

Food For Thought

4th May, 2010

RECOMMENDED FRUIT BUYS THIS WEEK

AVOCADO, BANANAS, PAW PAW, PINEAPPLE



AVOCADO – Nice supplies of 'Hass' avocados are available; prices are back & are recommended buying this week.

BANANAS – Supplies are good, however quality is only average as crops have had little sunshine for the past five weeks or so. This results in the skin losing its gloss & appearing dull/grey. Fruit still eats well & with prices still down, it is a good buy this week.

BERRIES – Drastically limited supplies of **Strawberries** are coming out of Victoria. Prices are very high & virtually no Medium fruit is available. The first of the new season Queensland crop will start in the next two weeks. **Blueberries & Raspberries** are available, however prices are high.

DRAGON FRUIT – Inconsistent supplies are available now as season comes to an end.

FIGS – Reasonable supply of local fruit continues, however this will end soon.

FUJI FRUIT – Excellent fruit is available.

GRAPES – Our **White Grapes** this week are 'O'Hanez' (with seeds). Our **Dark Grape** is 'Red Crimson' (seedless) & quality is good. **White Seedless** grapes are very poor quality & are not recommended.

KIWIFRUIT – Victorian Kiwifruit are excellent quality & great value this week. No **Baby Kiwifruit** as the season is now over.

LONGANS – Australian fruit out of Nth. QLD has now finished. New fruit will be imported & no news yet regarding when fruit will be available.

MANDARINS – Great quality 'Imperial' Mandarins are coming out of QLD.

MANGOES – Mexican fruit is now available. There are no **Green** Mangoes available. If you need a green fruit for cooking or salads, then please try **Green Papaya**, which is available all year.

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

MELONS – Old season **Honeydew** is now finished & there is a limited supply coming out of QLD presently due to heavy rains during the planting period. Prices remain high. **Rockmelons** on the other hand, are reasonably well supplied & better value than Honeydew. **Watermelon (Regular & Seedless)** continues to be limited & expensive. The best news is now that fruit is new season, quality has improved.

ORANGES – Most of the fruit coming out of QLD is on the large size; very little small fruit is available. This is as a result of the heavy rains during the growing season. **USA Navels** are expected to end this week. **Australian Navels** are excellent quality.

PAW PAW – Tremendous quality & value; fruit is coming out of Nth QLD; great buying this week. **Papaya** is also excellent quality.

PEARS – Excellent Small to Medium **Corella** Pears are available & in stock. Now is the time to include on the menu.

PINEAPPLES – **Regular** Pineapples are recommended buying this week; fruit is still eating well & a good time to buy before the cooler weather sets in & fruit will not be as sweet. Great quality **Bethonga** Pineapples are also available.

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

POMEGRANATE – Local fruit continues.

QUINCE – Good quality fruit is available.

RAMBUTAN – Fruit is still available.

TAMARILLO – Fruit continues & quality is good.

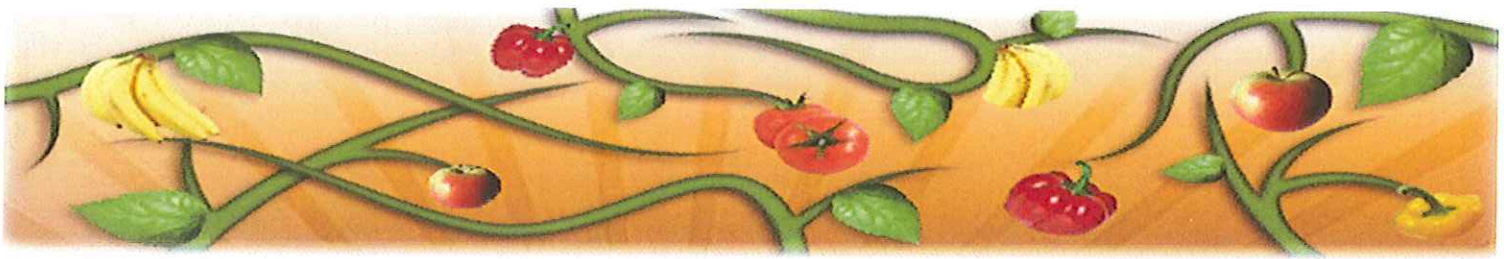
EXOTIC FRUIT

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

Star fruit, Rambutan, Dragon fruit (inconsistent), Custard Apple, Pomegranate, Tamarillo, Fuji Fruit,



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RECOMMENDED VEGETABLE BUYS THIS WEEKS

CHINESE CABBAGE, CHERRY TOMATOES, LEEKS, SILVERBEET



ARTICHOKES – The first of the *Baby Globe* Artichokes have hit the market this week. Supply is always very limited & is available on Monday & Thursday only. If you plan to include on the menu, we would suggest that you get a standing order set up & we will endeavour to meet these orders. *Regular Globe* Artichokes are available – these are local & they have a long stem on them. There is approximately 15 pieces per case. Moderate supplies of *Jerusalem* Artichokes continue.

ASPARAGUS – Imported supply, reasonable quality. *White* Asparagus continues.

BEANS – Supplies from Victoria are now finished; QLD supply has just started. With supply short, prices are up slightly. *Baby, Butter, French Flat, Snake & Italian Flat* beans are all available. *Broad* beans have still not started.

CABBAGE – Locally grown *Chinese* Cabbage is excellent quality & great value this week.

CAPSICUMS – *Yellow* Capsicums are in very short supply as QLD's new season fruit has not started yet. *Red & Green* Capsicums are reasonably well supplied. *Red Banana* Capsicums (*Bullhorns*) are well supplied & are of great quality.

CHILLIES – The following varieties of Chillies are available: *Habanero, Jalapeno, Long Green & Red Chillies & Birdseye..*

CAULIFLOWER – Continues to be a great buy this week. Heads are large & snow white.

CELERY – Celeriac heads are large & good quality.

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

LEEKS – An excellent supply of Leeks are coming out of Victoria. Value is great & is recommended buying this week. *Pencil* Leeks remain very limited & supply will be low for another week or two.

MUSHROOMS – *Shemiji* Mushroom supply has improved slightly. *Portobello, Swiss Brown & Field* Mushrooms have been affected by the cool nights & supply is very low. *Graded Field* Mushrooms may also be a problem.

SALSIFY – Supply continues.

SPINACH/SILVERBEET – Locally grown Silverbeet is of excellent quality; leaves are large & green & it is a great buy this week. Also available, are *English Spinach Bunches, English Baby Leaf & Rainbow Chard.*

SQUASH – Limited supplies are available now that Victoria & local crops have finished. QLD season is starting, but supply is limited.

TOMATOES – *Cherry Tomatoes* represent great value this week. *Johnny Lovebites* will be unavailable for the next couple of weeks. *Kumato* are available, however they have a limited supply. There is a moderate supply of *Ox Heart & Heirloom* Tomatoes. *Regular & Roma* Tomatoes are seeing a moderate supply, with the best fruit coming out of QLD; prices remain up.

ZUCCHINIS – *Regular* Zucchini's out of Victoria have now ended. The QLD season has started, however only a moderate quantity are available at the Markets. This has caused an increase in price due to short fall. *Yellow* Zucchini's have also been affected this week & supply is inconsistent. *Zucchini flowers*, available in punnets, are also seeing a moderate supply.



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