

# Food For Thought

2<sup>nd</sup> February, 2010

## RECOMMENDED VEGETABLE BUYS THIS WEEK

### Carrots, Corn, Sweet Potato, Zucchini



**ASPARAGUS** – *Regular & White* Asparagus is available from Peru. There is a very limited supply of *Purple* Asparagus available.

**BEANS** – Moderate supplies only of *Regular* beans coming out of Victoria; quality is reasonable. *Butter* beans are currently scarce. *Baby, Borlotti, French Flat, Italian flat & Snake* beans are reasonably well supplied.

**BAMBOO SHOOTS** – Fresh Bamboo Shoots are available, however they are sold in 10kg cases. Quality is good.

**BROCCOLI & BROCCOLINI** – Quality is only average & prices are up as supply is still suffering from the heat in Victoria. *Broccolini* is available in moderate quantities only.

**CARROTS** – Excellent Victorian supply; quality is good & recommended buying this week. *Dutch* carrots are of excellent quality.

**CAPSICUMS** – *Green* capsicums are the best value Capsicum at the moment. There has been an improvement in the supply of *Red & Yellow* Capsicums, however prices remain high.

**CAULIFLOWER** – Bathurst supply has tightened this week forcing prices up.

**CHILLIES** – *Long Green* Chillies are the best value chillies this week while supply of *Red* is limited & prices are up.

**CORN** – Tremendous quality & great value this week. *Baby corn* sold in punnets is also available.

**EXOTIC HERBS** – A great selection of Micro Herbs in punnets are available including the following: *Marche, Watercress, Red Garnet, Chervil, Tarragon, Basil, Red Basil, Rocket, Parsley, Celery, Mizuna, Shallot, Tatsoi, Chard, Coriander & Lemon Balm*. *Shiso (red)* is available in limited quantities; however it lacks the deepness of colour. *Mixed Exotic Herb Leaf* is currently available for the coming week.

**HERBS** – *Chervil* continues to be unavailable due to poor growing conditions in Victoria. *Micro Chervil* in punnets is excellent quality & is the only alternative.

**LETTUCE & LEAF LINES** – Limited supplies of Local product. Supply is mainly from Victoria only, thus forcing prices up. The heat in Victoria has created havoc for *Baby Rocket & Baby Wild Rocket*, so supply will be limited this week.

**MUSHROOMS** – *Shimeji* Mushrooms are seeing a limited supply again. *Chestnut* mushrooms have been unavailable. *Yellow & Pink Oyster* mushrooms are available; however supply is very limited due to little demand. If you require supply, please order ahead & we will endeavour to secure your requirement.

**POTATOES** – *Sweet Potato* is the best value of the potato line presently, with most lines of potatoes, especially large, being up in prices. *Large Desiree* in particular are very expensive. Exotic Potatoes available at the moment include the following varieties:

*Royal blue, Dutch Cream, Purple Sapphire, Kipler & Charlotte* potatoes.

**SALSIFY** – Supply has started again.

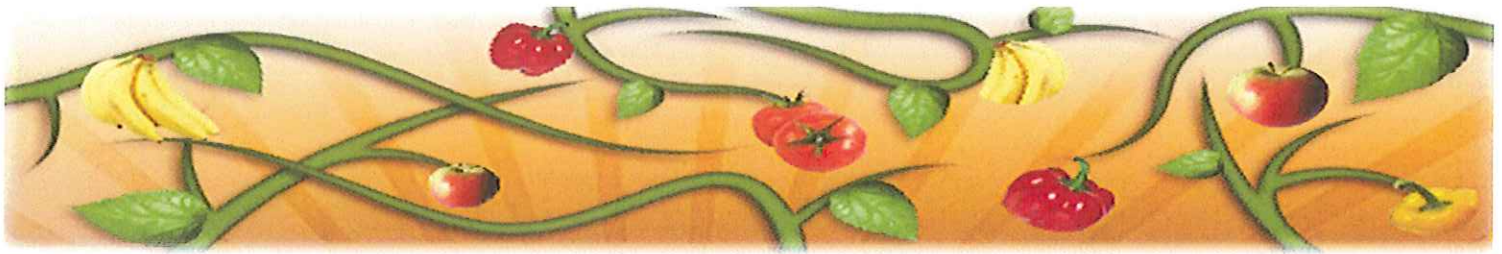
**SQUASH** – Supply of *Small & Medium/Large* Squash is excellent & quality is good.

