

Food For Thought

23rd February, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEK

Broccoli, Leeks, Zucchini, Cherry Tomatoes



ASPARAGUS – Good quality product imported from Mexico is available. Asparagus from Victoria is also good quality. *White* Asparagus is available.

BEANS – Supplies of Regular beans from Victoria are only average quality. There is an inconsistent supply of *Butter & Baby* Beans.

BROCCOLI & BROCCOLINI – A good supply of Broccoli from Victoria is available. Quality is reasonable. *Broccolini* remains limited once again.

CAPSICUMS – *Red, Yellow & Green* Capsicums all have a very good supply this week.

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

CELERIAC – This product is seeing a very little supply this week.

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

CUCUMBERS – All varieties are very well supplied & are good value.

CORN – A great supply of local produce is available this week.

EGGPLANT – Moderate supplies are available. Prices remain reasonable. *Baby Eggplant* is also available & is good quality.

LEEKS – Excellent supplies of Victorian leeks are available. We recommend buying this week.

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* remain limited.

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. *Kipfler* 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.

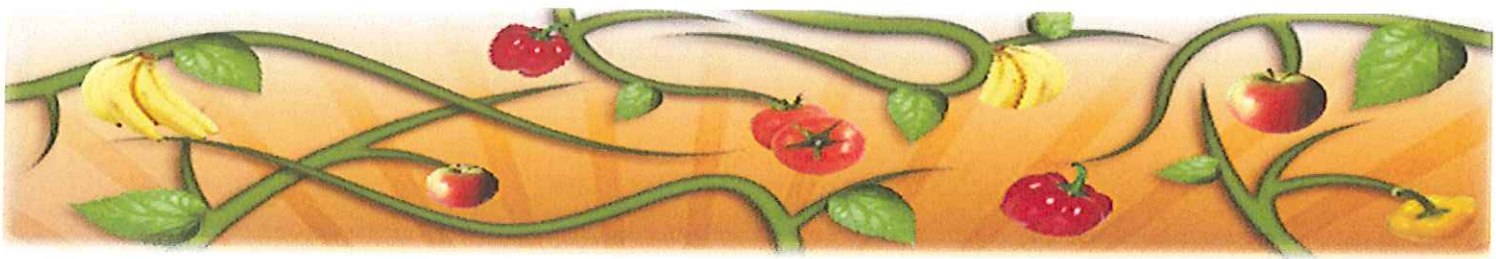
SQUASH – Reasonable supplies of *Yellow* Squash are available.

TOMATOES – Reasonable supplies of *Roma* Tomatoes are available. Quality of produce from Victoria & QLD is moderate. Excellent quality *Cherry* Tomatoes are at the market. Supply & price is excellent. *Yellow Teardrops* are very limited this week. A good substitute is *Yellow Grape* Tomatoes.

ZUCCHINIS – Continues to be a fantastic buy this week. Quality & price are very good.



Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEK Rockmelon, Honeydew, Limes, Bananas



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 continue.

AVOCADO – Good supplies of New Season “Sheppard” Avocado’s from QLD are available. Prices are finally down.

BANANAS – A nice supply of North QLD Bananas are available. Quality is reasonable. Prices are down & they are a good buy this week.

BERRIES – *Strawberries* – Quality continues to be an issue. Victorian supplies remain moderate. The quality & supply of *Blueberries* is still quite good. *Raspberries* are seeing a moderate supply only. *Blackberries* are poor 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** – Good quality & are great value this week.

• **Pomello** – New season fruit has started, but is still a little on the green side.

CHERRIES – Poor quality & season is all but finished.

FIGS – Local supplies of *Black* fruit are available.

FUJI FRUIT – New season QLD fruit has just started.



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 – All but finished.

LONGANS – Fruit is available.

MANGO – North QLD fruit continues, however quality is only reasonable.

MELONS – *Rockmelon & Honeydew* – Great supplies of both lines from local areas & Victoria are available at the market. Fruit is sweet & quality is great.

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

PEARS – New season supplies of *William* Pears are good quality. Quality of *Corella* Pears is only average as the season is just starting.

POMMEGRANITE – USA fruit only.

RAMBUTAN – Supplies continue from North QLD.

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

STONE FRUIT – *Peaches, Plums & Nectarines* – All lines are very good quality again this week. *Sugar Plums* are also available.

STARFRUIT – Quality is good.

TAMARILLOS – New season *Red* Tamarillo’s are available.

WATERMELON – *Regular & Seedless* – Fruit is mainly from Cowra. Tremendous supplies are around & fruit is of good quality.

EXOTIC FRUIT

Please note that Exotic Fruits may not be available every day

Starfruit, Rambutan, Longans, Finger Limes



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