, but they will not become sweeter in taste.
- Growers are always looking for new improved varieties.
- Can be eaten fresh or cooked, preserved or puréed.
- *Prunus persica* var. *nucipersica* is the botanical name for the nectarine, indicating it is a fruit of the peach family.
- Good storage and handling are critical.



Handling & Storage



For the retailer

DO ✓

- Display nectarines on dry surfaces at 10 - 18°C.
- Nectarines can be stored for up to three weeks at 0°C and high humidity.
- Check displays, rotate stock throughout the day and remove any damaged fruit.
- Handle gently and with care.

DON'T ✗

- Display hard, unripe nectarines which are probably immature and won't ripen.
- Store nectarines in the killing zone 3 - 8°C, this causes mealy, flavourless fruit.
- Stack more than two high as this causes bruising and subsequent decay.
- Tip nectarines from packaging into display areas.
- Display under misting units.
- Display in direct sunlight or at higher temperatures as this results in a shorter shelf life.

For the consumer at home

- If nectarines are not ripe leave at room temperature for a couple of days, alternatively you can put them in a paper bag with a banana or an apple for a few days.
- Look for well-rounded fruit with deep-yellow or orange-yellow colour under a red blushed skin.
- Avoid purchasing nectarines that are hard, dull, too soft or shriveled.
- Ripe nectarines should yield to a gentle touch and have a fragrant smell.
- Enjoy eating nectarines as soon as possible after purchasing and shop frequently for the best fruit.
- Once nectarines are fully ripe they can be stored in the fridge for no longer than a couple of days before eating. They need humidity, so refrigerate in a plastic bag.
- To enjoy more flavour, allow fruit to warm to room temperature before eating.
- When storing fresh nectarines at room temperature, be sure there is enough space between them to allow proper air circulation.
- The fruit should not be washed until just before you intend to use it.
- Cook fruit which is ripening too fast.

Main types of nectarine



Traditional classic variety with orange-yellow flesh

These varieties are a little more acid tasting with a bit of a bite and full of flavour.

- Yellow varieties have golden yellow interior flesh that is darker red around the stone, with golden skins that blush orange-red.
- Redgold is a very popular variety with dark red over gold-yellow skin.
- Red and Rose Diamond have brilliant red skin with a splash of gold and are juicy and of very good quality.
- Spring Bright is best for cooking and wonderful to eat fresh.
- Summer Blush is a good sized fruit with a dark red fleck near the stone.

Low acid and sweet variety

A more modern breed of nectarine that is sweeter and lower in acid, which means this variety appeals to all ages, especially children.

- Grand Candy, Honey Royale, and Honey Glo are available from mid-January.*
- Arctic Sweet available during Christmas week.

* Hunny® brand



White Flesh

The white fleshed nectarine is 'melting', which means they soften as they ripen.

- The Pearl series are a popular sweet, low acid melting variety of very good eating quality, available in January and February.
- White varieties have a delicately sweet flavour.
- White varieties have white interior flesh, also red around the stone, with white skins that blush pink-red.
- There are several nectarines in the Arctic series; Arctic Glo, Arctic Sweet and Arctic Gold.



Getting to know your nectarines

Definitions

Firm nectarines

Firm nectarines won't soften as they ripen. They stay nice and firm to the touch.

Freestone

When you cut this nectarine in half the stone can be pulled away from the flesh.

Clingstone

The stone in this nectarine doesn't come away easily and needs to be cut out.

Melting

Nectarines that soften as they ripen.

Cooking

These nectarines can be bottled and cook nicely in all sorts of recipes, however all nectarines can be cooked.

