

Food For Thought

17th May, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BEANS, CARROTS, CHINESE CABBAGE, CELERY



ARTICHOKES – *Jerusalem* & *Globe* Artichokes are both available & probably at the peak of the season now.

BASIL – Supply is now coming out of Nth QLD & quality is much better. *Red* Basil is very limited; *Micro Red* Basil is available in punnets as an alternative.

BEANS – Excellent QLD stock for this week. Quality & price is very good. *Butter*, *French flat*, *Continental*, & *Baby Beans* are all fairly well supplied. New season *Broad* Beans are available but limited.

BROCCOLI BROCCOLINI – Quality & supply are excellent. *Broccoflower* (green) is now available. Local *Broccoli* bunches are expected in the next week or two.

CABBAGE – Local *Chinese* Cabbage is excellent value this week. *Baby Savoy* is available during the winter months only is available – sold by the case only.

CARROTS – Western Australian Carrots are excellent quality & super value this week. Also excellent quality is *Regular*, *Purple* & *White/Yellow Dutch* Carrots.

CELERY – Great value & abundant supplies available this week. Large heads of *Celeriac* are also available.

CAULIFLOWER – Very cold weather in the growing areas has slowed down supplies & pushed prices up.

CORN – *Regular* & *Baby* Corn is well supplied & quality is good.

CUCUMBERS – Regular Cucumbers are the best value this week. *Telegraph* & *Lebanese* supplies have been affected by the cold & prices are up. *Baby Cukes* out of Victoria have not been available this week.



EGGPLANT – Good supplies of *Regular* & *Baby* Eggplant now coming out of QLD & quality is good.

MUSHROOMS – The cold snap is still creating havoc with most lines of Mushrooms which are struggling to grow. *Buttons* & *Flats* are very limited & *Graded Flats* are becoming hard to source. *Pine* Mushrooms will not grow in the winter months; they require autumn weather to flourish. *Chestnut* Mushrooms have not been available. With so few mushrooms available, we may not be able to supply *#2 Mushrooms* & may have to substitute with any mushroom available – please specify at the time of ordering if you do not want an alternative.



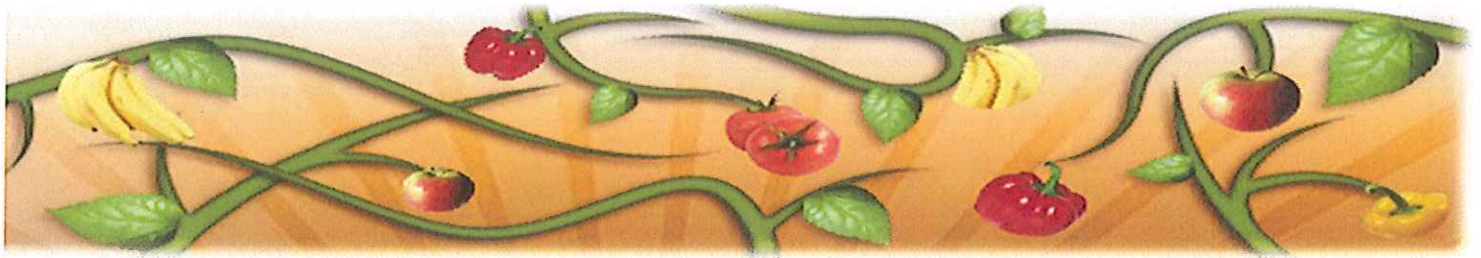
PARSLEY – *Curley* or *Aussie* Parsley has struggled to grow this season with seeding & weather issues. The next few weeks will see very limited stock available & higher prices. The only alternative will be *Continental* parsley.

SQUASH – *Small* & *Med/Large* Squash reasonably well supplied.

TOMATOES – Victorian season is all but over & as supply out of QLD is limited, fruit is very limited & prices are up on both *Regular* & *Roma* Tomatoes. *Cherry* Tomato & *Truss* Tomatoes are the best value. No *Heirloom* Tomatoes are available. Some *Kumato* Tomatoes are available in punnets. *Gold Grape's* are the only *Yellow* Tomato available while *Teardrops* continue to be unavailable.

ZUCCHINI – *Small*, *Medium* & *Large* Zucchini are well supplied. *Yellow* Zucchini are very limited. *Zucchini flowers* are available however, the cold weather will keep volumes low.

Your connection to freshness

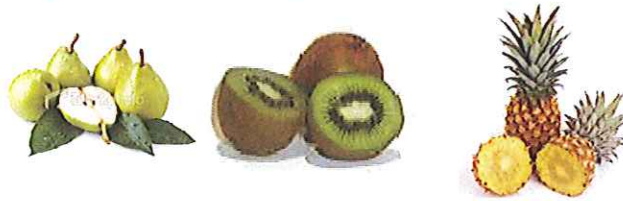


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PEARS, KIWIFRUIT, BETHONGA PINEAPPLES



EXTREME COLD & WET WEATHER IN THE GROWING AREAS IS IMPACTING HEAVILY ON THE AVAILABILITY & QUALITY OF VICTORIAN & SOUTH AUSTRALIAN FRUIT – QUALITY IS POOR. THERE IS INCOSISTENT SUPPLIES OF U.S.A. STRAWBERRIES & SO FAR THE QUALITY HAS BEEN POOR. THIS SITUATION IS SET TO CONTINUE UNTIL JUNE WHEN NEW SEASON QUEENSLAND FRUIT COMMENCES.



AVOCADO – *Hass* Avocados out of QLD have now started – excellent quality.

BERRIES – *Raspberries* & *Blueberries* are very limited with *Blueberries* in particular outrageously expensive.

FIGS – Only *Black* Figs are available now however, fruit is & will continue to be very limited.

FUJI FRUIT – Sometimes also known as *Sweet Persimmons*, these are a non-astringent *Persimmon* variety that does not soften during ripening & is eaten firm. It is a bright orange coloured fruit which is excellent in fruit salads or cheese platters as it is slow to oxidize.

GRAPES – No *Black Seedless* Grapes are available. We do have some *Black America* Grapes available, quality is good but they do have seeds. Supply & quality of *Red Globes*, our stock line, is excellent. *White Seedless* Grapes are limited.



KIWIFRUIT – *Regular* Kiwifruit are another valued fruit this week. *Gold* Kiwifruit are also available.

LIMES – *Blood* Limes have started; also available are *Finger* Limes which are sold by the kilo only. Good supplies of *Regular* Limes.



LONGANS – Imported fruit is available.

MANDARINS – *Imperial* Mandarins are seeing a good supply with decent quality fruit available. An excellent “in season” fruit & a must buy at this time of the year.

MANGOES – All fruit is out of Mexico now.



MELONS – *Rockmelons*, *Honeydews* & *Watermelons* – Supply on all lines is very limited & prices are quite high.

ORANGES – Good supplies of *Navel*s now & prices are much more reasonable. Fruit is eating well.

PAW PAW/PAPAYA – Fruit continues to be expensive & limited.

PEARS – Best value of the fruit line this week is *Packham* Pears. *Corella*, *Honey* & *Nashi* Pears are all available.

PINEAPPLES – Best value & flavour this week is medium sized *Bethonga* Pineapples. Larger fruit is dearer.

POMMEGRANATES – Good local fruit is available.

QUINCES – Another must for this time of the year – quality & supply is good.

RAMBUTTAN – Season is over

EXOTICS

Star fruit, Longans, Finger Limes, Custard Apples, Feijoas, Blood Limes, Dragon Fruit

your connection to freshness