

Food For Thought

9th February, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEK

Corn, Eggplant, Zucchini



ASPARAGUS – Stock from Victoria is surprisingly good at the moment. *White* Asparagus is available.

BEANS – A moderate supply of Beans is coming out of Victoria. Quality is only reasonable due to very humid weather in Victoria. Local *Continental* Beans are of good quality. The following varieties of beans are seeing an inconsistent supply & quality is below average: *Butter, Borlotti & Baby*.

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

BROCCOLI & BROCCOLINI – Broccoli remains limited this week. Prices are quite high. *Broccolini* also has a very limited supply.

CARROTS – Excellent Victorian supply; quality is good. *Dutch* carrots are of excellent quality.

CAPSICUMS – *Red Capsicums* have improved in appearance & supply this week.

CAULIFLOWER – Crops have been affected by hot, humid conditions, forcing supply down & prices up.

CELERY & CELERIAC – The heat in Victoria has made Celery crops suffer & has forced prices up. *Celeriac* has a very limited supply.

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

CORN – Excellent supplies continue this week with excellent quality Corn coming from local areas & Victoria.

EGGPLANT – Good supplies are available from Victoria & Local areas. Product is of great value this week. *Baby Eggplant* is good quality.

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.

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 – *Regular Rocket* has been affected by hot conditions. Supply & quality will be an issue this week. *Wild Rocket* is a good substitute.

MUSHROOMS – *Oyster Mushrooms* are another product suffering from the Victorian weather. A very limited supply is available.

POTATOES – *Large Desiree's* continue to be in short supply this week. The best substitute is *Large Washed* potatoes.

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

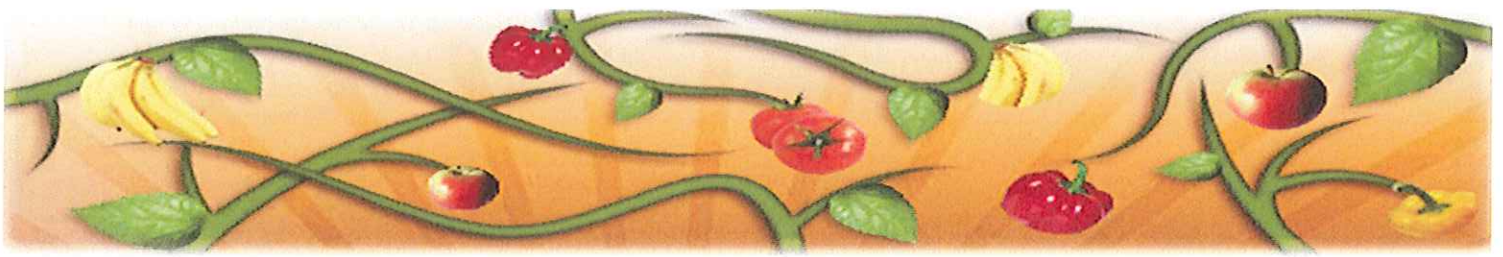
TOMATOES – *Regular & Roma* tomatoes have a reasonable supply. Quality is average. Crops are suffering from the heat. No *Gold Teardrops* are available; however *Gold Grape* Tomatoes are available.

ZUCCHINIS – Great supplies from both local areas & Victoria. We recommend buying once again this week.

Yellow Zucchini's are available. *Zucchini flowers*, both male & female, remain available.



Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEK

Watermelon, Rockmelon, Plums



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

APRICOTS – Good quality New Zealand supplies continue.

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

BANANAS – Heavy rain in North QLD has affected supplies. We expect this to last for 1-2 weeks. Quality is only average.

BERRIES – Quality issues with *Strawberries* continue. Please keep stock levels as low as possible as shelf life is not very long. *Raspberries* & *Blackberries* are of average quality. *Blueberries* are good quality.



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.

CHERRIES – Tasmanian Cherry season is almost finished. Quality is average.

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

FIGS – Figs from local areas are mostly *Black*. Fruit is recovering from recent heavy rain & they are of average quality.

GRAPES – Quality of *White Seedless* grapes is only average. *Red Globe* grapes are our current stock line. *Black Muscatels* are available. Supplies of *Black Seedless* grapes are currently limited.

LYCHEES – Good stock is available.

LONGANS – Fruit is now available.

MANGO – North QLD fruit continues.

MANGOSTEIN – Fruit is very limited.

NECTARINES – Good quality fruit continues.

PEACHES – Good quality *White* & *Yellow* peaches are 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 – Good supplies of Plums are available this week. We recommend buying this week. *Sugar Plums* have started; quality is good.

RAMBUTAN – North QLD fruit is now available.

ROCKMELONS – Great supplies continue again this week & they are great value once again.

STARFRUIT – Consistent supplies now.

WATERMELON – *Regular* & *Seedless* – Tremendous supplies are available again this week. Both quality & price is excellent at the moment.



EXOTIC FRUIT

Please note that Exotic Fruits may not be available every day
Lychees, USA Pomegranates, Starfruit, Longans, Rambutan

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