

Food For Thought

18th January, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

EGGPLANT, LEEKS, SNOW PEAS, ZUCCHINI



ASPARAGUS – Reasonable supplies of imported product out of Peru. There is a little Asparagus coming out of Mildura, however this is on the thin side. **White** Asparagus is available.

BEANS – Quality of Beans has been affected by the humidity & rain in Victoria resulting in average quality produce. **Broad** Beans are no longer available. **Butter** Beans are inconsistent. **Flat Italian** Beans are scarce. **Borlotti** Beans are available but inconsistent. Local **Snake** Beans in bunches are probably the best quality of the bean line.



BROCCOLI – Limited supplies continue mainly out of Victoria & quality is fair to average. **Broccolini** is reasonable quality & fairly well supplied.

CAPSICUM – **Red, Green & Yellow** Capsicums are all limited.

CHILLIES – **Long Red Chillies/Birdseye** are extremely limited & expensive. The best alternative is **Green** Chillies which are much more reasonably priced.

CUCUMBER – The best value is **Regular Green** Cucumbers with **Lebanese & Telegraph** being expensive this week.

CAULIFLOWER – Limited & quality is only fair.

EGGPLANT – One of the best buys this week. Supply is from local areas & quality is excellent.

GINGER – Currently commanding record prices – supply is only out of QLD & crops have been affected by heavy rains up north.



LEEKs – Nice supplies of Victorian Leeks & one of the better value vegetables this week. Good supplies of **Pencil** Leeks are available.

LETTUCE & COS – Moderate supplies only & prices are up significantly.

LEMONGRASS – Supply problems continue out of QLD & prices remain high.

POTATO – New season **Burnadette, Spunta & Nicola** are available. **Kipfler** Potatoes continue to be limited.

PUMPKIN – There is virtually no **Butternut** or **Grey** Pumpkin to speak of with no supply available out of QLD & Griffith. Crops are slow to start & the best value pumpkin is **Jap**.

SQUASH – Expensive & limited. It is probably best not to consider.

SNOW PEAS – Nice supplies of Victorian Snow Peas; quality & value are excellent. **Regular** Peas are limited. **Snap Peas** are reasonably well supplied.

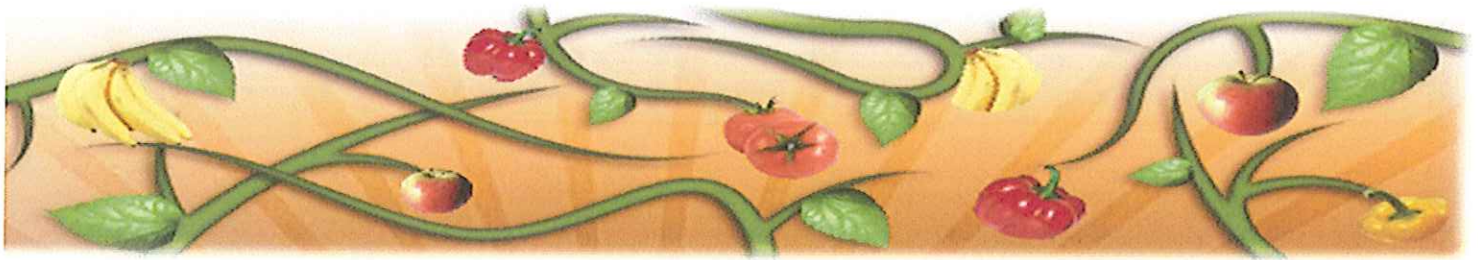


TOMATOES – **Regular & Roma** new season crops in Victoria have been adversely affected by too much rain resulting in poor quality stock & a low supply. Locally grown **Cherry** Tomatoes are by far the best quality of the Tomato line. January is the planting month for most of the **Heirloom** Tomato varieties & you should expect sporadic supplies of Tomatoes for the next six weeks. There are some **Heirloom Ox Hearts** available in trays. We also have a line of **Kumato** tomatoes in volume boxes which are a nice small/medium size. Some **Tomato Medley's** are available. **Tear drops/Yellow Cherry** Tomatoes are not available & there are some **Gold/Orange Grape** Tomatoes which are the best alternative.



ZUCCHINI – Local & Victorian Zucchini's continue to be one of the best buys this week. Quality is excellent on all lines (large, medium & small). No **Yellow** Zucchini's are available. **Zucchini flowers**, available in male & female (punnets) are reasonably well supplied.

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RECOMMENDED FRUIT BUYS THIS WEEKS **BLUEBERRIES, PASSIONFRUIT, ROCKMELON**



APRICOTS – Good supply & quality fruit continues.

APPLES – All *Red* Apples continue to be very limited & are commanding record prices. *Green* Apples remain the best value.

BANANAS – Good supplies of Bananas continue with reasonable quality product available.

BERRIES

- **Blueberries** – By far the best quality of all the Berries currently available & recommended buying this week.
- **Raspberry & Boysenberry** – Moderate quality only.
- **Strawberries** – Rain & high humidity in the Victorian growing areas have severely affected the quality of this line. There is next to no Medium fruit of acceptable quality available.

CHERRIES – Tasmanian fruit continues, however quality has been compromised due to heavy rain the growing areas.

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

FIGS – Excellent local fruit is available, mainly *Black* & quality is good.

GRAPES – Stock Grapes are *Red & White Seedless* with *Black Seedless* Grapes are extremely limited.

LYCHEES – Reasonable quality fruit is available.

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

MELONS

- **Rockmelon** – Good quality fruit out of S.A. & Griffith is recommended buying again this week.
- **Honeydew** – Fruit is limited.
- **Watermelon** – Moderate supplies only.

ORANGES – Our stock line is *Valencia* however they are now starting to show green on the flesh which is normal for this time of the year. Please note that flavour is not compromised. If you need a good presentation orange, then the only alternative is a *USA Navel* which has excellent colour.

PAPAYA & PAW PAW – Very little fruit is coming out of QLD.

PASSIONFRUIT – Excellent supplies coming out of Tweed. This is the best value fruit this week.

PEACHES & NECTARINES – Moderate supplies of Peaches & Nectarines with *Yellow & White* flesh being available.

PEARS – The first of the new season *Clapp* Pears out of Victoria have started. Local & Victorian *Baby Paradise* Pears have started & should continue for a couple of months.

PLUMS – *Regular* Plums (dark skin/yellow flesh) are well supplied & good value this week. *Blood* plums are limited.

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

STARFRUIT – There is a limited supply good quality fruit is available.

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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