

Food For Thought

11th May, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BROCCOLI, FENNEL, CABBAGE, ZUCCHINI



ARTICHOKES – Good quality *Globe* Artichokes from Victoria are now available.

ASPARAGUS – Excellent quality imported stock this week.

BEANS – Good supplies of *Regular* Beans. *Butter, French, Continental & Borlotti* Beans are all available. *Broad* Beans are limited as season has just started.

BROCCOLI – Abundant supplies of super quality Broccoli are at the market which is excellent value this week.

BROCCOFLOWER – Available this week.

CABBAGE – *Regular* Cabbage is very well supplied making it terrific value. *Red, Savoy & Chinese* Cabbages are also well supplied.



CAPSICUM – Nice supplies of *Green & Red* Capsicums are available. *Yellow* remains limited.



CARROTS – *Regular & Dutch* Carrots are well supplied. *Purple* is available on Monday's, Wednesday's & Friday's.

CAULIFLOWER – Limited supplies only.

CELERIAC – Large heads that are of excellent quality are available.

CELERY – Very well supplied this week.

CUCUMBERS – *Regular & Telegraph* Cucumbers are the best value this week. *Lebanese* supplies are limited.

EGGPLANT – Supplies of *Regular* Eggplant are excellent.

FENNEL – Very well supplied & excellent value. *Baby* Fennel is also well supplied.

LETTUCE – *Iceberg & Cos* Lettuces are very well supplied. All *Baby Leaf* is now well supplied. Quality of product is a lot better now that the weather has cooled down.

ONIONS – *Spring* Onions are well supplied.

POTATOES – *Large Desiree* Potatoes continue to be limited.

PUMPKIN – *Grey, Butternut & Jap* Pumpkins are all well supplied.

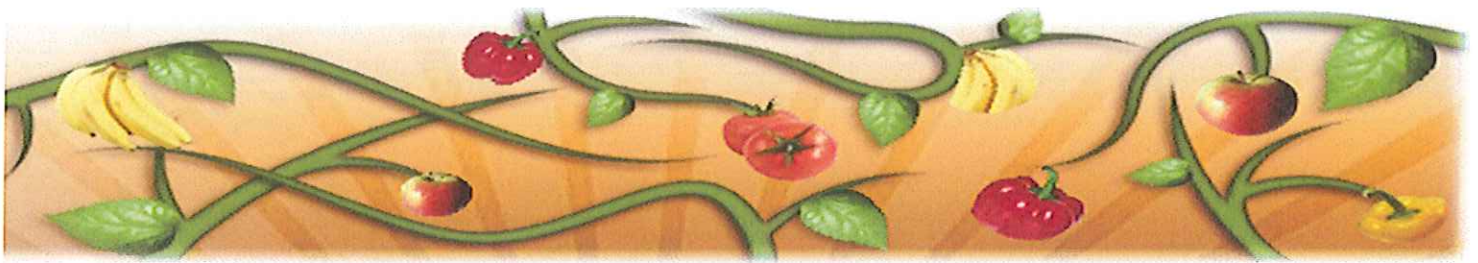
SQUASH – Reasonable supplies of *Yellow* Squash is available.



TOMATOES – Limited supplies only of new season product from QLD. This includes *Regular & Roma* Tomatoes. Cooler weather has slowed down supplies. *Gold Grape* Tomatoes are available while *Heirloom's* are not.

ZUCCHINI – Excellent supplies of *Regular* Zucchini's make this tremendous value this week. *Yellow* Zucchini's remain limited.

your connection to freshness



Food For Thought

11th May, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

MANDARINS, PACKHAM PEARS, RED GRAPES



BANANAS – Limited supplies continue, quality is poor.

BERRIES – *Strawberries* are of reasonable quality only & supplies are light. *Raspberries* are ok. *Blueberries* are very limited & expensive.



GRAPES – *Red Globe* Grapes are very good quality & well supplied making them great value. Our *White Calmera Grapes* which have seeds are of medium quality only. *White Seedless* Grapes are limited & very expensive.

LIMES – *Blood* Limes have now started.

MANDARINS – *Imperial* Mandarins are very well supplied & are by far the best valued fruit this week.

MANGOES – *Mexican* Mangoes are available.

MELONS – *Rockmelons, Honeydews & Watermelons* (Regular & Seedless) are extremely limited due to huge amounts of rain in QLD. This has forced prices up on all three lines.

ORANGES – Improving supplies of QLD *Navels* however, supplies are still well down compared to what they usually are at this time of year.

OLIVES – *Green & Black* Olives are now in season.



PASSIONFRUIT – Limited supplies only.

PAW PAW/PAPAYA – Limited supplies only.



PEARS – *Packham* Pears are all well supplied & are great value. *Corella, Nashi, Josephine & Honey* are all available.

PINEAPPLES – The best eating Pineapple at the moment is the *Topless* variety.

POMMEGRANATES – Stock from local areas is now available.

QUINCES – Product is well supplied.

EXOTICS

Star fruit, Longans, Finger Limes, Custard Apples, Feijoas



your connection to freshness