



FAST FACTS

PROUDLY GROWER OWNED

- The Batlow Fruit Co-operative was established in 1922, and now represents 50 Australian growers who produce over one million boxes of apples for market each year.
- Our growers are industry leaders, using innovative techniques and careful management from tree to shelf, ensuring minimal environmental impact and a long-term sustainable industry.
- Our revolutionary packing process ensures that only the highest quality fruit is selected, bringing the freshest, best tasting fruit to the consumer.
- Due to the Batlow region's unique microclimate, the Co-operative is able produce Australia's finest red and pink apple varieties.
- Batlow growers are famous for producing, Bonza, Braeburn, Royal Gala, Pink Lady, Fuji, Red Delicious, Sundowner and Jonathon apple varieties.

THE BATLOW REGION

- The town of Batlow is set in the foothills of Australia's Snowy Mountains, 450km south-west of Sydney.
- Batlow's history began with gold-seeks who came to Reedy Creek in 1894, resulting in the establishment of the Batlow township.
- It was quickly discovered that the district's cool nights, fresh mountain air and rich soil provided the ultimate growing environment for apples.

GOODNESS IN EVERY BITE

- Apples contain boron that hardens bones, helping to prevent osteoporosis in men and women.
- Apples hold cancer fighting antioxidants that can help prevent prostate and breast cancer.
- One apple has more fibre than most cereals.
- Apples contain a high level of flavonoids that are known to reduce the risk of heart disease and stroke.
- Apples are fat free!