

Food For Thought

11th January, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

Beans, Eggplant, Snow Peas, Zucchini



ASPARAGUS – A reasonable supply of good quality Asparagus, mainly out of Peru, is available. *White* Asparagus is available, however *Purple* is unavailable.

BEANS – Good supplies of Victorian Beans. They represent great value this week with good quality product available. Local *Continental* Beans are good. *Baby, Butter, French & Borlotti* Beans are all inconsistent due to adverse conditions in QLD. Local *Snake* Beans in bunches are now available & quality is good.

BROCCOLI – High prices due to a limited supply coming out of Victoria. Consistent supplies of *Broccolini* & quality is good.

BRUSSEL SPROUTS – New season Sprouts out of Victoria have now started. They are a limited supply however quality is good.

CAPSICUM – All lines are reasonably well supplied now.

CHILLIES – All lines are limited & expensive.

CORN – Local supply of sweet cobs of corn is good.



CAULIFLOWER – Victorian & local supply is very limited & prices are up.

EGGPLANT – Excellent supply, quality & value this week of local & Victorian Eggplant. *Baby* Eggplant is of excellent quality.

HERBS – *Sage* remains limited this week.

LEAF LINES – *Snow Pea Leaf* remains very scarce this week – alternative to this would be *Punnets* of Snow Pea Leaf or *Mega Trays* of Snow Pea Leaf. *Marche Leaf* continues to be unavailable.

LEEKS – There is currently a good supply of Leeks.

LEMONGRASS – Crops are under water making product very limited & expensive.

POTATO – All crops of *Kipfler* Potatoes are coming out of wet regions in QLD making the supply limited. *Chats* remain expensive & limited. New season *Spunta & Burnadette* Potatoes have now started. *Burnadette* Potatoes are a new variety out of Western Australia & said to be equal, if not better than *Royal Blue* – an excellent all rounder.



PUMPKIN – *Regular, Butternut & Jap* Pumpkin's all coming out of QLD are affected by excess rain in growing regions – all lines are expensive.

SQUASH – Supply remains limited & expensive.

SILVERBEET & SPRING ONIONS – Local supplies are limited as rain damaged established crops & delayed the planting of new crops.

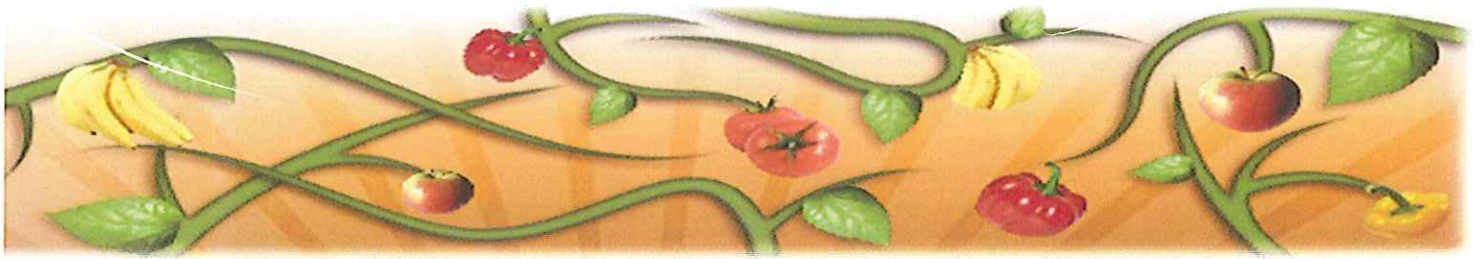
SNOW PEAS – Excellent Victorian Snow Peas represent super value this week.

TOMATOES – *Regular & Roma* Tomato supply is only moderate as QLD fruit is affected by rain & Victorian fruit is slow to start. *Cherry* Tomatoes are well supplied & quality is good. Moderate supplies of *Heirloom, Heirloom Baby, Kumato, Cherry Truss, Vineripe & Truss* Tomatoes are available at the market.



ZUCCHINI – Best value of the vegetable line this week –with excellent local & Victorian supplies. No *Yellow* or *Grey* Zucchini's though. *Zucchini flowers*, available in male & female (punnets) are reasonably well supplied.

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RECOMMENDED FRUIT BUYS THIS WEEKS

Blueberries, Bananas, Peaches, Rockmelons



APRICOTS – Fruit continues to be good quality.

APPLES – All **Red** fruit remains quite expensive & **Green** Apples are much better value. New season fruit is still another couple of weeks away.

BANANAS – Fruit out of Nth QLD has so far missed the extreme rain & this week represents great value this week.

- **Red Currants** – Season is over for another year.
- **Blueberries** – Great value & quality continue.
- **Raspberry & Boysenberry** – Reasonable quality fruit is available.
- **Strawberries** – Great taste & reasonable supply coming out of Victoria.



CHERRIES – Tasmanian fruit is good quality & now available.

DRAGON FRUIT – **Red & White** Dragon Fruit are available & quality is good.

FIGS – Excellent local fruit has now started & should continue until Easter. Fruit is mainly **Black**.

GRAPES – Supply is mainly **White & Red Seedless** with a steadily improving supply coming out of Victoria.

KIWIFRUIT – Good quality fruit is imported from Italy.

MANGO – Very limited fruit is coming out of wet regions in QLD & quality is poor.



MELONS

- **Rockmelon** – Good supply of South Australian & Griffith fruit; excellent flavour & great value this week.
- **Watermelon** – Mediocre quality with fruit coming out of rain drenched QLD.

NAVEL ORANGES – USA fruit recommended for VIP fruit.

PAPAYA & PAW PAW – Quality is reasonably good this week.

PASSIONFRUIT – A very good supply with good quality fruit being available.

PEACHES – Excellent supply of super eating fruit & the best value Stone fruit this week.

RAMBUTAN – Limited fruit is available.

NECTARINE – Reasonable supplies & quality of **Yellow & White** fruit.

PLUMS – **Regular & Blood** Plums are available. Quality is good.

PINEAPPLES – Reasonable supply this week of **Regular & Topless** Pineapples.

STARFRUIT – Inconsistent & average quality fruit only.

TAMARILLO – Western Australian fruit is finished & with inconsistent local fruit available, it is probably best to take off the menu.



EXOTIC FRUIT

Please note that Exotic Fruits may not be available every day

Longans, Lychees, Figs, Pomegranate (USA), Rambutan, Star fruit



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