



AUSTRALIAN CHESTNUTS

*You'd be nuts
not to try them!*

THE 2019 AUSTRALIAN CHESTNUT SEASON IS ABOUT TO KICK OFF AND IT'S ALL THANKS TO THE GOLD RUSH

Chestnuts are native to the Northern Hemisphere, where they have been enjoyed for hundreds of years but it wasn't until the 1850s that Chestnuts first reached Aussie Shores – and we have the gold rush to thank for that! Chestnuts were first brought to Australia by migrants seeking to find their riches during the 1850s gold rush.

In the post-World War II years, the number of Greek and Italian migrants to Australia increased, and with them so too did the number of chestnut plantings. It wasn't until the 1970s, however, that the chestnut industry and commercial production took hold. It's more than 150 years after those first chestnuts arrived in Australia and the chestnut industry has grown dramatically. Today, there are approximately 300 Australian chestnut orchards harvesting fresh chestnuts each year.

Australian chestnuts are quite different from other nuts, both nutritionally and in a culinary sense, so when the autumn days get shorter and cooler, it's time to enjoy chestnuts.

In 2018, over 1,100 tonnes of fresh chestnuts were harvested in Australia. With increased plantings and new high-yield varieties maturing this season, Chestnuts Australia President Adam Gatford believes that the 2019 chestnut season has never been a better time for Australians to make the most of Aussie chestnuts and encourages home cooks and chefs to discover chestnuts this season!

Like with most fresh produce, there are many different varieties of chestnuts, and each has its own distinctive characteristics. The four most-planted varieties are Red Spanish, Purton's Pride, De Coppi Marone and Bouche de Betizac. With Chestnut season kicking off in Mid-March to July, there has never been a better time to try Australian chestnuts!

WHERE ARE AUSTRALIAN CHESTNUTS GROWN?

75% of Australian chestnuts are produced in North East Victoria around the townships of Beechworth, Stanley, Bright, Mt Beauty, Wandiligong and Myrtleford. The remaining crops are grown east of Melbourne in Victoria, in Batlow, Orange, Tenterfield and the Southern Tablelands in New South Wales, in the Adelaide Hills in South Australia, South West Western Australia and throughout Northern Tasmania.



Five reasons to go nuts for Chestnuts this season

1. Chestnuts Are So Good For You!

There's no denying the health benefits of chestnuts. These delicious seasonal nuts are low in fat and also offer a healthy dose of vitamin C, which is something you don't get from other nuts! Chestnuts also provide folate, potassium, antioxidants, dietary fibre and are low in kilojoules with a 30 gram serve providing 217 kJ (52 Cal).

2. Chestnuts Are Gluten-Free!

Chestnuts are gluten-free making them a perfect addition to the diets of those with coeliac disease or gluten intolerance. Use pureed chestnuts to thicken sauces, in casseroles and soups! Chestnut meal is also a useful replacement in baked products. Try this **gluten-free chestnut and chocolate brownie** recipe made with ground chestnut meal!

3. Chestnuts Are A Delight For The Senses!

When it comes to aroma, taste and texture, chestnuts tick all of the boxes! When roasted and eaten straight from the shell the aroma is sweet and the texture is reminiscent of crispy roast potatoes with a soft centre. So easy and so delicious!

4. Chestnuts Are Incredibly Versatile!

This Autumn Australian chestnut growers are saying, "give chestnuts a go!" Chestnuts are extremely versatile and can be roasted, grilled, barbecued or boiled. Once cooked they can be used in a wide variety of different dishes. Served whole, halved, in pieces or pureed, the versatility of chestnuts stretches from hearty **European stews** and spicy **Asian stir-fries** to **roast stuffings** and **creamy soups**. Try adding chestnuts to ravioli fillings, burger patties or **meatballs**!

5. Chestnuts Are Delicious In Sweets Too!

Chestnuts are prized for their adaptability and flavour and work well in savoury and sweet dishes. Try a **chestnut and chocolate mousse** or a **creamy chestnut tiramisu**! A simple **chestnut cream** can be used to layer between meringues, sponges and pastry or served with poached seasonal fruits. Try a fresh take on **Power Balls** with pureed dates, cacao, nuts, seeds and cooked chestnuts!

Visit www.chestnutsaustralia.com.au for preparation, cooking tips and lots for delicious recipes.



How to enjoy chestnuts all year round

Cook, Peel and Freeze – The Hassle-Free Approach

Squirrel away extra chestnuts when they are in season. Simply purchase a kilo or two of fresh chestnuts at a time. Cook and peel the chestnuts, then store prepared chestnuts in bags in the freezer for up to 6 months, so you have healthy tasty chestnuts ready to add to your favourite chestnut meals out of season.

Other Out of Season Options

Ready-to-use cooked and peeled Australian chestnut and chestnut products are available. Please visit www.chestnutsaustralia.com.au for more information.

For further information, grower interviews, recipe and chestnut images, please contact:

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