

Food For Thought

28th April, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS CELERY, CAULIFLOWER, CHATT POTATOES, YELLOW SQUASH



ARTICHOKES – The first of the *Globe* artichokes have started for the season. Supply is from local areas. These artichokes have a long stem on them & there are approximately 15 pieces to the case. No *Baby* artichokes have started yet. Moderate supplies of *Jerusalem* artichokes continue.

ASPARAGUS – There is a limited supply of imported Asparagus only. *White* asparagus is still available.

BEANS – Victorian Beans are coming to an end. Prices are up slightly as Queensland supplies are still a little light. *Baby, Butter, French Flat, Snake & Italian Flat* beans are all available. No *Broad* beans have started yet.

BROCCOLI – Reasonable supply of Broccoli out of Victoria & Queensland. Quality is good. *Broccolini* is well supplied.

CAPSICUMS – *Red & Yellow* capsicums continue to be in short supply & prices remain high. *Green* Capsicums are the cheaper option.



CAULIFLOWER – Excellent quality Cauliflowers are coming out of Victoria. Quality is good & is of great value - good buying this week.

CELERY – Victorian Celery is excellent value & quality this week. A good buy! Celeriac heads are large & good quality.

HORSERADISH – Excellent supplies of Horseradish out of S.A. are available. The Roots are very meaty!!

MUSHRHOOMS – *Shimeji* Mushroom supply has improved slightly.

POTATOES – *Chatt* potatoes out of S.A. continue to be good value this week. *Kipfler, Royal Blue, Dutch Cream, Nicola, Jacqueline & Purple Sapphire* are all available. *Large Washed* Potato supply is a little light; *Large Desiree's* represent much better value.

PUMPKIN – *Grammar* Pumpkins are available for a short time, so buy now if you intend to use.

SQUASH – A good supply of squash out of Victoria & Queensland. It is the best value of the vegetable line this week.

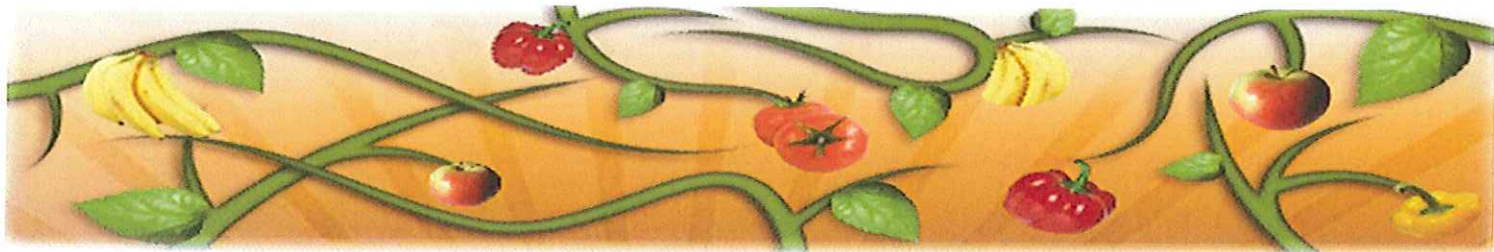
TOMATOES – *Heirloom & Ox Heart* Tomato supply has improved slightly, although not available every day.

The Victorian season is coming to an end & with very little Queensland fruit available, *Regular* Tomatoes & *Roma* Tomatoes are in short supply. This has also forced prices are up. *Cherry* tomatoes are the best value of the tomato line; quality is good & is of great value.

ZUCCHINIS – *Regular* Zucchini's continue to be well supplied; quality & price are good. *Yellow* Zucchini is available. The cooler weather has affected the supply of *Zucchini Flowers*. Hopefully this situation will settle down after crops acclimatise to the cooler weather. Large quantities may be a problem.



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RECOMMENDED FRUIT BUYS THIS WEEK

BANANAS, MANDARINS, PEARS, ROCKMELON



AVOCADO – Our stock line is a variety of 'Sheppard' & 'Hass'. Prices are back now that more fruit is available.

BANANAS – Nice supplies of Med/Large fruit are available out of Nth. QLD. Fruit is of excellent quality & value this week; recommended buying.

BERRIES – More rain in the growing areas in Victoria; fruit is poor quality. Fruit will have a limited shelf life – please buy only what you need on the day. **Raspberries** are reasonably well supplied. **Blueberries** are limited & prices are up.

CHESTNUTS – There is an excellent supply of Chestnuts available & now is a great time to start using.



DRAGON FRUIT – Fruit continues & quality is reasonable.

FIGS – Reasonable supplies are available this week considering the end of the season is approaching.

FUJI FRUIT – Excellent fruit is available.



GRAPES – Our **White Grapes** this week are 'O'Hanez' (with seeds). **White Seedless** grapes are very poor quality & are not recommended. **Red Globes** are our stock dark grape & the best quality available. **Red Crimson** is the only seedless grape recommended.

KIWIFRUIT – Excellent supply of Victorian Kiwifruit now; quality is good.

MANDARINS – Great supplies of 'Imperial' Mandarins; fruit is super sweet & is tremendous value this week.

MANGOES – Mexican fruit has now started.

MANGOSTEEN – Supply is inconsistent & season is just about over.

MELONS – **Honeydew** supply is limited due to a gap in the growing areas; we are waiting for fruit out of WA & Nth QLD, expected in the next week. All sizes are limited & prices are up. Nth QLD **Rockmelons** have already started. Fruit is well supplied & great value this week. Both **Regular** & **Seedless Watermelon** are very limited. We are waiting for new season fruit to start. Prices are up on both lines.



ORANGES – **QLD Navels** are seeing a light supply; quality is reasonable. **USA Navels** are coming to an end now that the Aussie season has started.

PEARS – Stock pears are **Packham** & represent great value this week. **Beurre Bosc, Nashi & Corella** pears continue.

PINEAPPLES – **Regular** Pineapples are still eating nicely despite the cooler weather. **Bethonga** Pineapples are excellent quality & tremendous flavour.

PLUMS – Fruit should still be available for the next week or two; quality continues to be reasonable.

POMEGRANATE – All supplies are from local areas now & quality is good.

QUINCE – Good quality fruit is available.

RAMBUTAN – Good fruit continues.

TAMARILLO – Fruit continues & quality is good.

TOFFEE APPLES – Cooler weather sees the start of **Toffee Apples**. Sold in trays of **Red & Green**, mixed, approx 28 per tray.

FLOWERS – The best days for flowers is Monday, Wednesday & Friday as limited growers are in on Tuesday & Thursday. Please note that flowers are purchased as decoration only & are **NOT FOOD GRADE**.



EXOTIC FRUIT

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

Starfruit, Rambutan, Dragon fruit, Chestnuts, Custard Apple, Pomegranate, Tamarillo, Fuji Fruit, Longans



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