

Food For Thought

11th May, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS BROCCOLI, CAULIFLOWER, RED SWEET POTATO, SILVERBEET



ARTICHOKES – *Baby & Globe* Artichokes are now available. Supply is local & quality is good. *Baby* Artichokes are available on Monday & Thursday & it is best to get an order in if you want a regular supply. Steady supplies of Jerusalem Artichokes are at the market.

ASPARAGUS – Supplies of imported Asparagus are limited & prices are up. Stems are predominately medium with few thick Asparagus available. *White* Asparagus continues.

BEANS – Supply of *Regular* Beans out of QLD now & quality is good. *Broad* Beans are just starting to come into the market, but with supply very inconsistent, there is no guarantee of supply yet. It is probably best to wait a week or two before incorporating on the menu. *Baby Butter, French Flat, Italian Flat & Borlotti* Beans are well supplied & quality is good.

BROCCOLI – Very good supplies of new season QLD Broccoli is available & it is a great value green vegetable for this week. *Broccolini* is well supplied.

CAPSICUMS – *Yellow & Red* Capsicums continue to be limited due to short supply. *Green* capsicums are much better value.

CAULIFLOWER – Victorian Cauliflowers represent good value this week.

CORN – Victorian & local supplies have now finished; very limited supplies are coming out of QLD, prices are up substantially.

CUCUMBERS – Cooler weather in growing areas has impacted on supply of *Regular & Lebanese* cucumbers; prices are up.

Telegraph Cucumbers are by far the best value this week.

LEEEKS – Continue to be well supplied; quality & price is good. *Pencil* Leeks remain very limited & supply will be low for another week or two.

MICRO HERBS – Micro *Tarragon* remains unavailable due to a problem with the seed. Most other varieties are reasonably well supplied.

MUSHROOMS – Cool weather has severely affected the growth of all mushrooms; we are currently experiencing shortages on *Buttons* & in particular *Flats, Large Flats & Graded Flats*. *Chestnut* Mushrooms are very limited. *Shimeji* Mushrooms are short & no *Gold Enoki* has been available. *Pine & Slippery Jack* Mushrooms are available; however there is a limited supply.

POTATOES – *Large Desiree's* are extremely limited & up substantially in price. All new crops are running on the small to medium size. Our large *Washed* Potatoes are a yellow flesh & the best alternative until supply improves. *Sweet* Potato out of the Bundaberg region is excellent quality & great value this week.

SPINACH/SILVERBEET – *Silverbeet, English Spinach Bunches & Rainbow Chard* are all available & quality is good. *English Spinach Leaf* is excellent quality. *Silverbeet* is great buying this week.

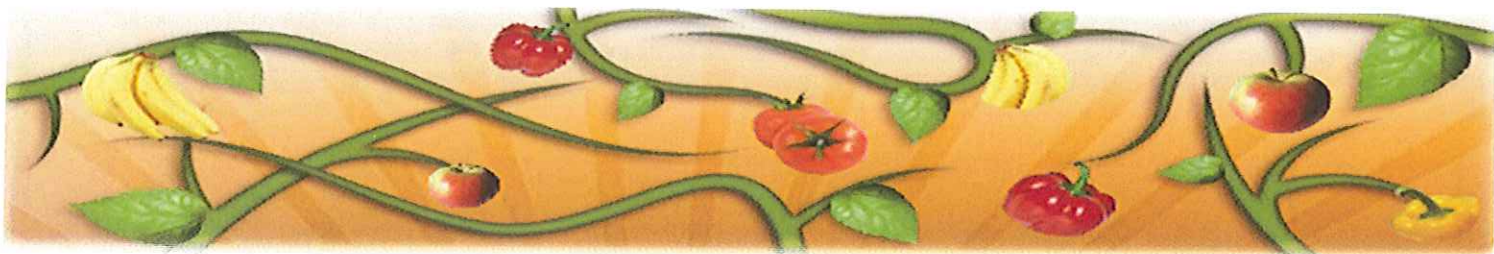
SQUASH – A nice supply of *Small & Medium/Large* squash this week; quality is good.

TOMATOES – Moderate supplies of QLD new season fruit; quality is reasonable. *Roma* tomatoes, on the other hand, are limited & most of the fruit is running on the medium to large size. Small/breakfast size *Roma's* are difficult to find. *Gold Tear Drop* tomatoes are very limited & we will need to substitute with *Gold Grape* which is readily available. *Cherry* tomatoes are seeing a nice supply & are probably the best value of the tomato line.

ZUCCHINIS – Good supplies of QLD new season fruit now; prices are back & quality is good. *Gold* zucchini supply remains inconsistent. *Zucchini Flowers* are available.



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RECOMMENDED FRUIT BUYS THIS WEEK

AVOCADO, KIWI FRUIT, PEARS, BANANAS



AVOCADO – QLD “Hass” Avocadoes are tremendous value this week.

APPLE – Our VIP Red Apple is now *Pink Lady*; quality & flavour is superb.

BANANAS – Excellent supplies continue out of Coffs Harbour & Nth. QLD. Tremendous value continues.

BERRIES – The first of the QLD fruit has started, however supply is extremely limited & this will be our VIP fruit this week. Supply will improve within the next couple of weeks. The predominant fruit on the market is still out of Victoria & quality is mediocre. *Blueberries* & *Raspberries* continue.

CHESTNUTS – Great quality. Now is the time to be included on the menu.

CUMQUAT – New season fruit has started; supply will be inconsistent.

DRAGON FRUIT – Fruit continues, however the season is ending.

FEIJOAS – N.Z. fruit is now available.

FIGS – Late season fruit is still available; quality is average.

FUJI FRUIT – Excellent fruit is available.

GRAPES – Our stock this week is “*Black America*” (with seeds) quality is good. White grapes are “*O’Hanez*” & “*Calmeras*”. No good quality *White Seedless* grapes are available. Seedless VIP grapes are “*Crimson*” Seedless.

KIWIFRUIT – Super value this week & great eating. *Yellow* Kiwifruit out of N.Z. continues.

LONGANS – Inconsistent supply.

MANDARINS – Super taste & super quality.

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 – A little fruit continues; season ending.

MELONS – *Watermelon (Regular & Seedless)*, *Rockmelon* & *Honeydew* – All fruit is out of QLD & Western Australian is limited. Prices are rather high.

ORANGES – QLD *Navels*; quality is good & fruit is eating nicely, however early season fruit is running on the larger size, so our select size fruit is slightly larger at the present time. This situation will improve when the Mildura/Local season starts in the next week or so. As the QLD Navels are excellent quality, we will no longer buy USA fruit.

PASSIONFRUIT – Our stock is *Regular* & quality is excellent. *Panama* Passionfruit are also available.

PEARS – Excellent Victorian *Packham* Pears; great value this week. *Corella Pears*, *Nashi* & *Beurre Bosc* pears are available & quality is good. **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 – Any fruit remaining now is poor quality & we do not recommend buying.

POMEGRANATE – Large local fruit is available & quality is good.

QUINCE – Good quality fruit is available.

RAMBUTAN – Excellent quality fruit continues.

TAMARILLO – Fruit is mainly *Red* with very limited *Yellow* fruit available.

EXOTIC FRUIT

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

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



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