

# Food For Thought

9<sup>th</sup> March, 2011

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### EGGPLANT, DESIREE LARGE, ZUCCHINI



**ASPARAGUS** – *Green & White* Asparagus is available. Supplies are Mexican & Australian. Best quality being the Mexican variety. *Baby* Asparagus is available.

**BEANS** – Very limited supplies are coming from Victoria due to cooler weather impacting heavily on quantities.

Moderate supplies of *Baby, Butter & French Flat* are available. *Flat Italian & Borlotti* remain inconsistent.

**BROCCOLI** – Still only moderate supplies of Broccoli this week. *Broccolini* supplies have improved & there are currently no problems with supply.

**CAULIFLOWER** – Record high prices for Cauliflowers continue. Victorian crops have been severely damaged due to heavy rains/high humidity.

**CABBAGES** – All lines continue to be limited.

**CHERVIL** – Supply has started to come in from Victoria again.

**CELERY & CELERIAC** – *Celeriac* continues during the warmer months but, supply is very limited & expensive. *Celery* is very limited this week forcing prices up.

**CORN** – Prices are up this week due to limited supplies coming through.

**CUCUMBER** – All lines are well supplied now with the best value being *Telegraph* Cucumbers.

**EGGPLANT** – Good supply, great quality & excellent value this week.

**FENNEL** – *Regular* Fennel is good quality & a reasonable supply is coming in from Victoria.

**LETTUCE & COS** – Nice supplies of local & Victorian *Iceberg* – prices are good. *Cos* Lettuce continues to be limited & prices are still up.

**PARSLEY** – *Curley* Parsley is seeing a critically low supply with most major supplies all struggling to regrow. The only alternative is *Continental* Parsley.

**PEAS** – All lines continue to be limited & expensive.

**POTATO** – Supply of *Large Desiree* Potatoes have finally improved & this week represent great value. *Sweet* Potatoes are excellent value also. *Kipfler* Potato supply is a little more regular now. *Cocktails* remain expensive & are still suffering from heat stress. The skin is showing a brown stain on the potatoes – quality is poor & supply is very limited. *Royal Blue* Potatoes have started again.

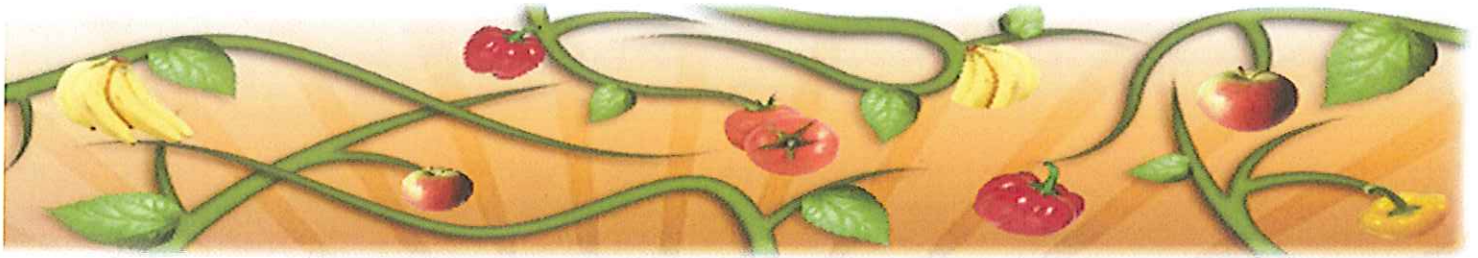
**SQUASH** – Limited supply & average quality continue.

**TOMATOES** – *Regular & Roma* Tomatoes continue to be limited & prices remain quite high. Victorian crops are quite poor mainly due to excess rain. All *Heirloom* tomatoes continue to be very limited. One major supplier is no longer continuing with his crop. We hope another supplier will be ready with his crop in about 3 weeks & until then we will not be able to guarantee supply of any of the *Heirloom* range of Tomatoes. *Gold Grape/Teardrop* Tomatoes are very inconsistent. *Vineripe's* remain inconsistent & *Truss* Tomatoes are the only alternative.

**ZUCCHINI** – Good supplies of *Zucchini's* are available & represent great value this week. Still no *Yellow* Zucchini's available. Some local *Grey* Zucchini's are available. *Zucchini flowers* continue to be excellent quality.



*Your connection to freshness*



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## RECOMMENDED FRUIT BUYS THIS WEEKS

### WILLIAM PEARS, WHITE GRAPES, FIGS, SEEDLESS WATERMELON



**APPLES** – New season *Red Delicious, Granny Smith, Royal Gala* are available. *Royal Gala* is the best eating Apple currently. New Season *Pink Lady* Apples are not available yet.

**BANANAS** – Supply is now very limited now & the quality of fruit coming out of QLD overall is poor. Prices are up quite substantially & represent poor value. *Red Tip* or *Ecco* Bananas are not expected for quite a few months.

#### BERRIES

- **Strawberries** – Cooler weather in Victoria which is the main growing region has limited supply of Strawberries & prices are up.
- **Blackberry, Raspberry & Blueberry** – All varieties continue.

**CHERRIES** – Fruit is no longer worth buying.

**DRAGON FRUIT** – Good quality fruit continues.

**FIGS** – Local *Black* Figs are very well supplied & make for great buying this week. *Green* Figs are inconsistent.

**FUJI FRUIT** – New season fruit has started.

**GRAPES** – *White Seedless* Grapes are excellent quality & value this week. *Red Seedless, Muscatel* & *Red Globes* are available & quality is good.

**LYCHEES** – Reasonable quality QLD fruit continues.

**LEMONS & LIMES** – Excellent supply & quality.

**MANGO** – Limited QLD fruit only.



#### MELONS

- **Rockmelon** – Rockmelons are well supplied, great eating & terrific value.
- **Honeydew** – Sweet eating fruit however, supply is only moderate.
- **Seedless Watermelon** – Great quality & excellent value this week.

**ORANGES** – Australian *Valencia* & USA *Navels* continue.

**PEACHES & NECTARINES** – Reasonable supplies & quality continues – *White* Peaches are still available.

**PEARS** – Best value of the fruit line this week is the *William* Pear– excellent supply, great eating & good quality. *Beurre Bosc, Nashi, Corella* & *Paradise* Pears are all now available.

**PISTACHIO** – Fresh *Pistachio nuts* have started.

**PINEAPPLE** – Good supplies of *Regular* Pineapples however, *Bethonga* Pineapples are limited & expensive.

**PLUMS** – Quality of fruit is very good. *Sugar* Plums are an excellent eating plum; small but, sweet. *Blood* Plums are no longer available.

**RAMBUTAN** – Fruit is available but, supplies are limited.



#### EXOTIC FRUIT

*Please note that Exotic Fruits may not be available every day*

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

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