

Food For Thought

13th April, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BEANS, BRUSSEL SPROUTS, SNOW PEAS, TOMATOES



ARTICHOKES – *Jerusalem* Artichokes mainly from NSW & Qld has an improved supply, although they are still not consistent & still a little expensive. *Globe* Artichoke season has been delayed due to bad weather; *Baby* & *Regular* artichokes should start within the next three weeks. If you intend to include *Baby* artichokes on a winter menu, please consider a standing order for them as supply is limited & demand is always high.

BEANS – Excellent *Borlotti* & *Flat Italian* beans are available. Now is a good time to include on the menu. *Broad* Beans are not available yet & supply is expected in the next three to four weeks. *Regular*, *Baby*, *Butter*, *French Flat* & *Snake* beans are all available.

BEETROOT – *Target* beetroot is a *Baby* beetroot with contrasting white & purple rings when cut. It is available on Monday, Wednesday & Friday. This product should continue through winter. *Golden* & *Baby Golden* beetroot are N/A until May.

BABY VEGETABLES – The following Baby Vegetables are available: *Dutch Carrots*, *Purple Dutch*, *Yellow Dutch*, *Baby Beetroot*, *Baby Turnips*, *Baby Target Beetroot*, *Baby Corn*, *Snap* & *Snow Peas*, *Micro Red Radish*, *Finger Fennel* & *Pencil Leeks*.



BROCCOLI – *Broccoli Shoots* from local areas, which are sold in bunches, are expected to start at the end of May & will also continue through the winter months. Supply of *Broccolini* is fairly consistent now.

BRUSSEL SPROUTS – Great supplies are now available & Sprouts are small/medium in size. An excellent winter vegetable; super buying this week.

EGGPLANT – *Regular* & *Baby* eggplant are well supplied. A small amount of the *Purple Striped* eggplant is available.

GINGER – Supply is still limited & prices remain high.

LEAF LINES – *Baby Rocket* has seen an improvement in supply this week.

MICRO HERBS – No micro *Tarragon* is available due to a problem with the seed. Other herbs available are: *Watercress*, *Marche*, *Chervil*, *Lemon Balm*, *Purple Radish*, *Rocket*, *Celery*, *Parsley*, *Coriander*, *Tatsoi*, *Shiso*, *Chard* & *Red Garnet*.



MUSHROOMS – The quality of *Button* & *Flat* mushrooms is excellent. *Oyster* Mushrooms are well supplied now. This week has seen a few *Chestnut* mushrooms available. *Pine* mushrooms are available, however the quality has only been fair. *Shemiji* mushrooms remain very limited.

PEAS – An excellent supply of *Snow* & *Snap* peas out of Victoria are available. Quality & price are very attractive at the moment. *Garden* peas are also available & quality is good.

POTATOES – The following Gourmet potatoes are currently available: *Jacqueline*, *Kipfler*, *Dutch Cream*, *Nicola*, *Purple Sapphire* & *Pink Eye*. We are waiting for New Season Tasmanian potatoes to start in about four weeks or so & then we should be able to supply *Purple Congo*, *Russet Burbank* & *Spunta* Potatoes. *Royal Blue* potatoes continue, but these are currently old season & quality is only fair.

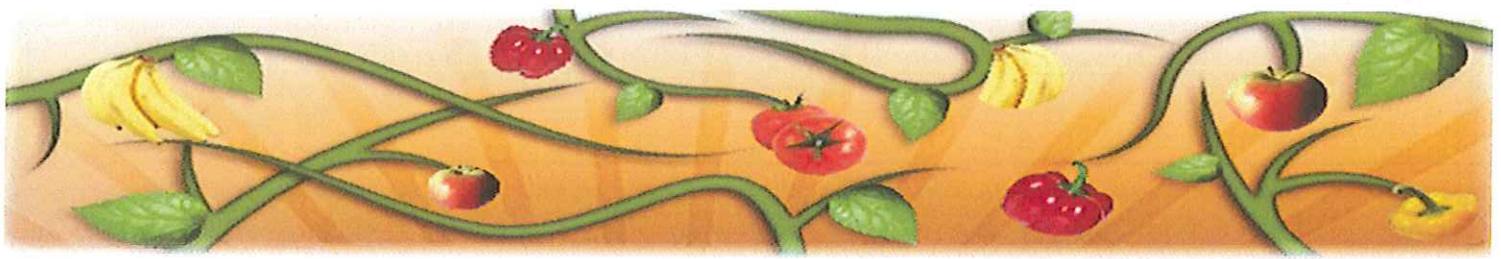
RADISH – *Micro Red Radish* is now available & sold by the piece. Supply is available on Monday, Wednesday & Friday.