	Fruit Type			How to eat				
	Melting	Clingstone	Freestone	Eat firm	Sweet = sub acid	Juicy	Let warm up	Best for Cooking
Yellow Flesh								
Mayglo	✓	✓				✓	✓	
Rose Diamond	✓	✓				✓	✓	
Diamond Bright	✓	✓				✓	✓	
Spring Bright	✓	✓				✓	✓	✓
Spring Red	✓		✓			✓	✓	
Red Diamond	✓		✓			✓	✓	
Fire Brite	✓		✓			✓	✓	
Tasty Gold	✓		✓			✓	✓	
Red Gold	✓		✓			✓	✓	✓
Grand Candy *	✓	✓			✓	✓	✓	
Honey Royale *	✓		✓	✓	✓	✓	✓	
Honey Glo *	✓		✓	✓	✓	✓	✓	
Fantasia	✓		✓			✓	✓	✓
Summer Blush	✓	✓				✓	✓	
White Flesh								
Galene	✓	✓				✓	✓	
Kay Pearl	✓		✓		✓	✓	✓	
Arctic Glo	✓	✓				✓	✓	
Arctic Gold	✓	✓				✓	✓	
Arctic Sweet	✓	✓			✓	✓	✓	
Queen Giant	✓		✓			✓	✓	

* Hunny® brand

Availability

nectarines

Nectarines		Nov	Dec	Jan	Feb	Mar
Yellow Flesh						
Mayglo	Early red, small					
Armredark	Medium-large, juicy					
Rose Diamond	Brilliant red skin, good flavour					
Diamond Bright	Medium-large, early					
Spring Red	Older variety, sweet juicy flesh					
Red Diamond	Red clear skin					
Fire Brite	Red skin, very tasty					
Spring Bright	Dark red skin, good flavour					
Tasty Gold	Sweet, high colour					
Redgold	Large, red, speckled					
Grand Candy *	Sweet, juicy, clingstone					
Honey Royale *	Sweet, red skin, freestone					
Honey Glo *	Sweet, yellow flesh					
Fantasia	Rich flavour, juicy and sweet					
Summer Blush	Orange-yellow, juicy, firm					
White Flesh						
Arctic Sweet	Bright red skin, sub acid					
Queen Giant	Red-cream skin, large, good flavour					
Arctic Glo	Red skin, sweet-tart flavour					
Galene	Red skin, juicy, good flavour					
Kay Pearl	Sweet, firm in texture					
Pearl Series	Red skin, sweet varieties, good flavour					
Zephyr	Pinkish red skin, excellent flavour					
Arctic Gold	Pink cream skin, firm flesh, sub acid					

* Hunny® brand

The weeks of availability cover the bulk of nectarine production, however times may differ from region to region and from season to season based on the weather.

North Island
South Island



peach

Kiwis love delicious New Zealand peaches in summer

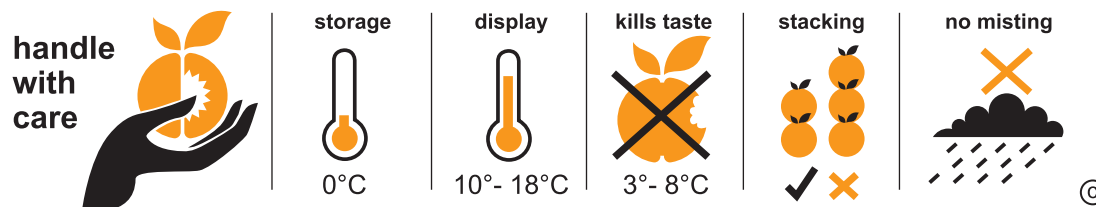
peaches

About peaches

- New Zealand peaches are available from late November to early April.
- Hawke's Bay (North Island) and Central Otago (South Island) are the main growing areas.
- Peaches can be either freestone (the stone pulls away from the flesh) or clingstone (the flesh clings to the stone).
- A good indicator of maturity is a well-defined cleft in the shape of a peach.
- Peaches are an excellent source of Vitamin C and a natural source of potassium and fibre.
- Older classic varieties tend to be tangy (high acid) and new varieties are sweet (low acid).
- Peaches are either yellow, white-fleshed or golden fleshed and some have red or pink near the stone.
- Most varieties are best eaten fresh, however many peaches can be cooked, preserved or frozen.
- New Zealand produces processed, canned and bottled peaches for year round availability.
- *Prunus persica* is the botanical name of the peach.
- Good storage and handling are critical.



