

Food For Thought

5th April, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BRUSSEL SPROUTS, BROCCOLI, BEANS, YELLOW SQUASH



ARTICHOKE – *Jerusalem* & *Globe* Artichokes are both available. *Globe* Artichokes however, remain limited & expensive & it is probably best to wait for a few more weeks.

ASPARAGUS – Imported Asparagus out of Peru, Mexico & Thailand is of good quality. *White* & *Baby* are also available.

BEANS – Good supplies & *Regular* Beans are excellent value & quality is good. *Baby*, *Continental Beans*, *Borlotti* & *Butter* Beans are all fairly consistent now.

BROCCOLI – Best buy this week is Broccoli out of Victoria – great value & quality. *Broccolini* supply is consistent.

BRUSSEL SPROUTS – Excellent value & quality continues this week.

CAPSICUMS – *Green* Capsicums are well supplied. *Red* & *Yellow* Capsicums are limited.

CABBAGES – Best value in Cabbages this week is the *Chinese* Cabbage.

CARROTS – Prices are up slightly on *Dutch* Carrots while supplies are low. *Purple*, *White* & *Round Heirloom* Carrots are available in limited quantities.

CELERIAC – Supply remains limited & expensive.

CORN – Sweet Cobs of local Corn are excellent quality. *Baby* Corn is available.

CUCUMBER – Best value is *Regular* & *Telegraph*. *Lebanese* Cucumbers are up in price this week.

EGGPLANT – *Baby*, *Regular*, *Thai* & *Thai Cherry* Eggplants are all available. Excellent case lots of *Hydroponic* Eggplant (no seeds) are also available. Some *White* & *Purple* Eggplant is available in limited quantities.

LETTUCE – Good supplies of local & Victorian lettuce.

LEEKS – Supplies of *Pencil* Leeks are very light & will continue to be so for the next week or two.

MUSHROOMS – *Pine* & *Slippery Jack* Mushrooms are available during the autumn months – supply is reasonable & prior orders are preferred.

POTATOES – Good supplies of *Kipfler*, *Nicola* & *Royal Blue* potatoes. *Royal Blue* in particular are of excellent quality.

ONIONS – Very limited supplies of *Spring* Onions currently.

SQUASH – Much improved supplies & quality this week on *Large Yellow* Squash & recommended buying this week.

TURNIPS – *Baby* Turnip supply remains limited.

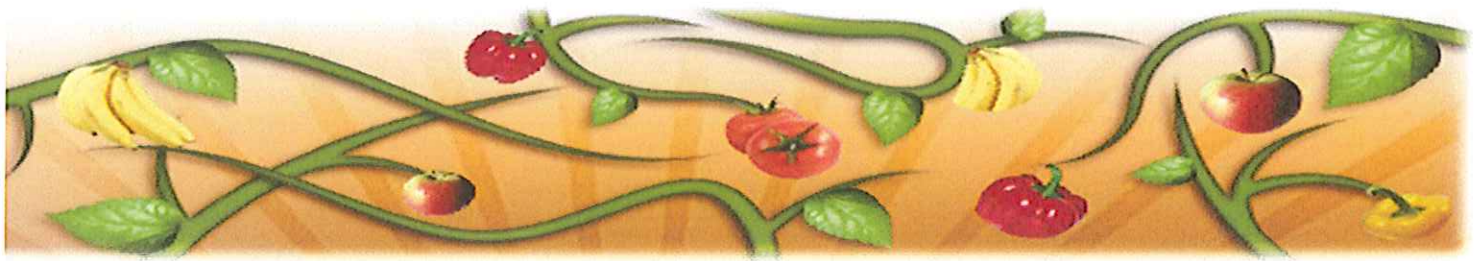
TOMATOES – Moderate supplies & quality continues on *Regular* & *Roma* Tomatoes. No *Heirloom* Tomatoes are currently available. A few *Tomato Medley's* are also available but punnets have been limited with *Yellow* tomatoes due to severe shortages.

Teardrops/Gold Grape Tomatoes remain very inconsistent. *Cherry* Tomatoes are fairly well supplied. *Vine Ripe* Tomatoes are very limited.

ZUCCHINI – Good supplies of *Regular* Zucchini's are available. *Yellow* Zucchini remain limited. *Zucchini Flowers*, female & male, are available in punnets.



Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEKS

KIWIFRUIT, PINEAPPLES, WILLIAM PEARS, WATERMELON



APPLES – Quality of new season *Pink Lady* Apples is mediocre only & best to wait another week or two. *Royal Gala* is an excellent VIP fruit.

BANANAS – Very limited & prices are sky-high.

BERRIES

- **Strawberries** – Average quality & limited supply on all Strawberries.
- **Raspberry & Blueberry** – Supply remains limited & prices are up.

CITRUS – *Valencia* Oranges are now finishing. New season QLD *Navel*s have now started & supply is very limited.

FIGS – Reasonable supplies & quality on *Black* Figs. *Green* Figs are available in limited quantities only.



FUJI FRUIT – Excellent fruit is now available; this variety is the type that is eaten hard. *Persimmons*, the soft oval shaped fruit is just starting & must be eaten ripe & quite soft. They are sold by the tray only & best to prior order to ensure fruit is ripe.

GRAPES – *Muscatel* Grapes are all but finished. *Red Globe*, *Red Seedless* & *White Seedless* are available & quality is good. No good *Black Seedless* Grapes are currently available.

KIWIFRUIT – Australian fruit out of QLD now; quality & value are excellent this week. *Kiwi berries* are now finished.

New season *Gold* Kiwifruit have now started.

LYCHEES – Season is over now.

LONGANS – Fruit is available & can be used as an alternative for *Lychees*.

MANDARINS – QLD fruit is now starting. Quality is average & should improve in the next week or so.

MANGO – Product is available & is average quality only.

MELONS – *Long Watermelon's* are excellent quality & value this week. *Honeydew* & *Rockmelon* remains limited & quality is medium only.

NECTARINES – Season is now over.

NEW SEASON – *Chestnuts*, *Quinces* & *Guavas* are all available & quality is good.



PEARS – *William*, *Josephine*, *Corella*, *Beurre Bosc*, *Nashi* & a few *Paradise* Pears are all available. The best value this week is the *William* variety & we recommend buying. *Corella* Pears in particular are excellent quality.

PEACHES – End of season now; poor quality & not worth buying now.

PINEAPPLES – *Regular* & *Bethonga* Pineapples are great value this week.



PLUMS – Remain the only stone fruit worth buying. Quality is excellent. *Sugar* & *Blood* Plums are available for this week only.

EXOTIC FRUIT: Rambutan, Persimmon,, Dragon fruit, Figs, Star fruit, Fuji Fruit, Chestnut, Quince, Longans, Custard Apple, Guava

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