

Food For Thought

16th February, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEK

Corn, Snow Peas, Zucchini



ASPARAGUS – Product imported from Mexico & Peru is much better value than the Victorian product available this week. *White* asparagus is still available.

BEANS – Quality of *Regular* beans is poor due to excess rain in the Victorian growing area. *Baby, Butter, Flat & Borlotti* beans are all very limited.

BROCCOLI & BROCCOLINI – Improved supplies from Victoria are available this week. Quality is fair. Moderate supplies of *Broccolini* are available.

CAPSICUMS – *Red & Yellow* capsicums are well supplied & quality is good. *Green* capsicums are limited this week.

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

CELERIAC – Small heads are available at the present time. There is a limited in supply & they are a little pricey.

CELERY – Limited supplies & product is expensive at the moment.

CUCUMBERS – All varieties are very well supplied.

CORN – Remains a good buy this week. Quality & value is excellent. *Baby Corn* is also available in punnets.

EGGPLANT – Victorian & local supplies are available at the market. Quality is good. *Baby Eggplant* is also available. *Thai Eggplant* has been limited. Some *Purple* eggplant from local areas is currently available. These eggplants are quite small.

EXOTIC HERBS LEAF – Our main supplier is still experiencing problems with their product & will be unable to supply for at least two weeks. Another product is available in the market place - It is a micro herb leaf, however is more expensive, please do not hesitate to contact your account manager or the order team for further information.

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

LEEKS – Excellent supplies are available & quality is great.

LETTUCE & LEAF LINES – All leaf lines are available, however quality may be an issue on some lines, in particular *Baby rocket, Chard & Finesse Lettuce. Cos & Baby Cos* are available, however heads are quite light due to growers having to pick early due to humidity & rain. If left in the ground for too long, they will rot.

MUSHROOMS – *Oyster* Mushrooms are very inconsistent being affected by the heat. *Shimeji* mushrooms are almost impossible to buy; they have had trouble with the plants & now are being affected by the heat. Some *Pine* Mushrooms may be available at the end of the week.

POTATOES – *Large Desiree's* continue to be in short supply this week. Supply of *Large Washed* potatoes has improved; quality is good & prices have come back down. *Kipler* potatoes are excellent quality. *Royal Blue* potatoes are an excellent Yellow flesh potato & are sold in a 15kg case.

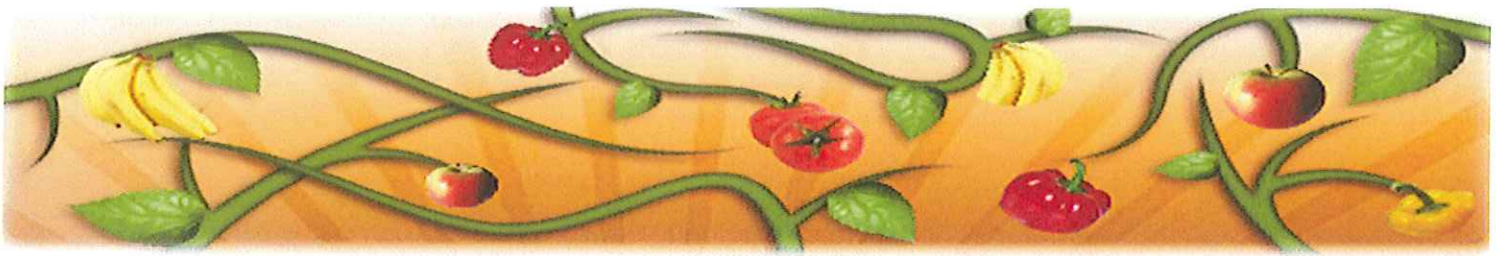
PEAS – *Snow & Snap* peas out of Victoria are of excellent quality. *Snow* peas are an excellent buy this week.

TOMATOES – Heavy rain in the Victorian growing region has impacted heaving on the quality & supply of most lines of Tomatoes. Prices are up on most lines. The best value of the tomato line is *Cherry* tomatoes. No *Yellow Teardrops* are available. *Cherry Truss* tomatoes are excellent quality. *Johnny Lovebites* have had problems with the plants & no supply is expected for the next few months, the best alternative is the *Flavour burst Roma Truss* tomatoes which are sold in punnets like the *Cherry Truss*. Quality & flavour are superb.

ZUCCHINIS – Another excellent Green vegetable this week. *Yellow* zucchini are also available & supply has improved. *Zucchini flowers*, both male & female, remain available.



your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEK

Watermelon, Rockmelon, Peaches



APPLES – “Pink Ladies” are now old season & therefore our VIP apple will be “Royal Galas”. Quality & flavour is excellent.

APRICOTS – Good quality New Zealand supplies continues.

AVOCADO – Supply is improving & prices are back slightly now that new season Queensland fruit is starting to arrive in the market.

BERRIES – *Strawberries* – Quality continues to be an issue. Heavy rain & high humidity is really affecting crops.

Shelf life is minimal. The quality of *Raspberries* & *Blueberries* is quite good. Supplies are coming from Coffs Harbour & Tasmania. *Blackberry* season is coming to an end & quality is poor due to the Victorian weather.

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 fruit is all but finished; quality is poor. No VIP fruit is available.

DRAGON FRUIT – Reasonable supplies of Dragon Fruit are available. Fruit is mainly the red variety.

FIGS – Good supplies of local *Black* fruit.

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.

PAPAYA & PAWPAW – Due to excess rain in North QLD, quality of both these lines has been affected. Not a good value product this week.

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.

PINEAPPLE – Quality is good, but supplies are limited & prices are a little higher than usual.

POMMEGRANITE – USA fruit only.

PLUMS – Good supplies of Plums are available 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

Starfruit, Lychees, Rambutan, Longans, Finger Limes



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