

Food For Thought

2nd March, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEK

Cauliflower, Carrots, Cherry Tomato, Zucchini



ARTICHOKES – *Jerusalem* Artichokes have started again, quality is good. Some *Globe* artichokes are available however, please note they are old season. Quality is reasonable. New season Artichokes will probably start in April.

BEANS – Moderate supply, mainly from Victoria. Quality has improved slightly this week. *Butter* beans are very limited. The supply of *Baby* beans has improved & quality is good. *Borlotti* beans are very limited.

BEETROOT – Good quality *Regular* Beetroot is available by the kilo. *Baby* Beetroot bunches are available, however some leaves have been affected by the weather. The beetroot is of good quality. *Large golden* beetroot is available by the kilo, however *Baby golden* Beetroot is damaged due to the weather & is not available.

BROCCOLI & BROCCOLINI – Cooler weather has impacted on supply of Broccoli out of Victoria forcing prices are up. *Broccolini* continues to be very limited.

CAPSICUMS – *Red, Yellow & Green* – The best value Capsicums are *Green*, however all varieties are very well supplied. *Baby Lollo Rosso* Capsicums are available, as well as *Baby Sweet* Capsicums – both are sold in case lots only. *Bullhorns* or *Banana* Capsicums are available in *Red & Green* only.

CAULIFLOWER – Supply is mainly out of Victoria, quality is good & makes for excellent buying this week.

CARROTS – *Regular Medium* carrots are very well supplied, quality is good & are an excellent buy this week.

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

CORN – Good quality local Corn is available. *Baby* Corn in punnets is available & is of excellent quality.

EGGPLANT – Fruit is mainly from local areas, reasonably well supplied & quality is good. *Baby Eggplant* is also available & is good quality. *Italian Purple* Eggplant, both *Regular & Large*, are available. These are an excellent eating eggplant & have limited seeds. It is expected to be available through Autumn/Winter.



FENNEL – *Regular & Baby* fennel continue. *Finger* fennel is available, however prior order is required, as no stock is held on hand. Product is available on Monday, Wednesday & Friday only.

HERBS – *Mixed Exotic Herb Leaf* is expected to start again by the end of the week, weather permitting. *Dill* continues to be limited. *Chervil* is still not available & the only alternative is *Micro Chervil punnets* – quality is good. Most varieties of *Micro Herbs* are available with the exception of *Shiso*, which is very limited.



LETTUCE & LEAF LINES – *Baby Rocket* is very limited & unless specified, we will substitute with *Wild Baby Rocket* to meet demands. *Cos Lettuce Hearts* continue to be on the light side.

MUSHROOMS – *Oyster* Mushrooms are seeing a slight improvement in supply, however, are still not back to regular levels.

Shimeji mushrooms remain unavailable. *Pine* mushrooms are currently available; however please bear in mind these are always subject to the correct weather conditions. Excellent *King Brown & King Oyster* mushrooms are available.

SQUASH – Good supplies of *Large & Small* squash are available, quality is good.

TOMATOES – Limited supplies of *Regular & Roma* tomatoes are available, due to rain in the growing area. Quality is average.

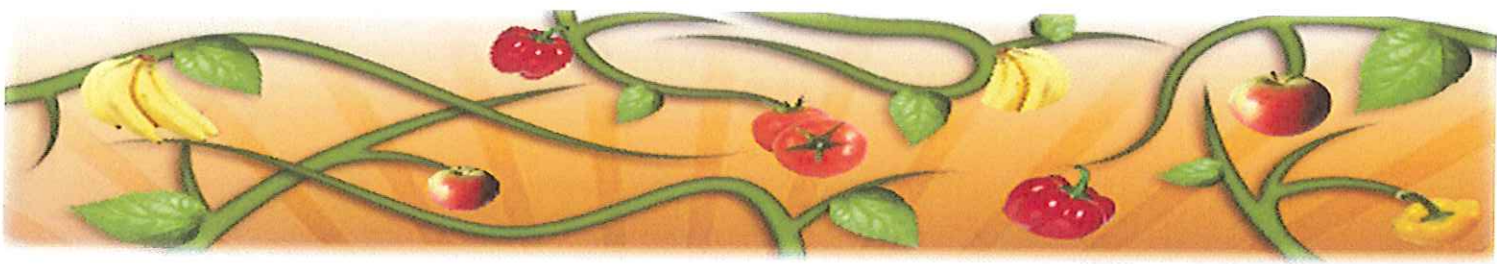
Cherry Tomatoes are excellent quality & value again this week. Quality has not been affected by weather, as the product is mainly grown in hot houses/indoors. *Ox Heart* Tomatoes are limited. *Heirlooms* are not expected for another couple of weeks. *Johnny Lovebites* are not expected for another four weeks. *Flavour Burst Egg Truss* tomatoes are an excellent alternative. *Vine ripe* tomatoes are very limited & as an alternative, we are supplying *Truss Tomatoes* which is a far better tomato, with better flavour.



The sizing of the tomatoes may not be even.

ZUCCHINIS – Excellent supplies are at the market & are great value again this week. *Yellow* zucchini are available. *Zucchini flowers* continue.

Your connection to freshness



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



APRICOTS – Fruit is out of New Zealand, quality is good, however season is just about over.

BANANAS – Excellent supply of Queensland Bananas are available. Prices are excellent & are a good buy again this week.

BERRIES – Quality issues with *Strawberries* are a problem again this week. Please only buy the fruit required for the day, as shelf life is limited. *Blueberries* & *Raspberries* remain the best of the berries; *Blackberries* are just about finished.

DRAGON FRUIT – Fruit continues to be available, mainly the *Red* variety.

FIGS – Excellent local supplies continue, mainly *Black* with a few *Green* available.

FINGER LIMES – Excellent new season *Finger Limes* have started. This exotic fruit is referred to as Citrus Caviar – they are an ideal accompaniment to Thai & Japanese Dishes, Salads, Cocktails & dressings. The fruit can be frozen & used later in the season.

FUJI FRUIT – New season QLD fruit has just started. This fruit makes an excellent colour addition to fruit salad & does not discolour.

GRAPES – Our stock line is *Black American* grapes. White Grapes are '*Thompson Seedless*'. The best of the Dark seedless grapes is the '*Crimson Seedless*' which is our VIP grape. Black Seedless is only average quality & are not recommended.

MANGO – Coming towards the end of season; quality is moderate only. *Green* Mangoes are not available & the best alternative is *Green Paw Paw*.

MELONS – Rockmelon & *Honeydew* – Excellent fruit is available & makes for great eating; recommended buying again this week.

PAPAYA & PAWPAW – Limited supplies are available & are of average quality due to excess rain in Nth QLD. Prices are up.

PEACHES & NECTARINES – Excellent quality fruit is available for both lines.

PEARS – New season pears are excellent quality. The quality of *Corella* Pears are only average as the season is just starting.

Paradise Pears are now finished. *Beurre Bosc* pears are now available.

PLUMS – Excellent eating fruit continues. *Blood* Plums are just about finished. *Sugar* plums are available.

POMMEGRANITE – USA fruit only.

POMELO – Fruit is available.

QUINCE – The first fruit for the season has started; product is still a little on the green side though.

RAMBUTAN – Supplies continue from North QLD.

STARFRUIT – Quality is good.

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

WATERMELON – *Regular* & *Seedless* – Excellent eating fruit is available.



EXOTIC FRUIT

Please note that Exotic Fruits may not be available every day

Starfruit, Rambutan, Longans, Finger Limes, Pomegranate, Tamarillo, Figs, Fuji fruit



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