

Food For Thought

16th March, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEK

Brussel Sprouts, Carrots, Eggplant, Leeks



ARTICHOKES – Some *Globe* Artichokes out of Victoria are available, however quality is moderate only. *Jerusalem* Artichokes are available & quality is good.

BEANS – Quality continues to be an issue as crops are still recovering from the recent rains in Victoria. *Butter* Beans continue to be inconsistent.

BETROOT – *Golden Baby* continues to be unavailable & not expected any time soon. *Large Golden* Beetroot is available if you need it for the colour. *Regular* & *Baby* Beetroot is fairly well supplied.

BROCCOLINI – Supply is very inconsistent. *Broccoli* remains very limited & prices continue to be quite high.

BRUSSEL SPROUTS – One of the best quality green vegetables available this week. Prices are excellent. Recommended buying this week!



CARROTS – Excellent supply of Victorian & Tasmanian *Medium* carrots; quality is excellent & the best value by far this week. Good quality *Dutch* carrots are also available & these can be peeled to aid in menu preparation.

CAULIFLOWER – Limited supplies are available & sizing is on the small size. Not good value this week.

CELERIAC – Supply is still limited. Heads are small/medium in size only. New season Celeriac will be starting in a few weeks.



CORN – Quality remains good. *Baby* Corn in punnets is also available.

EGGPLANT – Product from local areas remains good & is recommended buying again this week.

LEEKS – A nice supply of Victorian Leeks is available, quality is good & recommended buying this week.

LETTUCE & LEAF LINES – All leaf lines including *Baby Rocket*, *Wild*, *Baby English*, *Mizuna*, *Tatsoi*, *Snow Pea Leaf*, *Finesse*, *Cress* & *Mesculin* are all available. *Baby Rocket* supply has improved, however quality may be low as a result from the weather conditions last weekend. *Baby English Spinach* is available, however supply has dropped. *Snow Pea Leaf* demand has increased & supply is down – excellent *Snow Pea Leaf* in punnets is available as an alternative. Heads of *Iceberg* & *Cos* lettuce remain light due to weather conditions requiring lettuce to be picked early.



POTATOES – Critical supply of *Cocktail* Potatoes are available; quality is only average. *Sweet Potato* continues to be very scarce & prices remain high.

PEAS – *Snow* & *Snap* Peas out of Victoria are reasonably well supplied & quality is good.

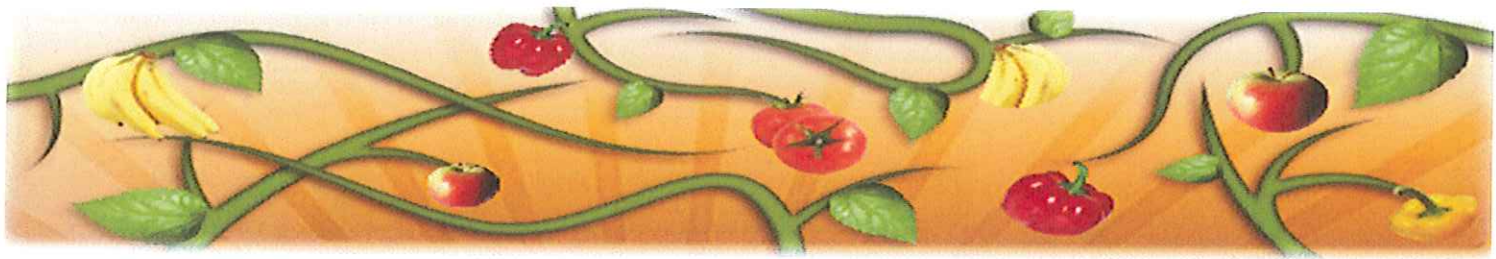
SQUASH – Moderate supplies only.

TOMATOES – Supply remains limited. Quality remains the issue as a lot of the product has been rain affected. *Gold Teardrops* are very limited. Due to limited availability of *Vine Ripe* tomatoes, we still have to substitute them with *Truss Tomatoes*.

ZUCCHINIS – Product is well supplied & quality is good. *Yellow* zucchini are very limited.



Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEK

Bananas, Red Grapes, Packham Pears



APRICOTS – Season is now over.

BANANAS – Good fruit is coming from the North Coast of Queensland.

BERRIES – *Strawberries* – Quality remains an issue & supply is critically low on all sizes. *Medium* Strawberries in particular are very poor quality. The quality of *Raspberries* is very average & the best option in berries currently is *Blueberries*. *Blackberries* are all but finished.

CHESTNUTS – Available, however are still expensive.

DRAGON FRUIT – Majority of fruit is *Red*. *White* Dragonfruit is very limited.

FIGS – Supply is starting to lighten up with the cooler weather settling in. Prices are up slightly. Fruit is mainly *Black*.

FINGER LIMES – Fruit is available. If you intend to include on the menu, stock up & freeze supply, as the season does not run long.

FUJI FRUIT – Good quality fruit is available.

KIWIFRUIT – *Baby* Kiwifruit have started again.



GRAPES – Our stock Dark grape is *Red Globe* (with seeds) & is excellent buying this week. White grapes have been affected by the recent rain & quality is only average. The best seedless grape currently is '*Crimson Seedless*'.

MANGO – Average quality fruit is available, with a lot of the fruit spotting due to the heavy rains. *Green* Mangoes are not available & the best alternative is *Green Paw Paw*.

MELONS – *Regular* & *Seedless Watermelons* are excellent quality. Supply of *Rockmelon* & *Honeydew* is good & fruit is eating well.

PEACHES & NECTARINES – Both *Yellow* & *White* fruit is available; quality remains reasonable.

PEARS – *Packham pears* – New season Victorian fruit is at the market & quality is excellent; great buying this week.

Corella, *Beurre Bosc* & *Nashi Pears* are all available. *Ya Pears* have now finished. *Paradise pears* have also now finished

PLUMS – Excellent eating fruit continues. *Blood* Plums are finished.

POMMEGRANITE – USA fruit only.



ORANGES – Californian *Navels* continue to be the best quality fruit available & present well over the *Valencia*, which show a green tinge on the skin.

PISTACHIO NUTS – Fresh Pistachio nuts are now available for a short time; sold in case lots only.

QUINCE – New season fruit has started, however supply is a little inconsistent.

RAMBUTAN – Excellent quality fruit is available.

STARFRUIT – Reasonable supplies are currently available.

TAMARILLOS – New season *Red* Tamarillo's are available & in stock, so now is a good time to include on the menu. Some *Yellow* fruit is available, however they are not consistent.



EXOTIC FRUIT

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

Starfruit, Rambutan, Longans, Finger Limes, Dragon fruit, Chestnuts, Baby Kiwifruit, Pomegranate, Tamarillo, Figs, Fuji



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