Handling & Storage



For the retailer

DO ✓

- Store peaches in the coldest part of your cooler so that fruit does not ripen.
- Understand the difference between yellow, white and golden flesh peaches.
- Check displays, rotate stock throughout the day and remove damaged fruit.
- Protect from extremes in temperature, particularly heat.
- Display peaches at 10 - 18°C.
- Display peaches on dry display surfaces.
- Handle gently and with care.

DON'T ✗

- Display hard peaches with a distinctly green colour as these are probably immature and won't ripen.
- Store peaches in the killing zone 3 - 8°C, this causes mealy flavourless fruit.
- Stack more than two high as this causes bruising and subsequent decay.
- Tip peaches from packaging into display areas.
- Display under misting units.
- Display in direct sunlight or at higher temperatures as this results in a shorter shelf life.

For the consumer at home

- Crisp white fleshed varieties are best stored in the fridge and eaten within 1 - 2 days after purchasing.
- Yellow flesh peaches have better flavour when not stored in the fridge.
- If peaches are not ripe leave at room temperature for a couple of days, alternatively you can put them in a paper bag with a banana or an apple for a few days.
- Damaged or bruised fruit can be used in cooking.
- Shop frequently for the best peach.
- Peaches can be refrigerated for a day or two. They need humidity, so refrigerate in a plastic bag.
- To enjoy more flavour, allow fruit to warm to room temperature before eating.
- When storing fresh peaches at room temperature, be sure there is enough space between them to allow proper air circulation.
- Wash peaches just before you intend to either eat or cook.
- Mealy, flavourless fruit is caused by improper temperature storage.
- Choose fruit which are fairly firm or becoming a touch soft.
- Peaches should have a clear even colour.
- Cook fruit which is ripening too fast.

Main types of peach

Understand what peach you are buying



Yellow flesh peach

- Yellow flesh peaches represent 70% of production.
- Are tangier than white flesh peaches.
- Soften as they ripen.
- More traditional and classic varieties.
- Most tangy varieties are Rich Lady, Elegant Lady, Flame Crest, Improved Flavorcrest, Springcrest, and Redhaven.

White flesh peach

- White flesh peaches represent 20% of production.
- Sweet and juicy with low acid levels.
- Skin texture is soft and the flesh can be crisp or soft.
- Colour is creamy or very pale yellow with red or pink near the stone.
- Crisp fleshed varieties - Scarlet O'Hara, Southern Ice and Coconut Ice (can be eaten crisp like an apple or left to soften slightly).
- Crisp fleshed varieties are best kept in the fridge once purchased.
- White flesh varieties that soften as they ripen are Snow Brite, White Lady, Tasty Zee and Marchesa.



Golden flesh peach

- Golden flesh peach (classic) represent 10% of production.
- A large popular peach best eaten firm.
- Golden Queen available mid-February to March – clingstone.
- Tatura Belle, Tatura Star of the Golden Belle® brand available late January to February.
- Great for bottling and cooking.



Notable Varieties

*try on the
barbeque*



Peacharine

- Natural cross between a peach and a nectarine.
- Semi clingstone.
- Softer thinner and non-furry skin like an apricot.
- Firm orange flesh with an intense perfume and sweet juicy flavour.
- Fabulous eaten fresh.
- Wonderful stewed or preserved and you can leave the skin on.
- Will keep for up to three weeks after picking.
- Can be kept in the fridge to help them last longer, or in a fruit bowl, ready to eat.
- Available from February to early April.



Flat Peach

- Unique naturally flat shape and perfect for a lunchbox.
- Sweet flavour, low acid.
- Can be either white or yellow flesh.
- Are best stored at room temperature until ripe, then in the fridge.
- Thin reddish skin with little or no fuzz.
- Available February to March.
- The flat peach is from either the Donut® brand or the Flatto® brand.

