

# Food For Thought

25<sup>th</sup> January, 2011



## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### CELERY, CORN, EGGPLANT, SNOW PEAS



**ASPARAGUS** – Mostly imported stock, mainly from Peru & China. *White* asparagus is available.

**BEANS** – Moderate supplies of Beans mainly out of Victoria with fair quality product. *Flat Italian* Beans are fairly consistent however, all other gourmet lines including *Butter, Baby, French Flat & Borlotti* Beans are inconsistent. Local *Snake* Beans continue to be the best quality of the Bean line.



**BROCCOLI** – Very limited Broccoli is coming out of Victoria & prices remain high. *Broccolini* continues.

**CAPSICUM** – All capsicums, *Red, Green & Yellow* are limited. In particular, *Green* Capsicums have been affected the most. *Chillies* continue to be expensive; however the *Green* variety is good value.

**CUCUMBER** – Best value this week is *Regular Green & Telegraph* Cucumbers. *Lebanese* continue to be limited & expensive.

**CAULIFLOWER** – Continues to be limited & expensive.

**CELERY** – Good supplies are coming out of Victoria; great buying this week.

**CORN** – One of the hardier vegetables; great supplies of local & Victorian corn & super value in the current situation.

**EGGPLANT** – Local & Victorian supply; by far the best valued vegetable this week. *Baby* Eggplant is available. *Thai* Eggplant is inconsistent.

**LETTUCE & COS** – Extremely limited supplies & prices are quite high this week.

**LEAF LINES** – Weather conditions in Victoria have played havoc with delicate leaf lines. *English Spinach* is currently suffering with a limited supply & quality is average only. *Tatsoi, Cress Mix & Finesse* are very limited. *Marche* is still not back with all crops being destroyed.

**MUSHROOMS** – Little to no *Oyster & Shimeji* Mushrooms are available due to humid conditions. *Swiss Brown, Shitake, Enoki, Portobello & King Brown* are well supplied. *Flat* Mushrooms are seeing an extreme shortage of *Regular Flat's* this week however, *Larger Flats* are no problem.

**SNOW PEAS** – Victorian & local supplies. Quality is good & great value again this week.

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

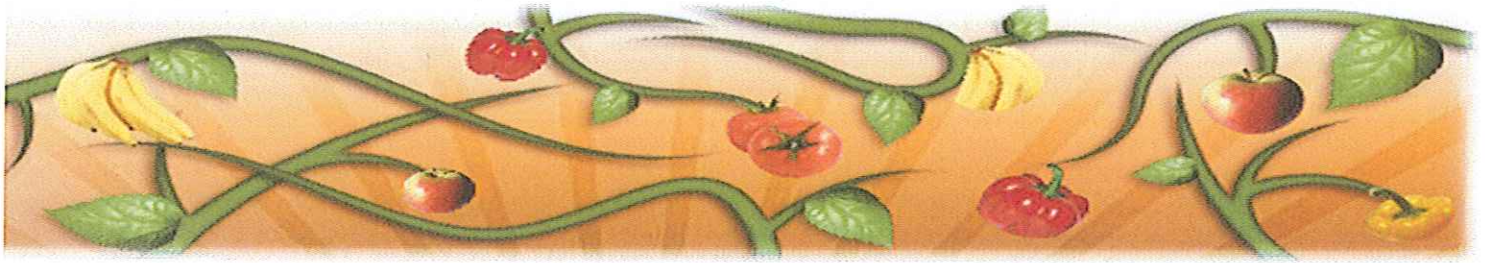
**TOMATOES** – *Regular & Roma* Tomato quality continues to be mediocre at best – supply still mainly out of Victoria. *Cherry* Tomatoes continue to be excellent quality. All *Heirloom* Tomatoes are limited; no consistent supply is expected till March when new fruit will commence. There have been a few *Kumato, Tomato Medley & Ox Hearts* available, but no *Mixed Heirlooms* or *Heirloom Punnets* to speak of. *Yellow Cherry* Tomatoes are not expected for a week or two. There are little to no *Teardrops* available & the only alternative is *Golden Grape* Tomatoes. *Grape* Tomatoes are reasonably well supplied.



**ZUCCHINI** – *Yellow Zucchini's* are inconsistent. Supplies of *Green Zucchini's* are moderate only. *Zucchini Flowers* continue to be of excellent quality.



*your connection to freshness*



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## RECOMMENDED FRUIT BUYS THIS WEEKS

### BANANAS, PASSIONFRUIT, ROCKMELON, WATERMELON



**APRICOTS** – Supplies are now limited as Victorian supplies are finishing.

**APPLES** – Local *Red* Apples are extremely limited & are commanding high prices. The shortage of supply has resulted in us having to stock *Chinese Red Fuji* Apples. Quality is reasonable.

**BANANAS** – Coffs Harbour & QLD Bananas represent great value this week.

#### BERRIES

- **Blueberries** – Best of the Berry line this week.
- **Raspberry & Boysenberry** – Reasonable quality only.
- **Strawberries** – Quality continues to be the main issue with Strawberries; high humidity continues in Victoria. Limited fruit from S.A. We recommend keeping supplies to a minimum.

**CHERRIES** – Reasonable quality fruit coming out of Tasmania now. VIP fruit is available in 2kg cases.

**DRAGON FRUIT** – *Red & White* fruit is available.



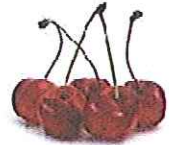
**FIGS** – Nice local fruit is available & are mostly the *Black* variety.

**GRAPES** – *Red & White Seedless* Grapes are good quality; fruit out of Victoria has now started.

*Black Muscatel* Grapes (with seeds) have started however, *Black Seedless* Grapes are limited.

**LYCHEES** – Reasonable quality fruit continues.

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



#### MELONS

- **Rockmelon** – Excellent sweet eating Rockmelons out of S.A. & Griffith; best value of the fruit line this week.
- **Honeydew** – Good supplies coming out of S.A. & Griffith.
- **Watermelon** – Good supplies of *Regular & Seedless* Melon this week. *Regular* Watermelon is great buying this week.

**ORANGES** – *Valencia & USA Navels* are both available.

**PASSIONFRUIT** – Great value & quality continue this week.

**PEACHES & NECTARINES** – *Yellow & White* Peaches & *Nectarines* continue & quality is reasonable.

**PEARS** – Our stock pears continue to be *Nashi* as they represent better value than new season *Clapp* Pears. *Baby Paradise* Pears have started & should continue for a couple of months.

**PLUMS** – *Regular* Plums (dark skin/yellow flesh) continue to be good quality. *Blood* plums are available now.



**PINEAPPLES** – Reasonable supplies of sweet eating Pineapples.

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

#### EXOTIC FRUIT

*Please note that Exotic Fruits may not be available every day*

Longans, Lychees, Figs, Pomegranate (USA), Rambutan, Star fruit, Dragon Fruit, Paradise Pears



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