

Food For Thought

15th February, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BROCCOLI, CORN, TELEGRAPH CUCUMBER, SWEET POTATO



ASPARAGUS – The best quality *White & Green* Asparagus is still coming out of Mexico.

ARTICHOKE – *Jerusalem* Artichokes are of excellent quality & have a regular supply – a must for the menu now.

BROCCOLI – Victorian supplies are excellent & great value this week. Only limited supplies of *Broccolini* this week; large orders may need to be ordered ahead to guarantee supply.

BRUSSEL SPROUTS – Victorian supply & quality is excellent.

CAULIFLOWER – Quality is good however, heads are on the small side.

CELERIAC – Inconsistent supplies & heads are much smaller – not a valued vegetable.

CHERVIL – The Victorian supply has been damaged & local supply has been damaged by heat meaning there is still no Chervil available.

CORN – Victorian sweet cobs of Corn are excellent quality & value this week.

CUCUMBER – South Australian *Telegraph* Cucumbers represent excellent quality this week. *Regular* Cucumbers are very limited.

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

LETTUCE & COS – Both *Cos & Iceberg* lettuce remain very limited & prices are still strong.

LEAF LINES – No *Baby Rocket* is expected for the rest of the week. The only alternative is *Wild Rocket* or *Rocket Bunches*. *Baby English Spinach* has also succumbed to weather conditions & little to no supply is expected for the duration of this week. Any spinach available will be inconsistent.

MUSHROOMS – *Shimeji* Mushrooms are still not available. A few more *Oyster* Mushrooms have been available but, supply is far from normal.



PARSLEY – *Curley* Parsley crops have been hit by disease during recent heat; very limited supply & prices are quite high. *Continental* Parsley is the best alternative.

PEAS – *Regular* Peas are limited & quite expensive. *Snow & Snap* Peas are also expensive.

SWEET POTATO – Excellent value this week for large Sweet Potato.

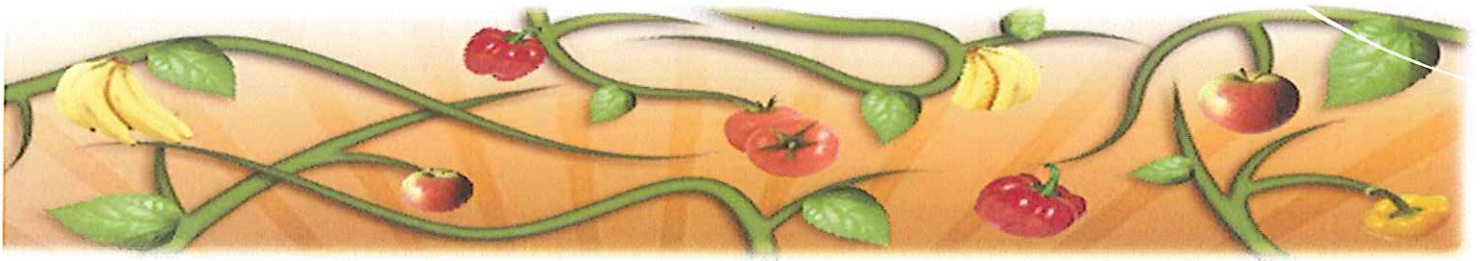
SQUASH – Limited, expensive & average quality.

TOMATOES – *Regular & Roma* tomato quality remains an issue. Most Victorian fruit has had too much rain. *Cherry* Tomatoes are reasonably well supplied & good quality. *Vine Ripened* Tomatoes are limited & we may need to substitute them with *Truss* Tomatoes, which are excellent quality but, lack consistency in size. *Heirloom* Tomatoes are starting to come in again but supply is very inconsistent; March should see a more regular supply.

ZUCCHINI – Supplies of both local & Victorian Zucchini's are good & quality is excellent for *Large, Medium & Small* Zucchini. *Yellow* Zucchini's are very inconsistent & quality has been poor – not recommended. *Zucchini Flowers* are doing well considering the recent heat.



Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEKS

PEARS, ROCKMELON, PEACHES



APRICOTS – Tasmanian & New Zealand fruit is available. Quality is good.

APPLES – New season Apples are mostly *Royal Galas* at this stage & quality is good. No good *Pink Lady* Apples presently.

BANANAS – Make the most of the pre-cyclone stock which is expected to run out shortly. Prices will rise substantially in the coming week.

BERRIES

- **Blueberries, Raspberries & Blackberries** – Supplies are consistent & quality is reasonable.
- **Strawberries** – Victorian Strawberries are poor quality. The best Strawberries are coming out of South Australia & supplies out of this region are only limited.

CHERRIES – Tasmanian fruit continues.

DRAGON FRUIT – *Red & White* Dragon Fruit is available & quality is good.

FIGS – Regular supply of Figs & quality is good.

GRAPES – *Red & White Seedless* Grapes are good quality & flavour. *Black Seedless & Muscatel* Grapes are inconsistent.



LYCHEES – Reasonable quality QLD fruit continues.

LEMONS & LIMES – Excellent supplies & quality is good. There are a few *Seedless Lemons* available for a short time only.



MANGO – QLD fruit is poor quality & virtually no VIP fruit is available.

MELONS – *Rockmelon & Honeydew* are seeing an excellent supply & superb flavour. *Rockmelon* in particular represents great value this week.

NECTARINES – Fruit is limited now & quality is only average – probably best to use *Peaches* as an alternative.

ORANGES – *Valencia* Oranges are very limited & quite expensive. *USA Navels* are available & quality is good.

PAPAYA & PAW PAW – Fruit out of QLD is very limited & expensive.

PEACHES – Fruit continues to be excellent quality & continues to be tremendous value this week. *Yellow & White* flesh Peaches are available.

PEARS – New season *William* Pears are excellent quality & great value this week. *Corella* Pears have just started & are still a little immature. *Paradise* Pears are available; these Pears only have a short season, so buy now before they are gone. *Chinese Nashi* Pears continue. *Ya* Pears are no longer recommended.



PLUMS – *Yellow* flesh Plums are good quality & great flavour. *Blood* Plums continue & quality is good. *Sugar* Plums are now available for a short time only.

PINEAPPLES – Topless trays of *Bethonga* Pineapples are the best eating pineapples.

EXOTIC FRUIT

Please note that Exotic Fruits may not be available every day

Longans, Lychees, Figs, Rambutan, Star fruit, Dragon Fruit, Paradise Pears, Achacha

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