*great for
lunch boxes
kids love them*

great for desserts



Blackboy Peach

- Flesh is sweet and dark red, and skin is dark red-purple.
- Soften as they ripen.
- Freestone and good for eating fresh or cooking.
- Heritage variety available February to March.
- Not a lot of these around so ask your local green grocer to get them in for you.

Getting to know your peaches

	Fruit Type				How to eat				
	Melting	Non melting	Clingstone	Freestone	Eat crisp	Eat firm	Sweet sub acid	Juicy	Best for cooking
Yellow Flesh									
Early Crest	✓		✓					✓	
Spring Crest	✓		✓					✓	
June Lady	✓		✓					✓	✓
Spring Lady	✓		✓					✓	
Rich Lady	✓			✓				✓	
Imp Flavourcrest	✓			✓				✓	
Flame Crest	✓			✓				✓	
Diamond Princess	✓			✓				✓	
Elegant Lady	✓			✓				✓	✓
O'Henry	✓			✓				✓	
Yumyeong			✓		✓	✓			
White Flesh									
Snow Brite	✓			✓			✓	✓	
White Lady	✓			✓			✓	✓	
Tasty Zee	✓			✓				✓	
Scarlet O'Hara			✓		✓		✓		
Southern Ice®			✓		✓		✓		
Coconut Ice			✓		✓		✓		
Marchesa	✓		✓				✓	✓	
Golden Flesh									
Tatura Belle *		✓				✓		✓	✓
Tatura Star *		✓				✓		✓	✓
Golden Queen		✓	✓			✓		✓	✓
Peacharine		✓	✓			✓	✓	✓	✓
Red Flesh									
Black Boy	✓			✓					✓
Yellow or White Flesh									
Flat Peach **	✓			✓			✓		

* Tatura Belle, Tatura Star of the Golden Belle® brand

** Donut® or the Flatto® brand

Definitions

Crisp peaches

Crisp peaches won't soften as they ripen. They stay nice and firm to the touch.

Freestone

When you cut this peach in half the stone can be pulled away from the flesh.

Clingstone

The stone in this peach doesn't come away easily and needs to be cut out.

Melting

Peaches that soften as they ripen.

Non melting

Golden Queen type that remains firm to slightly soft as they ripen.

Cooking

These peaches can be bottled and cook nicely in all sorts of recipes, however all peaches can be cooked.

Availability

Peaches		Nov	Dec	Jan	Feb	Mar
Yellow Flesh						
Early Crest	Early, small					
Spring Crest	High colour, early, little fuzz					
Spring Lady	Early, yellow flesh					
Rich Lady	High colour, maroon, good size					
June Lady	Large, red blush, good flavour					
Imp. Flavourcrest	Dark red skin, tart, large					
Diamond Princess	Yellow flesh, firm					
Flame Crest	Older variety, delicious flavour, sweet					
Elegant Lady	Large, attractive, creamy texture					
O'Henry	High colour, mid-season					
Yumyeong	Firm, crisp, crunchy					
White Flesh						
Snow Brite	Early white peach					
White Lady	White, good size, juicy					
Alba®	Sweet and juicy					
Tasty Zee	Sweet, medium size					
Scarlet O'Hara	Pink skin, white flesh, crunchy					
Southern Ice®	Firm, crisp, crunchy					
Coconut Ice	Pink red skin, crisp sweet flesh					
Marchesa	Popular, dark red blush					
Gold Flesh						
Tatura Belle *	Good size, nice dessert					
Tatura Star *	Good size, nice dessert					
Golden Queen	Excellent size & flavour					
Peacharine	Large, firm, rich orange					
Red Flesh						
Black Boy	Red flesh, dark purple skin					
Yellow & White Flesh						
Flat peach **	Flat shape, white or yellow flesh					

 North Island
 South Island

The availability times cover the bulk of peach production and times may differ from region to region and from season to season based on the weather.

