

# Food For Thought

1<sup>st</sup> February, 2011

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### CORN, EGGPLANT, RED SWEET POTATO



**ASPARAGUS** – *White & Green* imported stock is still available.



**BEANS** – Reasonable quality however, supply is still light out of Victoria. *French flat, Flat Italian & Baby* Beans are reasonably well supplied however *Butter & Borlotti* Beans are inconsistent. Local *Snake* Beans are still available & quality is good.

**BROCCOLI** – Prices remain high with limited Broccoli available. *Broccolini* is well supplied & good quality.

**BRUSSEL SPROUTS** – New season has started out of Victoria; limited supply.

**CAPSICUM** – All varieties remain limited & prices are still up there.

**CORN** – Local & Victorian Cobs of Corn are excellent quality & great value again this week.

**CARROTS** – Excellent supplies of *Dutch* Carrots are available this week. *Purple, Yellow & Round* Carrots continue if you want to try something different.

**CELERIAC** – Still available however, as this is more a winter vegetable, supply is limited & quality is average only.

**EGGPLANT** – Great supplies out of Victorian & local areas; super value & great quality. *Baby* Eggplant is good quality & *Thai* Eggplant remains inconsistent.



**FENNEL** – *Regular & Baby* Fennel continues however, supply is limited during summer.

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

**LEEKS** – *Regular & Pencil* Leeks are well supplied & quality is good.

**LEAF LINES** – There is a slight improvement in the supply of *English Spinach Leaf* & quality is reasonable. *Tatsoi & Mizuna* are still a little short.



**MUSHROOMS** – *Oyster Mushroom* supply levels are very low & not expected to improve through this week. *Regular flat* Mushrooms have been light on this week along with *Portobello & Shimeji* Mushrooms. Humidity is affecting the growth of the product. Readily available are *Enoki, Fungi, Swiss Brown, Shitake* & a few *Chestnut* mushrooms.

**POTATO** – *Large Sweet* Potatoes are seeing good supplies coming out of Bundaberg & Tweed River. They are excellent value & quality this week. *Kipfler* Potatoes continue to be limited with most stock being small/medium & larger potatoes hard to source. Best value of the potato line is *Desiree & Regular Washed Potatoes*. *Nicola, Spunta & Burnadette* Potatoes are available. *Royal Blue* potatoes continue to be unavailable.

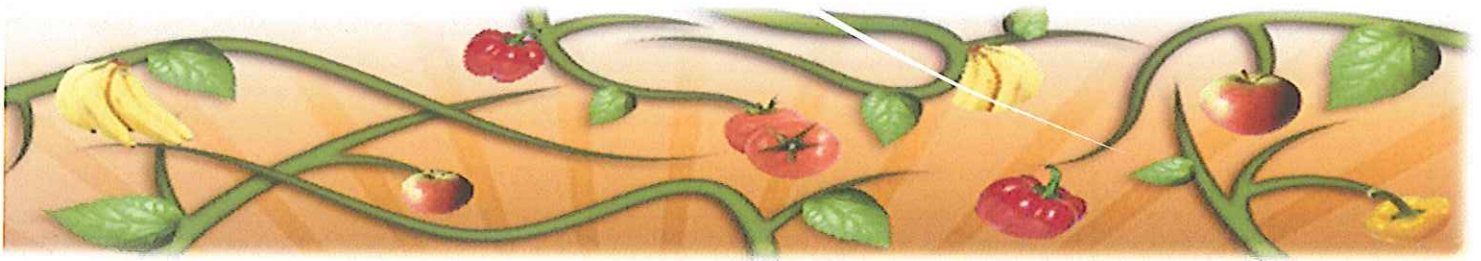
**SQUASH** – Still very expensive & not recommended.

**TOMATOES** – *Regular & Roma* Tomatoes continue to see a major issue with quality with most of the fruit coming out of Victoria being poor quality. *Cherry* Tomatoes, *Cherry Truss, Truss* Tomatoes, *Vine Ripe & Grape* Tomatoes are fairly well supplied & quality is good. *Heirlooms* are still between growing seasons & little to no fruit is available until March. A little *Kumato, Tomato Medley & Ox Hearts* have been available however, not very consistent. *Yellow Cherry* Tomatoes are still not available.



**ZUCCHINI** – Moderate supplies only of *Regular* Zucchini's; *Yellow* Zucchini's remain inconsistent. A few *Grey* Zucchini are available. *Zucchini flowers* continue however, they may suffer in the coming week with the high temperatures expected.

*your connection to freshness*



# Food For Thought

1<sup>st</sup> February, 2011

## RECOMMENDED FRUIT BUYS THIS WEEKS

### ROCKMELON, HONEYDEW, GRAPES RED & WHITE



**APRICOTS** – New Zealand & Tasmanian fruit is at its best quality now.

**APPLES** – We will now be stocking New Season *Royal Gala* for our VIP fruit. The quality of *Pink Ladies* are now too poor & not an option.

**BANANAS** – As long as the cyclone does not hit North QLD, then Bananas remain a good buy & now is probably a good time to use just in case things go haywire.

#### BERRIES

- **Blueberries** – Quality & supply is excellent.
- **Raspberry & Boysenberry** – Reasonable supplies & quality is good.
- **Strawberries** – Fruit remains moderate quality only; majority of fruit out of Victoria.



**CHERRIES** – Reasonable supplies of Tasmanian fruit.

**DRAGON FRUIT** – *Red & White* Dragon Fruit is available; please note though that this is not a stock line & fruit is only available Monday to Friday; no supply can be guaranteed for Saturday unless ordered prior.

**FIGS** – Good new season fruit continues & quality is good.

**GRAPES** – *Red & White Seedless* Grapes are great quality & represent great value this week; fruit is sweet. *Black Seedless* Grapes are limited. New Season *Muscatel* Grapes have started (these grapes have seeds). *Dry Muscatel Clusters* are available & are excellent for cheese & fruit platters.



**LYCHEES** – Good supplies of *Lychees*.

**MANGO** – Reasonable supplies & quality is moderate only.

#### 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 & good value now.
- **Watermelon** – Good supplies of *Regular & Seedless* Melon this week.

**ORANGES** – *Valencia* Oranges are sweet however, skin has a green tinge which in no way affects the flavour of the fruit. If you require a good orange fruit, then you will have to go for the *USA Navel*.

**PASSIONFRUIT** – Good supplies & quality is good. *Panama* Passionfruit is available.

**PEACHES & NECTARINES** – Reasonable supplies of *White & Yellow* flesh Nectarines & Peaches. Quality is good.



**PEARS** – We are now moving into new season *William* Pears; quality is good. *Chinese Nashi & Ya* Pears are still available. New season *Baby Paradise* Pears are also available & should continue for a few weeks.

**PLUMS** – *Regular* Yellow flesh Plums & *Blood* Plums are available; quality is good. *Green* Plums are slow to start this season.

**PINEAPPLES** – Limited supplies this week of *Regular & Bethonga* Pineapples.

**STARFRUIT** – Supply & quality is reasonable.

#### 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

*your connection to freshness*