

Food For Thought

12th January, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEK

Beans, Cauliflower, Green Capsicums, Zucchini



ARTICHOKES – *Jerusalem* artichoke season is now over.

ASPARAGUS – The best quality Asparagus is imported from Peru. Very limited Victorian Asparagus is available & quality is average.

White Asparagus is imported from Peru. *Purple* Asparagus out of Mildura is very limited.

BEANS – New season Victorian *Green* Beans are available & are of great quality. They are the best value vegetable for the week.

Gourmet lines – *Baby, Butter, Borlotti, French Flat, Flat Italian & Snake* beans are available. No *Broad* Beans are available.

BEETROOT – *Baby Golden* beetroot is well supplied now. *Regular* beetroot & *Baby* beetroot is of excellent quality.

BROCCOLI & BROCCOLINI – Supplies of both lines are expected to be limited over the coming weeks due to the heat wave conditions affecting the major growing areas in Victoria.

CAPSICUMS – *Green* capsicums from both local areas & Queensland are of excellent quality. We recommend buying them this week. *Red & Yellow* capsicums are both limited & prices are up.

CARROTS – *Golf Ball* Carrots & *Purple Dutch* Carrots are currently available. These are sold in bunches like regular *Dutch* carrots. Continuity of supply will depend on demand for the product.

CAULIFLOWER – Another valued vegetable this week; recommended buying.

CUCUMBERS – *Regular* cucumbers are the best value this week. *Lebanese & Telegraph* cucumbers are limited & quality has been affected by the heat in South Australia. This situation is expected to get worse.

GINGER – Rain has affected the supply of Ginger out of the major growing areas. Prices are at a record high & supply is very limited.

LEEKs – Limited supplies continue.

MUSHROOMS – Weather conditions have resulted in a few *Pine* Mushrooms growing. The availability of this line will depend on the weather conditions, however we hope to be able to run with these for the next four or five weeks. It is best to place orders in advance to ensure orders can be filled. A few *Chestnut* mushrooms have been available, however supply is inconsistent.

POTATOES – The heat in South Australia has affected just about every line of potatoes; this is the major growing area for potatoes. Prices are up on most lines, with the larger lines being the worst affected.

SQUASH – Nice supplies of *Regular & Large Yellow* squash. Quality is good.

TOMATOES – New season Victorian supplies are limited; quality is average. This applies to *Regular & Roma* Tomatoes.

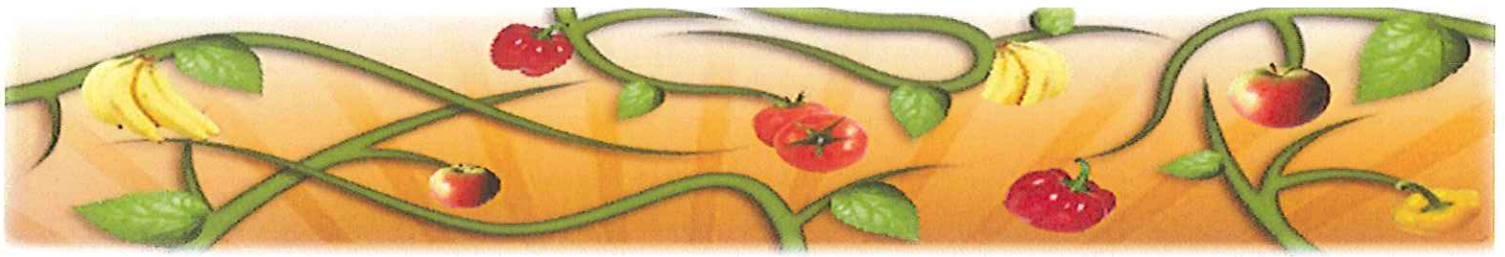
Cherry Tomatoes, Cherry Truss, Truss Tomatoes, Teardrops have all been limited with *Gold Grape* the only alternative.

Heirloom, Ox Heart, Kumato, Johnny Lovebite & Tomato Medley are available in reasonable quantities only.

ZUCCHINIS – Excellent supplies of local & Victorian Zucchini's are available. They are of great quality & super value. *Gold* Zucchini's are a little inconsistent. *Grey* Zucchini's are available. Local & Victorian Zucchini's continues to be excellent quality & value; all sizes available. *Zucchini flowers*, both male & female, are available.



Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEK Mangoes, Peaches, Pineapples, Honeydews



APRICOTS – Good Tasmanian fruit is available now.

AVOCADO – Very limited supplies out of Western Australia & South Australia. New Season fruit out of Queensland is still a few weeks away. Prices are at record highs.

BANANAS – Nice supplies of bananas are coming out of Coffs Harbour & Queensland; quality is good. *Banana leaves* are now consistent.

BERRIES – Extreme heat in Victoria has impacted on the quality of *Strawberries*. Shelf life of strawberries is limited.

Blueberries out of Coffs Harbour & Tasmania are good. *Raspberries* & *Blackberries* are available.

CHERRIES – The Local Cherry season is just about over now. Tasmanian fruit is now the best quality, however prices are higher. *White Cherries* are available.

FIGS – *Black Figs* are coming out of Queensland & Local areas. Quality is good. Limited *Green Figs* are available.

GRAPES – Very nice *Flame Seedless* grapes are available. *Muscatel* Grapes have now started; sold in case lots only. Very limited *Black Seedless* Grapes are available. *White Grapes* are *Menindee Seedless*; quality is average. *Currant* grapes out of Mildura have started & are available for a limited time only; sold in 5kg case lots only.

HONEYDEWS – Excellent South Australian fruit is at the market. It is very well priced & makes for great eating. We recommend buying this fruit.

LEMONS – Limited supplies of Australian fruit is available. Prices are high. *VIP Californian* lemons are available at a premium price. North Queensland *Limes* are of excellent quality & possibly a good alternative for lemons.

LYCHEES – Fruit is from North Queensland. Quality & value are excellent.

MANGO – Excellent quality & value this week for *Kensington Pride* mangoes out of North Queensland.

NECTARINES – Sweet eating Nectarines are available in trays or volume pack. *VIP Large* Nectarines sold by the tray are also available. *White* Nectarines are also available, but ordering in advance is preferred to ensure fruit is ripe.

ORANGES – *Valencia* fruit is now starting to show signs of green on the flesh due to the heat. Fruit still eats well & is very juicy. For presentation fruit, you will have to buy *Californian Navels*. *USA Navels* have now started if you require a presentation fruit: quality is excellent.

PEACHES – *Yellow* flesh peaches are eating well & great value this week; available in trays or volume pack. *White* Peaches by the tray are also available.

PINEAPPLES – Regular pineapples out of the Yeppoon area are well supplied & eating exceptionally sweet. Great buying this week.

POMMEGRANITE – USA fruit only.

PLUMS – *Yellow* flesh fruit is our stock line. *Blood* Plums have started now & prior order is recommended to ensure fruit is ripe as

this is not a stock line.

RAMBUTAN – North Queensland fruit is now available.

ROCKMELONS – Excellent supplies of great eating fruit.

STARFRUIT – Consistent supplies now.

WATERMELON – *Regular* & *Seedless* – both varieties are great eating now that the weather is warm.

EXOTIC FRUIT

Please note that Exotic Fruits may not be available daily.

Mangosteen, U.S.A Pomegranate, Rambutan, Starfruit (inconsistent), Lychees, Figs, Dry Muscatel



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