

# Food For Thought

9th February, 2011

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### BEANS, BROCCOLI, CAULIFLOWER, ZUCCHINI



**ASPARAGUS** – *White & Green* Asparagus which is an imported supply is still the best available.

**ARTICHOKE** – *Jerusalem* Artichokes out of QLD are now available & can be included on the menu. No *Globe* Artichokes have started yet.

**BEANS** – Good supplies of Victorian Beans. They represent good value this week. *Borlotti* Beans remain scarce. Local *Snake* Beans are good quality. *French Flat & Flat Italian* Beans are reasonably well supplied. We currently have some *Butter* Beans in stock.

**BROCCOLI** – Well supplied & great value this week; *Broccolini* is available.

**BRUSSEL SPROUTS** – Available in limited quantities & a bit pricey.

**CAPSICUM** – All colours remain limited & expensive. *Red & Green Banana* Capsicums are available. *Habanero* Chillies are not available. Limited supplies of *Jalapeno* Chillies are at the market.

**CAULIFLOWER** – Excellent supplies & quality this week; mainly coming out of Bathurst.

**CELERIAC** – Very limited & expensive; much better in the winter months.

**CHERVIL** – Victorian supply has been damaged & local supply is slow to start. It may be another week before any *Chervil* is available & we expect only very limited quantities.

**CORN** – Sweet cobs of Corn are great quality.

**EGGPLANT** – *Regular & Baby* Eggplant are good quality this week. *Thai* Eggplant is limited.

**HORSERADISH** – No supply is expected until March.

**LETTUCE & COS** – Both *Cos & Iceberg* lettuce are very limited & quite expensive. Local supplies have been affected by heat while Victorian supplies are suffering with the wet weather. *Tatsoi, Cress Mix & Snow pea leaf* are available but, very limited. *Baby Rocket Leaf* is also suffering with the extreme weather conditions & it may be best to go for *Wild Rocket* where convenient.



**MUSHROOMS** – *Oyster & Shimeji* Mushrooms are expected to be unavailable for the rest of the week. Readily available are *Swiss Brown, Shitake, Enoki, White & Black Fungi, Portobello* & a few *Chestnut* Mushrooms. *King Brown & King Oyster's* are also available.

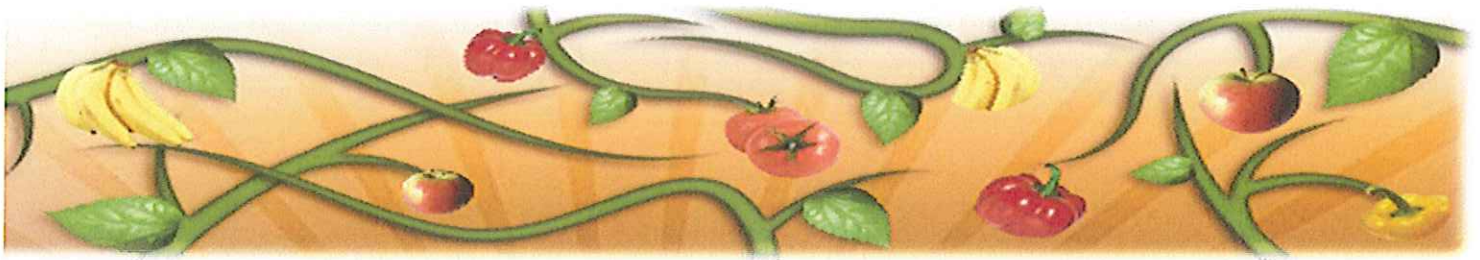
**PARSLEY** – *Curley* Parsley crops have been hit by disease during recent heat; very limited supply.

**SQUASH** – Remains limited & expensive.

**TOMATOES** – *Regular & Roma* Tomato supply is limited & expensive. Victorian crops have been hit badly by heavy rain – quality is poor. *Cherry* Tomatoes are also limited. No *Teardrops* are available, however *Golden Grape* Tomatoes are quite good quality. *Red Grape* Tomatoes are readily available. A few *Heirloom* Tomatoes were available this week however supply will continue to be limited until the season is in full swing; approximately 3 week's time.

**ZUCCHINI** – Both local & Victorian Zucchini's represent great value this week. *Yellow* Zucchini have been very poor quality & are not recommended. *Zucchini Flowers* have held up well with the recent weather – available in trays or punnets.

*Your connection to freshness*



# Food For Thought

9<sup>th</sup> February, 2011

## RECOMMENDED FRUIT BUYS THIS WEEKS

### ROCKMELON, PEARS, PLUMS, WATERMELON



**APRICOTS** – New Zealand fruit continues.

**APPLES** – New season fruit is basically all *Royal Gala*. Fruit is reasonably good quality. No *Pink Lady* Apples are recommended as they are old season stock.

**BANANAS** – Limited supplies on the market due to Bananas being cut prior to the cyclone. Once this fruit is gone, supplies will become critical & prices will go up even further. Basically all the North QLD fruit was wiped out in the Cyclone & recovery will be long term.

#### BERRIES

- **Blueberries** – Coffs Harbour & Tasmanian fruit is available & is the best of the berry line.
- **Raspberry & Boysenberry** – Moderate quality only due to rain in the growing regions.
- **Strawberries** – Extremely poor quality due to torrential rain in Victoria on the weekend.

**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** – The first of the *Current* Grapes have started; limited fruit & is not expected to be around for more than three weeks.

*Red & White Seedless* Grapes are seeing reasonable quality. Muscatel Grapes are recommended if you require a VIP Grape. They do not have seeds & flavour is excellent.

**LYCHEES** – QLD fruit continues & quality is reasonable.

**MANGO** – Limited supply is available & quality is average.

#### MELONS

- **Rockmelon** – One of the best valued fruit lines this week; excellent flavour & quality.
- **Honeydew** – Reasonable supply is coming out of S.A. & Griffith.
- **Watermelon** – Excellent supplies of *Regular & Seedless* Watermelons out of the Cowra region. *Regular* Melon in particular is outstanding value this week.

**PEACHES & NECTARINES** – Great supplies of *Yellow & White* flesh *Peaches*. *Nectarine* supplies have dropped back this week forcing prices up. *White & Yellow* flesh are both available however, they are limited.

**PEARS** – New season *William* Pears are coming out of Victoria. Supply & quality is excellent & great value this week. *Paradise* Pears are also available & should continue for a few weeks. A few *Ya* Pears are available on the market place however, quality is poor & not recommended. The first of the *Corella* Pears have started however, fruit is a little immature; best to wait a week or two.

**PLUMS** – Excellent supplies of *Red & Yellow* flesh Plums at the present moment; quality & price is excellent.

**PINEAPPLES** – Both *Regular & Topless* Pineapples continue to be limited.

#### 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, Achacha



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