**TOMATOES** – Reasonable supplies of *Regular & Roma* tomatoes are coming out of Victoria. Also available are *OxHeart, Johnny Love bite, Cherry Truss, Truss tomato & Kumato*. *Vine ripe* Tomatoes are very limited & an excellent alternative is *Truss* Tomatoes. *Truss* tomatoes have tremendous flavour, however are not consistent in size. *Teardrop/Yellow Grape* tomatoes are very limited.

**ZUCCHINIS** – Great supplies from both local areas & Victoria. We recommend buying this week. *Grey* Zucchini's are available, however supply is limited. *Zucchini flowers*, both male & female, are available.



*your connection to freshness*



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## RECOMMENDED FRUIT BUYS THIS WEEK

### Rockmelon, Honeydew, Watermelon



**APPLES** – *VIP* apples will now be "Royal Gala". Fruit is new season, quality & flavour is excellent.

**APRICOTS** – The best eating apricot is now coming from New Zealand.

**AVOCADO** – Extremely limited supplies are available & fruit is expensive. North QLD fruit has been further delayed due to rain in the growing areas.

**BERRIES** – *Strawberries* are seeing a moderate quality only & limited shelf life. We recommend only buying the amount of fruit that you require on the day. *Blackberries, Raspberries & Blueberries* are still available & quality is reasonable.



#### CITRUS



- **Oranges** – Supply continues to be "Valencia" fruit – supply is good, however fruit does have a green tinge. Flavour is good. If you require a good looking Orange for presentation, then USA "Navels" are the best fruit.

- **Lemons** – New season QLD fruit is of moderate quality.

- **Limes** – Very well supplied & good quality.

- **Pomelo** – New season fruit has started, but is still a little on the green side. It is probably best to wait a week or two.

**CHERRIES** – Fruit is from Tasmania & quality is excellent.

**DRAGON FRUIT** – Moderate supplies of mainly Red fruit are available.

**FIGS** – There is a very good supply of mainly *Black* fruit from local regions.

**LYCHEES** – QLD fruit continues to be of good quality.

**LONGANS** – Fruit is now available.

**MANGO** – QLD fruit is available & quality is reasonable.

**MANGOSTEIN** – Fruit is very limited.

**NECTARINES** – Fruit is excellent quality. *Regular, White & VIP* lines are all available.

**PEACHES** – Excellent eating Peaches are at the market. Stock is *Yellow* flesh, however *White* flesh Peaches are also available.

**PEARS** – *Stock Pears (Clapp), Baby Paradise & Ya* Pears are the only varieties of Pears available at the present time.

**POMMEGRANITE** – USA fruit only.

**PLUMS** – *Regular & Blood* Plums are available. Fruit is eating well & flavour is superb. Best to order ahead if you require *Blood* plums.

**RAMBUTAN** – North QLD fruit is now available.

**ROCKMELONS & HONEYDEWS** – An excellent week to include both lines on the menu as flavour is excellent & they are both well worth buying.

**STARFRUIT** – Consistent supplies now.

**WATERMELON** – *Regular & Seedless* – Both varieties are excellent quality & represent good value once again this week.



#### EXOTIC FRUIT

Please note that Exotic Fruits may not be available every day

Longans, U.S.A Pomegranate, Rambutan, Starfruit, Lychees, Figs, Dry Muscatel, Paradise Pears, Mangosteen, Currant Grapes, Dragon Fruit

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