* Tatura Belle, Tatura Star of the Golden Belle® brand

** Donut® or the Flatto® brand

peaches



care



plums

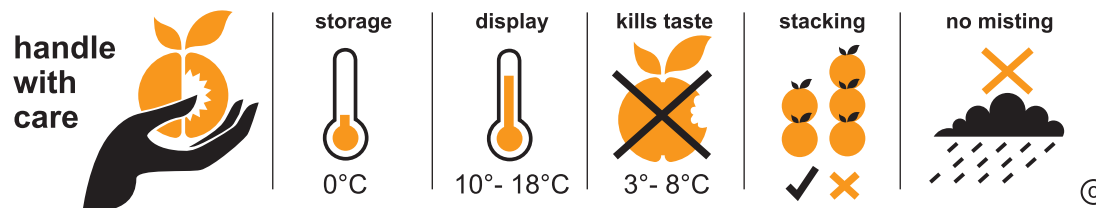
Delicious plums come in all colours from yellow to red to purple

About plums

- New Zealand plums are available from November to early April.
- The main growing areas are Central Otago, Canterbury, Nelson and Marlborough in the South Island, and Hawke's Bay in the North Island. These areas with their high sunshine hours provide the hot and dry summers which produce larger sweet fruit.
- Although usually round, plums can also be oval or heart-shaped. The skins of plums can be red, purple, blue-black, red, green, yellow or amber, while their flesh comes in hues such as yellow, green, pink and orange.
- Plums often have a blue-grey bloom, especially noticeable on fruit with a dark red or purple skin.
- Plums can be either freestone or clingstone. Classic European varieties are usually freestone.
- Red plums contain a class of compounds called anthocyanins. As well as giving the fruit their appealing red colour they are being investigated for a range of potential health benefits.
- Plums are an ideal fruit that fit into small hands. Kids love them.
- Hybrid varieties of plums have been bred since the 1980s to increase the sweetness of the fruit and the health benefits of the red coloured fruit which is high in anti-oxidants.
- To select the best and freshest plums, look for firm fruit with full colouring. Choose plums that yield to gentle pressure and are slightly soft at their tip.
- Can be eaten fresh or cooked, preserved or canned.
- *Prunus domestica* is the botanical name for plums.
- Good storage and handling are critical.



Handling & Storage



For the retailer

DO ✓

- Plums are cooled immediately after harvesting to maximise their freshness and flavour, so maintain storage in the coldest part of your chiller.
- Plums can be stored for 2 to 4 weeks at 0°C.
- Display plums on dry surfaces.
- Check displays, rotate stock throughout the day and remove any damaged fruit.

DON'T ✗

- Leave mushy plums in display areas.
- Display under misting units.
- Stock excessively hard plums.
- Store plums in the killing zone 3 - 8° C.
- Tip from packaging into display areas without due care.
- Display in direct sunlight or at higher temperatures as this results in a shorter shelf life.

For the consumer at home

- Look for plums that yield to gentle pressure and are slightly soft at their tip.
- Unripe plums will feel hard and will usually be a slightly lighter colour than ripe plums. If plums are not ripe leave at room temperature for a couple of days, alternatively you can put them in a paper bag with a banana or an apple for a few days.
- As plums ripen, they sweeten considerably.
- Good quality plums have a rich colour and may have a slight blue-grey bloom.
- Plums should be free of punctures and bruising or brownish discolouration.
- Plums can be stored at room temperature although they tend to ripen quickly, so check to make sure they don't become overripe.
- Enjoy eating plums as soon as possible after purchasing and shop frequently for less.
- Plums can be refrigerated for a day or two. They need humidity, so refrigerate in a plastic bag.
- To enjoy more flavour allow fruit to warm to room temperature before eating.
- When storing fresh plums at room temperature, be sure there is enough space between them to allow proper air circulation.
- Wash plums just before you intend to eat or cook them.
- Cook fruit which is ripening too fast.

Main types of plum

There is a plum variety to suit everyone's taste. Plums come in a very wide range of colours and vary in flavour from very sweet through to tart.



