

Food For Thought

16th March, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

GREEN CAPSICUM, EGGPLANT, ICEBERG LETTUCE, ZUCCHINI



ASPARAGUS – The best Asparagus remains the imported supply from Mexico with very little local product available. *White & Baby* Asparagus is available.

BEANS – Very limited & average quality Beans are coming out of Victoria. *Baby, Flat Italian & Snake* Beans are reasonably well supplied. *Borlotti & Butter* Beans are inconsistent.

BROCCOLI – A reasonable supply of Victorian *Broccoli & Broccolini* is at the market this week.

CAULIFLOWER – A few more Cauliflower's are available this week & prices are back slightly but, still expensive. Quality is reasonable.

CORN – Moderate supplies only of Corn from Victorian & local areas. *Baby* Corn is also available.

CUCUMBER – *Green, Telegraph & Lebanese* Cucumbers are well supplied & prices are reasonable.

CAPSICUMS – *Green* Capsicums are very well supplied & are much better value than *Red* or *Yellow* which have a short supply this week. *Green* Capsicums are recommended buying this week.

EGGPLANT – Local Eggplant continues to be excellent quality & value this week – a must buy.

Baby Eggplant is good quality. *Thai Baby* Eggplant is inconsistent in supply.

FENNEL – New season Victorian Fennel is excellent quality. *Baby* Fennel is also great quality.

GINGER – We are now into new season Ginger; quality is excellent & prices are more reasonable now.

HORSERADISH – New supplies have started today. Quality is good.

LETTUCE – Local *Iceberg* Lettuce is excellent quality & super value this week. *Cos* Lettuce supply has improved & prices are back slightly.

MUSHROOMS – *Pine* Mushrooms have now started & quality is excellent. *Portobello* Mushrooms are very limited & the only alternative would be a larger *Swiss Brown* Mushroom, subject to availability on the day.

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

PEAS – *Snow, Snap & Regular* Peas are all available but, remain limited & expensive.

SPRING ONIONS – Extremely limited supplies of Spring Onions. Very little product is coming in from Victoria & local supplies are still recovering from the recent weather which affected new crops.

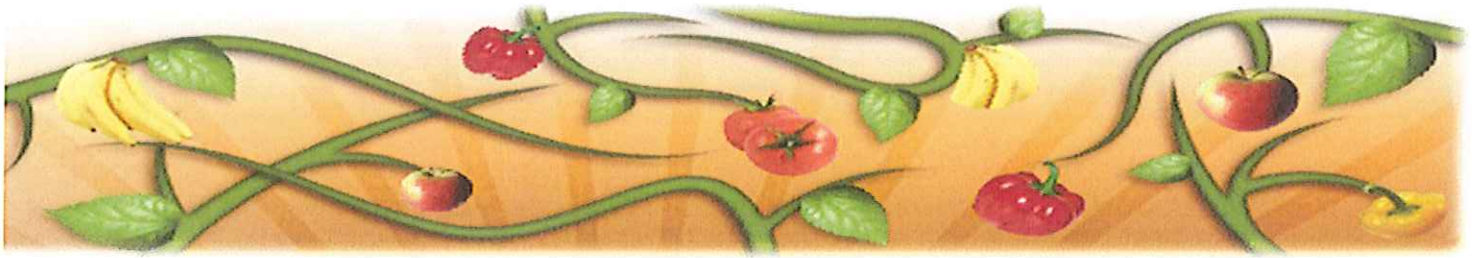
SQUASH – Improvement in supplies of *Small & Medium/Large* Squash; quality has improved.

TOMATOES – Supply remains moderate for *Regular* Tomatoes. Quality & supply has improved on *Roma* Tomatoes & they are much better value than *Regular* Tomatoes. *Heirloom* Tomatoes are very limited & no regular fruit is expected for a few weeks. No *Teardrops* have been available & the only alternative is *Gold Grape* Tomatoes.

ZUCCHINI – Tremendous value again this week for Victorian & local Zucchini's. All sizes are available & quality is good. A few *Yellow* Zucchini's have been available but, supply is very inconsistent. *Grey* Zucchini & *Zucchini Flowers* are available.



Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEKS

RED DELICIOUS APPLES, ROCKMELON, WHITE & RED GRAPES



APPLES – Excellent new season *Red Delicious*, *Granny Smiths* & *Royal Gala's* are available. New Season *Pink Lady* Apples are not available yet. *Red Delicious* Apples are great value this week.

BANANAS – With average quality & extremely high prices, it is probably best to use an alternative fruit.

BERRIES

- **Strawberries** – Reasonable supplies & improved quality for Victorian & S.A. Strawberries.
- **Blackberry** – Season is now over.
- **Raspberry & Blueberry** – Limited supplies of both lines.

DRAGON FRUIT – Reasonable supply & quality fruit continues.



CALIFORNIAN FRUITS – *Navel's*, *Tangelo*, *Mandarins* & *Red Navel's* are all available this week.

FIGS – Excellent supply & quality continues. Supply is from local areas with *Black* Figs more readily available; *Green* Figs are very inconsistent.

FUJI FRUIT – Excellent quality fruit is available.



GRAPES – *White Seedless* & *Red Globe* Grapes are excellent quality & recommended buying this week. *Black American* & *Black Muscatel* are reasonably well supplied however, these grapes have seeds. *Black seedless* Grapes are very limited & are not great quality.

LYCHEES – Fruit continues but, season is just about over; quality is reasonable but no VIP fruit is available.

MANGO – QLD fruit continues but, supply is limited & quality is average; No VIP fruit is available.

MELONS

- **Rockmelon** – Great supplies & excellent value this week – strongly recommended buying.
- **Honeydew** – Well supplied & great quality – super sweet eating fruit.
- **Watermelon** – Limited *Long* Watermelon is available & we have to substitute it with *Seedless* melon to meet demands.



ORANGES – Australian fruit remains *Valencia*.

PAPAYA & PAW PAW – Both lines are limited this week.

PASSIONFRUIT – Fruit is limited this week.



PEACHES & NECTARINES – Fruit continues however, quality is now only moderate at this time of the season. The best eating Peach is the *Golden Queen*.

PEARS – Excellent *William* Pears are available. They are great quality & have an excellent flavour. *Beurre Bosc*, *Nashi*, *Corella* & *Paradise* Pears are all now available.

PISTACHIO – Fresh *Pistachio Nuts* have started.

PINEAPPLE – *Bethonga* Pineapples are limited this week & prices remain up. Good supplies of *Regular* Pineapples.

PLUMS – Remains the pick of the stone fruit this week. *Sugar* Plums are an excellent eating plum; small but, sweet. *Blood* Plums are no longer available.

RAMBUTTAN – Fruit is available but, supplies are limited.

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