TOMATOES – Gourmet tomatoes available consistently are *Cherry tomatoes*, *Truss Tomatoes*, *teardrop*, *Grape Tomato* & *Cherry Truss Tomatoes*. Also available, however inconsistent are *Heirloom*, *Ox Heart*, *Kumato*, *Grape Kumato*, *Johnny Love bites* & *Flavour burst Tomatoes*. Very good supplies of *Regular* & *Roma* Tomatoes are coming out of Victoria & Queensland. Price is excellent & value is good this week.

ZUCCHINIS – Excellent local supplies of *Large*, *Medium* & *Small* Zucchini's are all available. *Yellow* Zucchini's are available in reasonable quantities. *Zucchini Flowers* should continue through the winter months – sold in trays & also by the punnet; about 8-10 zucchini flowers per punnet.



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RECOMMENDED FRUIT BUYS THIS WEEK

BANANAS, MANDARINS, ROCKMELONS



AVOCADO – Limited supplies continue. Our present stock line is still the “*Shepherd*” variety. New season “*Hass*” avocados are already in the market place, however fruit is still a little immature.



ALMONDS – Fresh Almonds are available (case buys only).

BANANAS – Nice supplies of Queensland fruit is available. Medium sized fruit is well supplied & is of great value.

BERRIES – *Strawberries* – quality of all sizes is quite good now. *VIP XXL* Strawberries are available, however the best days to purchase fruit is Monday, Wednesday & Friday. *Blueberries* & *Raspberries* are available, however supplies are limited & prices are on the increase.



CHESTNUTS – Excellent quality product is available & now is the time to start including on the menu.

CUSTARD APPLES – Please remember to order ahead if you require ripe fruit for a function.



DRAGON FRUIT – What a spectacular looking exotic fruit! *Red* fruit is well supplied. There is a limited supply of the *White* flesh variety. This fruit is a “must have” as it holds well once cut & looks sensational.

FIGS – Prices are up & supply is inconsistent now that season is coming to an end. Please take off the menu as supply can no longer be guaranteed.

FUJI FRUIT – Now is an excellent time to include on your menu. Fruit is eaten hard & will not discolour when cut

GRAPES – *White* grapes are of average quality only; fruit is falling off the bunches. *Red Globe* grapes are a much better option. The only seedless grape worth buying is the *Red Crimson* Grape.

KIWIFRUIT – *Baby* Kiwifruit also known as “*Kiwi berries*” have been unavailable this week. *Yellow* Kiwifruit are available now. *Regular* Kiwifruit are now new season out of Victoria. Quality is excellent.

LEMONS – New season supplies from Qld have started & represent good quality & value.

MANDARINS – A very good supply of Queensland “*Imperial*” Mandarins are at the market & with prices down this week, we recommend buying.

MELONS – *Rockmelons* – A good supply is coming out of South Australia & Griffith. Recommended buying this week.

ORANGES – “*Valencia*” fruit is no longer recommended; our stock is new season “*Aussie Navels*”. *VIP* oranges are still “*Californian Navels*” until the new season large fruit improves in colour.



PEARS – *Packham pears*, *Corella*, *Beurre Bosc*, *Nashi* & *Sensation* Pears are all available. We have some smaller *Corella* pears available; however there is very limited supply of *Baby Corellas* available.

PLUMS – Fruit is expected to continue for another week or two.

POMEGRANATE – Excellent local fruit is available.

QUINCE – Excellent fruit is available, so start buying now.

RAMBUTAN – Excellent quality fruit is available. “Buy Now”!

STARFRUIT – Inconsistent supplies are around & quality is only average.

TAMARILLO – Excellent *Red* fruit is available, however, supplies of *Yellow* are inconsistent.



EXOTIC FRUIT

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

Starfruit, Rambutan, Dragon fruit, Chestnuts, Baby Kiwifruit, Pomegranate, Tamarillo, Fuji Fruit, Longans



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