Yellow flesh

- Fortune plum is a popular, large and round plum with dark red skin and juicy yellow to amber coloured melting flesh. It is low acid with good storage and shelf life and best when fully ripe.
- Black Amber plum is large with dark purple-black skin and yellow flesh. This variety is great for cooking and eating fresh. The flesh has a slightly floral fragrance.
- Purple King is a mid-season plum with purplish red skin and excellent flavoured yellow flesh which is slightly pink and slightly acid tasting near the stone. This is a great dessert plum.



Red flesh

- Omega plum is dark red skinned with crimson red flesh that has good flavour. This plum will store well for up to three weeks.
- Royal Star is a round pink to red fleshed juicy plum of very good eating quality and medium sweetness.
- Freedom plum is a new variety on the shelf and not widely available. It is a late season purple skinned plum with dark red firm flesh.
- Billington plum has dark red skin with sweet juicy deep red flesh. It is of medium size and slightly tart. This plum is often found in the home garden and there is not a lot grown commercially.
- Primetime plum is a firm, uniformly large fruit with flesh that darkens as it matures. It has an outstanding sweet flavour when fully ripe.



Notable Varieties

Black Doris

- Generations of Kiwis have loved Black Doris plums, and they can be found in many home orchards.
- Round, dark and juicy with a delightful blush and a rich flavour.
- A freestone plum with firm flesh.
- Excellent for baking, jams, preserving, and eating fresh off the tree.
- Traditionally many orchards in Hawke's Bay have grown Black Doris plums.



Luscious in puddings



Greengage

- One of the classic plums imported to New Zealand in the 19th century.
- First cultivated in France from wild species, Sir William John Gage is credited with bringing them to England in the 18th century.
- A small, oval-shaped plum with smooth flesh and a skin that ranges from green to yellow.
- Known for its rich, confectionery flavour, it is considered to be one of the finest dessert plums.

A fine flavoured dessert

Pluots, Plumcots and Apriums

- A cross between a plum and an apricot. The tree makes a very attractive ornamental.
- Kerby is a very early variety with light yellow flesh, pinkish and red skin which can be speckled. It is juicy, delicately flavoured and with a hint of bitterness.
- Small in size with a distinct aromatic flavour.
- Very few are grown commercially in New Zealand.
- Apriums are a complex hybrid fruit which is $\frac{1}{4}$ plum and $\frac{3}{4}$ apricots.

What is bloom on plum skin?

Some plums produce a natural bloom on the skin which is a blue-greyish colour. This is not a result of a growing technique but is a natural part of the plum maturing. Before eating, the bloom can be easily rubbed off, it is not necessary to do this to enjoy the plum.

Black Doris plums with bloom



Getting to know your plums

	Flesh colour	Skin colour	Characteristics
Yellow Flesh			
Duff's Early Jewel	yellow	red	Dark red, juicy flesh, an older variety
Rose Zee	yellow	dark red	Early attractive large firm plum, with good flavour
Black Friar	yellow	even deep black	Firm, large, mid sweet and juicy, very small stone, not a lot around
Purple Majesty®	yellow	dark purple black	Large, sweet with good flavour
Songold	yellow	yellow green	Conical shape, clingstone, semi melting and firm texture not a lot around
Greengage	yellow	green yellow	Traditional plum with exquisite flavour, high sugar content, clingstone
Amber Jewel®	yellow	red	Crisp texture, great storage, very sweet
Luisa	pale yellow	yellow with red blush	Elongated heart shape, firm, melting and juicy, medium sweet
Red Beaut	pale amber	bright red	Medium size, sweet and juicy with acidic flavour, semi clingstone
Black Amber	amber	purple black	Large with flattened shape, sweet full flavour, slightly floral bouquet
Fortune	yellow suffused with pink	bright red and yellow	Firm, aromatic, early season, semi freestone, fine texture
Purple King	yellow tinged red near pit	purple red	Large juicy, sweet, good flavour
Flavour Queen	lemon yellow	pale yellow	Moderately firm, outstanding plum, excellent eating, handle carefully
Angeleno	light yellow amber	red purple	Medium-large, good storage, very mild sweet flavour
Freedom	yellow red	red	Firm, main season, one of the best new plums
Santa Rosa	yellow with pink near the pit	crimson to purple red	Distinctive aromatics, sweet juicy, firm med to large, with acidic flavour
Wilson's Early	bright red yellow	red	Early season, pre-Christmas, relatively small
Red Flesh			
Billington	deep red	dark red	Firm flesh, juicy, good flavour, slightly tart
Black Diamond®	red	purple red	Large, sweet, crisp texture, great for dessert
Black Doris	dark crimson red	purple black	Popular, juicy red flesh, simply delicious, a real favourite
Flavour King	light red darkens as matures	red	Very sweet, distinctive flavour, this is a pluot
Omega	bright red	dark red speckled	A late plum with a pointed shape, excellent eating
Primetime	pink red	dark red	Heart shape, excellent sweet flavour, stores well
Royal Star®	red pink	purple	Large, sweet and juicy and late season

