



## A FACE FULL OF FLAVOUR THIS SUMMER WITH CALYPSO®

### Media Release

**October 2020**

### **GET CHEEKY THIS SUMMER SEASON WITH CALYPSO® MANGO**

Mango lovers rejoice! Calypso® mangoes, the variety with more mango and less seed, are back in season from late October this year.

The perfect Spring / Summer fruit, Calypso® mangoes are grown in the Australian tropics. Calypso® mangoes have irresistibly sweet flesh that's firm and free from stringy fibres that get stuck in your teeth.

The Calypso® mango season runs throughout the Australian summer, from late October until February. This week, picking started in Northern Territory orchards with harvesting expected to begin next week in Kununurra, WA, and in January in Far North Queensland.

Northern Territory Calypso® mango grower Nino Niceforo said it has been a positive start to the season with well-set fruit flowers.

“Every season brings a new and different challenge. The most rewarding part of my job as a farmer is overcoming the challenges to grow the best possible Calypso mango fruit – sweet, juicy, and the taste of summer,” said Mr Niceforo.

Perfection Fresh CEO Michael Simonetta said the quality of this year's harvest was exceptional.

“The ideal growing conditions through winter and early spring have helped to ensure the Calypso® mangoes have a beautiful red blush, are a really good size and most importantly a deliciously sweet flavour,” said Mr Simonetta.

### **What makes Calypso® mangoes unique?**

Unlike other mangoes, Calypso® mangoes have a distinct pink blush skin that makes them easy to spot, but it can also make it tricky to tell when they are ripe.

When choosing a Calypso®, it's important to look past the blush. There's an easy test to identify when your Calypso® is ready to enjoy. Your Calypso® Mango is perfect when the pointy end responds just a little to gentle pressure from your thumb... be careful not to press too hard! If there is no 'give', leave your Calypso® mangoes in a fruit bowl to ripen.

If it's too soft, the mango is too ripe (but would be perfect to puree). If it's firm, you'll need to store for a day or two before it's perfect.

Calypso® mangoes naturally last longer than other mango varieties and don't have the stringy bits that get stuck in your teeth, which make them incredibly versatile. They're perfect for slicing into salads, grilling on the barbeque, or scooping out and eating fresh. If you have any leftover Calypso® mango flesh, pop it in the freezer and it'll be ready to blend up in your favourite smoothie.

Light brown freckles on a Calypso® mango's skin indicate it may be a particularly sweet mango on the inside. The freckles are the skin's reaction to the natural sugars, and contrary to popular belief, is not a sign the fruit is past its prime.

Calypso® mangoes will be available nationally at all major supermarkets, independent retailers, and greengrocers from late October. Find them in the Calypso® blue boxes with a Calypso® blue sticker. Always keep your Calypso® mangoes at room temperature, in a fruit bowl away from direct sunlight and heat.

### CHEEKY SUMMER RECIPES



**CALYPSO® MANGO PANNA  
COTTA TART**



**BARBECUE CHILLI LIME  
CALYPSO® MANGO**



**CALYPSO® MANGO NO BAKE  
CHEESECAKE LOG**

January 2021

## THE PERFECT INGREDIENT FOR HEALTHY EATING IN 2021

Nothing screams summer like a Calypso® mango. It is the ultimate summer fruit which doubles as the ultimate healthy snack! Make the most of the extended Calypso® season and break in the New Year with a healthy Calypso® filled diet. A Calypso® mango is the solution to your new year weight loss goals – healthy, nutritious and they taste good too!

Calypso® mangoes are beautiful and delicious but as a bonus – they are nutrient packed too.




Here's a list of reasons to eat lots of Calypso® mangoes this summer:

- ✓ Rich in Vitamin C, it's perfect for vegetarians as it helps your body absorb iron in vegetables. Vitamin C also contributes to cell protection from free radical damage.
  - Every mango\* has more than 150% of the Vitamin C daily intake
- ✓ Contains Vitamin E, a natural antioxidant which contributes to cell protection from free radical damage.
- ✓ Source of folate which helps cells divide, and contributes to normal blood formation
- ✓ Less than 60 calories in half of a mango (147g) - it's fat, sodium, and cholesterol free.
- ✓ Perfect for freezing and added to smoothies or making yoghurt or 'nice-cream'

Calypso® mangoes are the perfect healthy eating and weight loss ingredient for January. Their firm flesh makes them perfect for slicing and adding to salads, smoothies or resting on top of yoghurt. It also makes the perfect sweet snack!

Have no regrets this New Year and have a face full of Calypso®!

### HEALTHY SUMMER RECIPES

		
<a href="#"><b>DAIRY FREE CALYPSO® MANGO BREAKFAST BOWL</b></a>	<a href="#"><b>CALYPSO® MANGO SMOOTHIE PANCAKES</b></a>	<a href="#"><b>BARBECUE CHILLI LIME CALYPSO® MANGO WITH PRAWNS</b></a>

\*Based on min 340g fruit size & NUTTAB 2019 & Aus Gov NRVs

-ends-

Facebook – [www.facebook.com/ Perfection.Fresh.Australia](https://www.facebook.com/Perfection.Fresh.Australia)

Instagram – [instagram.com/perfectionfreshaus/](https://www.instagram.com/perfectionfreshaus/)

Website – <https://calypsomango.com.au/>; <https://www.perfection.com.au/product/mango-calypso-mango/>

## **ABOUT CALYPSO® MANGOES**

The perfect Summertime snack – get a face full of flavour with the one and only Calypso mangoes. That’s what our Calypso® mangoes are all about. The golden daughter of a Kensington Pride and Sensation mango, the Calypso® takes the best of both varieties. Pure, juicy sweetness with a soft flesh free of the stringy bits that get stuck in your teeth. More flesh, less seed! Used in sweet and savoury dishes, from salads, chutneys and sauces to desserts and snacks.

## **ABOUT PERFECTION FRESH**

The Perfection Fresh Group is an Australian-based business that grows, packs and markets fresh produce both domestically and internationally. One of Australia’s largest family businesses, Perfection Fresh has a history of 40-plus years and is listed on the Australian Financial Review’s top 100 private companies in Australia. The business is renowned for leading innovation in horticulture, having introduced some of Australia’s best loved produce brands such as Calypso® mangoes, Broccolini®, Qukes® baby snacking cucumbers, Vine Sweet Minicaps® baby capsicums, Kumato® tomato and Berry Perfection® raspberries and blueberries. Explore the world of taste: <https://www.perfection.com.au/>