

Food For Thought

1st February, 2012

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BEANS, CORN, EGGPLANT, ZUCCHINI



ARTICHOKES – No *Globe* Artichokes are available. *Jerusalem* Artichoke continues.

ASPARAGUS – Good supplies of imported Asparagus are available this week. Mexican supplies are the best quality. Prices are down a little. *White* Asparagus is available now.

BEANS – Tremendous value on Beans out of Victoria & they are recommended buying. *Butter* Beans are inconsistent. *Baby, Snake, Borlotti & Continental* Beans are available.

BROCCOLI – Supply remains limited. *Broccolini* is available & quality is good.

BEETROOT – Small amount of *Baby Golden & Target* Beetroot is available; large quantities may be a problem. *Baby* Beetroot is excellent quality.

CORN – By far the best valued vegetable this week with sweet cobs available. Highly recommended! If preferred, corn can be cleaned & cut in 'ready to serve' pieces.

CELERIAC – Supply remains limited during the warmer weather.

CAPUSICUMS – *Red & Green* Capsicums are well supplied; *Yellow* is limited & prices are up. *Bella Rosso & Mini Sweet Vine* Capsicums sold in punnets are available.

CUCUMBERS – *Green, Lebanese & Telegraph* Cucumbers are all well supplied. *Baby Cukes* are inconsistent.

EGGPLANT – Local & Victorian supplies are excellent & great value this week. *Baby* Eggplant is well supplied.

POTATOES – Gourmet Potatoes currently available are *Kipfler, Dutch Cream, Nicola, Eureka Gold & Royal Blue*. *Purple Jester* is available as an alternative to *Purple Congo* until new season supply starts.

RADISH – Excellent *Micro* Radish is available & sold in 50 piece packs.

SALSIFY – Supply continues.

SQUASH – Both *Small & Med/Large* are limited this week.

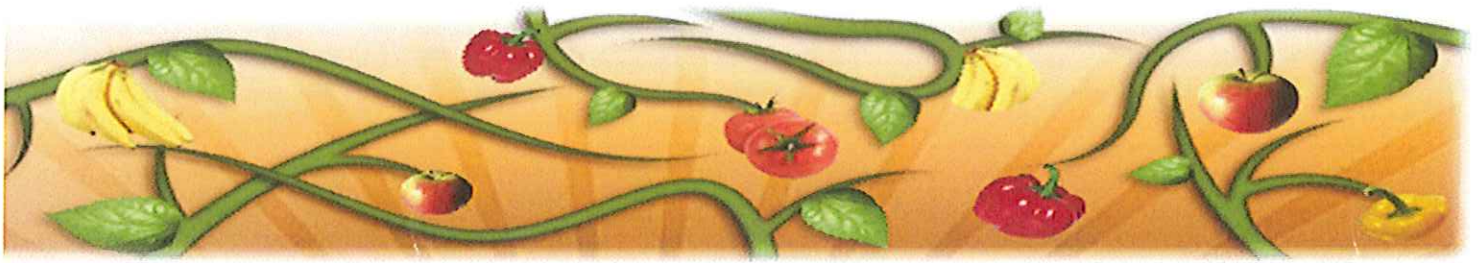
TOMATOES – Good supplies of *Regular & Roma* Tomatoes continue mainly out of Victoria. Fruit is good quality & prices are reasonable. No *Heirloom's* are available however we have excellent *Tomato Medley* available in punnets of 450gm. *Gold Teardrops* are scarce but *Orange/Yellow Grape* are available as an alternative. *Vine ripe, Truss, Cherry Truss, Cherry & Kumato* are all available. *Green* Tomatoes are available but, we require 24 to 48 hours notice to secure supply.

TURNIPS – *Baby* Turnips & *Micro* Turnips in packs of 50 are available. *Regular* Turnips are available but limited.

ZUCCHINI – Super buying this week on local & Victorian Zucchini's. *Yellow* is available but, limited supplies are at the market. *Zucchini Flowers* continue; Regular, Male & Punnets.



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RECOMMENDED FRUIT BUYS THIS WEEKS

William Pears, Rockmelons, Plums, Watermelon



BANANAS – Reasonable supply of QLD fruit; quality is good.

BERRIES

- **Strawberries** – Heat & rain in the growing districts of Victoria & S.A. has resulted in the quality of all Strawberries being poor. There are no *VIP* Strawberries available & shelf life is limited. Please keep supplies to a minimum.
- **Blueberries** – Best of the Berry line is Tasmanian Blueberries; quality is good.
- **Raspberry & Blackberry** – Available but quality is only average.

CITRUS

- **Lemons** – New season QLD Lemons have commenced however, heavy rains in the growing districts have affected supply this week.
- **Limes** – Abundant supplies & great value.
- **Oranges** – Australian *Valencia* Oranges are eating well although fruit is starting to show green on the skin. *Valencia's* are the only orange grown at the peak of the summer & this greening is a protection from the hot climate. Some say the green is an indication that the fruit has been on the tree & fully matured making it sweeter & juicier. For an orange looking fruit then you will have to go into the *USA Navels*.
- **Mandarins** – USA fruit only; quality is reasonable.
- **Blood Oranges** – USA fruit continues.



GRAPES – All *Red, Black & White* Grapes are *Seedless*; quality is good. *Muscatel* Grapes (with seeds) are available.



FIGS – Excellent local figs available now, mainly *Black. Green* Figs are limited.

KIWIFRUIT – All fruit is Italian now. No *Yellow* Kiwifruit is available.

MANGO – QLD fruit continues; good eating.

MANGOSTIEN – Local fruit is now finished & the new season is expected to start late March.

MELONS

- **Seeded Watermelon** – Great for the summer weather & excellent value this week.
- **Rockmelon** – Abundant supplies of fruit out of Griffith & great buying again this week.

PEARS – New season '*William*' Pears are available; quality is good & recommended buying this week. *Corella, Nashi & Ya* are the only other pear available.

STONEFRUIT

- **Cherries** – Tasmanian fruit is available.
- **Mango** – QLD fruit continues; *Green* Mangoes for cooking are available.
- **Apricots** – N.Z. fruit; supply is limited.
- **Nectarines & Peaches** – Quality & supply of *Yellow & White* Peaches is good.
- **Plums** – The best of the stone fruit line with *Yellow, Blood & Sugar* Plums being available.



EXOTICS

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