Black Doris, Omega and Billington plums are best for cooking and bottling however all plums can be cooked.

Availability

Plums		Nov	Dec	Jan	Feb	Mar
Yellow Flesh						
Wilson's Early	Red skin, yellow flesh					
Red Beaut	Bright red, amber flesh					
Duff's Early Jewel	Dark red skin, yellow flesh					
Santa Rosa	Crimson skin, yellow flesh					
Rose Zee	Dark red skin, yellow flesh					
Black Friar	Deep black skin, yellow flesh					
Purple Majesty®	Purple skin, yellow flesh					
Black Amber	Purple skin, amber flesh					
Fortune	Red-yellow skin, yellow pink flesh					
Purple King	Purple-red skin, yellow red flesh					
Luisa	Red-yellow skin, yellow flesh					
Angeleno	Red-purple skin, yellow amber flesh					
Amber Jewel®	Red skin, very sweet					
Freedom	Red skin, yellow red flesh					
Greengage	Green-yellow skin, yellow flesh					
Songold	Yellow-green skin, yellow flesh					
Red Flesh						
Primetime	Dark red skin, pink flesh					
Black Diamond®	Purple-red skin, pink red flesh					
Black Doris	Purple-black skin, red flesh					
Plumdinger	Large, purple-black skin, dark red flesh					
Omega	Red skin, bright red flesh					
Omega	Red skin, bright red flesh					
Royal Star®	Purple skin, red pink flesh					

The availability times cover the bulk of plum production and times may differ from region to region and from season to season based on the weather.

North Island
South Island

Growing regions

Hot summers and cool winters are essential for good summerfruit production.

Our crops rely heavily on the weather, which affects all aspects of summerfruit production. In particular, rain at harvest can damage the crop.

A combination of warm days and cool nights at harvest ensure the development of good flavours and enhances sweetness in summerfruit.

Summerfruit growing areas typically have cool winters, rainfall that is well below the national average and higher than average sunshine hours.



Nutritional information Food Composition Tables, 8th Edition, Crop & Food Research, 2009

Apricots	1 apricot (54 g)	100g
Energy (kj/kcal)	111/27	206/50
Protein (g)	0.4	0.8
Fat (g)	0.2	0.4
Carbohydrate (g)	5	9.3
Sodium (mg)	1	3
Potassium (mg)	131	242
Calcium (mg)	7	14
Iron (mg)	0.2	0.4
Dietary fibre (g)	0.5	0.9
Vitamin A (mg)	465	861
Beta carotene (mg)	2790	5170
Vitamin B6 (mg)	0.05	0.1
Vitamin C (mg)	4	7

Cherries	10 cherries (67 g)	100g
Energy (kj/kcal)	172/42	256/62
Protein (g)	0.6	0.9
Fat (g)	0.2	0.3
Carbohydrate (g)	9.4	14
Sodium (mg)	2	3
Potassium (mg)	141	211
Calcium (mg)	11	16
Iron (mg)	0.5	0.7
Dietary fibre (g)	0.6	0.8
Vitamin A (mg)	3	4
Beta carotene (mg)	17	26
Vitamin B6 (mg)	0.04	0.05
Vitamin C (mg)	13	20

