

Food For Thought

20th January, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEK

Beans, Cauliflower, Celery, Snow Peas



ASPARAGUS – The best quality regular Asparagus is imported from Peru. White Asparagus, which is imported, is also of excellent quality.
BEANS – Excellent quality & value continues on **Green** Beans out of Victoria. Local **Snake** Beans are good quality. **Borlotti, Baby, French Flat & Flat Italian** 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 – Quality is fair due to the heat in Victoria. Supply is good. **Broccolini** is available, however quality is average.
CAPSICUMS – **Green** capsicums are well supplied from local areas and QLD. They are excellent value. **Red & Yellow** capsicums are extremely short in supply & prices are quite high. S.A. supplies have been damaged by heat, so stock levels are dramatically down.
CARROTS – **Golf Ball** Carrots are available & quality is quite good. **Purple Dutch** carrots are available; however the size of the carrots is quite large so if you are looking for a size similar to **Regular Dutch**, you will be disappointed.
CAULIFLOWER – Good supplies predominantly out of the Bathurst region. Both quality & price are excellent.
CELERY – Supply is excellent, quality is good & value is great this week.

GINGER – Supply has improved, however prices are still up.
LEEKS – Prices have eased now that supply has improved. **Pencil** leeks are excellent quality.
MUSHROOMS – **Shemiji** mushrooms have been unavailable this week. **Pine** mushrooms are good of quality. **Chestnut** mushrooms are available in limited quantities only.



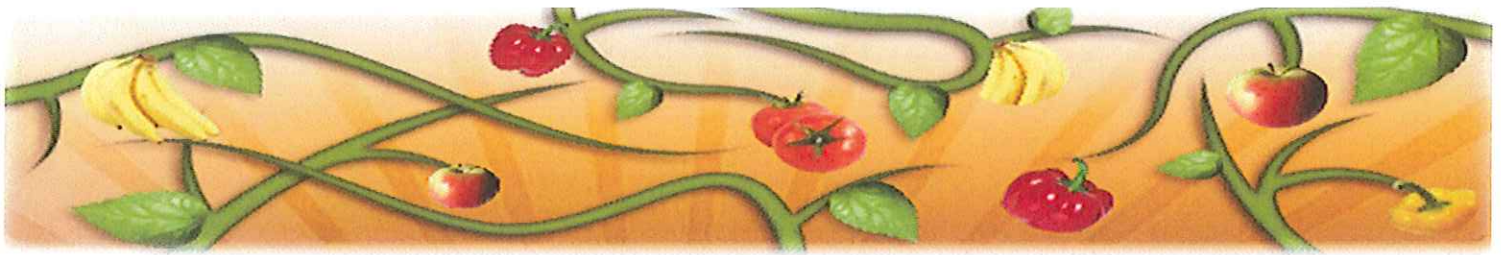
POTATOES – **Sweet Potato** – Drier conditions in the Bundaberg area have improved supply & prices have come back down. The extreme heatwave in S.A. has impacted heavily on the supply of all lines of potatoes – **Regular, Large & now Cocktails** are all suffering. Supply & quality is an issue on all lines.
SNOW PEAS – Excellent supply of Snow Peas out of Victoria; quality & price are excellent.
SQUASH – Nice supplies of **Regular & Large Yellow** squash this week. Quality is good.

TOMATOES – Improved supply of new season Victorian tomatoes. Prices are reasonable & quality is average. Supplies of **Roma** Tomatoes are limited & prices have increased slightly. **Cherry Tomatoes, Cherry Truss, and Truss** Tomatoes are all very well supplied. Also available are **Vine ripe, Heirloom, Ox Heart, Kumato, Johnny Lovebite & Tomato Medley**. **Teardrop** tomatoes are extremely limited & the only alternative is **Gold Grape** tomatoes.



ZUCCHINIS – Good supplies continue from Victoria & local areas. Quality is excellent & all sizes are available. **Grey** Zucchini's are available. **Zucchini flowers**, both male & female, are available.

Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEK Figs, Limes, Lychees, Rockmelons, Papaya



APRICOTS – Fruit from Tasmania is still available.

AVOCADO – Limited supplies continue & prices are still quite high.

BANANAS – Supplies have dropped off which has caused a slight price increase. Quality is reasonably good.

BERRIES – Inconsistent growing conditions in Victoria continues to impact on the quality of *Strawberries*. Quality is a major issue & shelf life is limited. *VIP* Strawberries are hard to source at the moment. *Raspberries* & *Blueberries* are good quality.

CHERRIES – Tasmanian Cherry season has now started; quality is reasonably

FIGS – *Black* Figs are very well supplied – fruit is from local areas & now is a good time to include on the menu. Quality, price & flavour are excellent.

GRAPES – New Season local *Black Muscatel* grapes have started. Fruit is full of flavour. *Currant* grapes continue for a short time.

HONEYDEWS – Excellent supplies & quality continues.

LEMONS – Fruit continues to be limited. **Limes** – an abundant supply of Queensland limes are on the market. Quality & price are outstanding.

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

LONGANS – Fruit is now available.

MANGO – *Kensington Pride* mangoes continue out of North Queensland.

MANGOSTEIN – Fruit is very limited.

NECTARINES & PEACHES – Excellent supplies continue & flavour is excellent on both lines at this time of the year.

ORANGES – Californian *Navels* are the best looking orange variety at this time of the year. *Valencia* fruit is eating well & very juicy however, all fruit is showing signs of green.

PAPAYA – North Queensland fruit is available. Flavour is superb & quality is excellent.

PINEAPPLES – Both *Regular* & *Bethonga* fruit is particularly sweet at the moment. Now is a good time to include on the menu.

POMMEGRANITE – USA fruit only.

PLUMS – Supply & quality is excellent. *Blood* Plums are now available.

RAMBUTAN – North Queensland fruit is now available.

ROCKMELONS – Excellent supply now out of the Griffith area; tremendous flavour & value this week.

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.

Longans, U.S.A Pomegranate, Rambutan, Starfruit, Lychees, Figs, Dry Muscatel



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