Nectarines	1 nectarine (143 g)	100g
Energy (kj/kcal)	233/56	163/39
Protein (g)	1.6	1.1
Fat (g)	0.6	0.4
Carbohydrate (g)	11.2	7.8
Sodium (mg)	3	2
Potassium (mg)	300	210
Calcium (mg)	7	5
Iron (mg)	0.4	0.3
Dietary fibre (g)	2.1	1.5
Vitamin A (mg)	86	60
Beta carotene (mg)	518	362
Vitamin B6 (mg)	0.06	0.04
Vitamin C (mg)	6	4

Peaches	1 peach (138 g)	100g
Energy (kj/kcal)	218/52	158/38
Protein (g)	1.4	1
Fat (g)	0.8	0.5
Carbohydrate (g)	10.1	7.3
Sodium (mg)	6	4
Potassium (mg)	309	224
Calcium (mg)	9	7
Iron (mg)	0.5	0.4
Dietary fibre (g)	2.3	1.7
Vitamin A (mg)	110	80
Beta carotene (mg)	658	477
Vitamin B6 (mg)	0.1	0.08
Vitamin C (mg)	13	10

Plums	1 plum (49 g)	100g
Energy (kj/kcal)	130/31	265/64
Protein (g)	0.4	0.9
Fat (g)	0.3	0.6
Carbohydrate (g)	6.8	13.9
Sodium (mg)	2	4
Potassium (mg)	94	191
Calcium (mg)	3	7
Iron (mg)	0.2	0.4
Dietary fibre (g)	0.7	1.3
Vitamin A (mg)	34	70
Beta carotene (mg)	204	417
Vitamin B6 (mg)	0.03	0.06
Vitamin C (mg)	2	3



summerfruit

Exports

A large percentage of New Zealand apricots and cherries are grown for export. Taiwan is the largest market for New Zealand cherry exports, although there is strong growth in other Asian markets such as Thailand and South Korea. Australia continues to be our largest market for New Zealand apricots. Small volumes of nectarines, peaches or plums are exported, largely to the Pacific Islands. The majority of cherry and apricot exports are grown in Central Otago, with some pre-Christmas cherries being produced in Marlborough.

Imported summerfruit

Summerfruit is imported into New Zealand from California and the Pacific North West of the USA throughout our winter until October. Plums may also be imported from Chile late in the summer months. Summerfruit cannot be imported from any other country. Imported summerfruit should be managed in the same way as New Zealand summerfruit. The same care must be taken with storage and handling of imported summerfruit.

Seasonal information

Information on volumes of fruit sold each week throughout the season can be found on our website. Sales figures by fruit type, by week and by market can be found on the following links:

[www.summerfruitnz.co.nz/NZ Market/Market monitoring/NZ Trends](http://www.summerfruitnz.co.nz/NZ_Market/Market_monitoring/NZ_Trends)

[www.summerfruitnz.co.nz/NZ Market/Market monitoring/Export](http://www.summerfruitnz.co.nz/NZ_Market/Market_monitoring/Export)

Trends

An email newsletter reviewing sales, weather patterns and fruit availability is produced weekly throughout the season. This newsletter can also be found on our website. Alternatively, contact us to be emailed the newsletter (info@summerfruitnz.co.nz).

Trademarks and branding

Many varieties of summerfruit are now commercially trademarked or have branded names. For more information go to our website: www.summerfruitnz.co.nz

Summerfruit NZ

Summerfruit NZ represents the interests of New Zealand's apricot, cherry, nectarine, peach and plum growers, whether they grow summerfruit for the fresh New Zealand market or to be exported. Our industry has more than 280 growers who produce summerfruit on 1,860 hectares of land. Information on the industry can be found on our website or email us at info@summerfruitnz.co.nz

We would like to thank the many people who have contributed their time, photos and advice to help us produce this booklet.



For further information contact:

Summerfruit NZ

PO Box 2175

Wellington 6140

info@summerfruitnz.co.nz