

Food For Thought

18th May, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS

CHINESE CABBAGE, LEEKS, PUMPKIN, SILVERBEET



ARTICHOKES – *Regular, Baby Globe & Jerusalem* Artichokes are all available. Supply is a little more consistent, however prior order is preferred for *Baby* Artichokes as they are a limited line.

ASPARAGUS – Supply remains limited on imported Asparagus. *White* is still available.

BEANS – Moderate supplies of QLD Beans; quality is reasonable. *Baby, French Flat, Snake, Italian Flat & Borlotti* Beans are well supplied & quality is good. *Butter* Beans are inconsistent. A few *Broad* Beans have appeared on the market, but still too inconsistent to include on the menu.

BROCCOLI – Colder weather in Victoria has slowed supply out of this region. QLD supply is not in full swing yet & prices are up. *Broccolini* supplies are quite good this week.

CAPSICUMS – *Green* remains the best value of the capsicum line. *Yellow & Red* Capsicums continue to be limited & expensive. *Red & Green Bullhorns* are available. *Birdseye, Long Red & Green Chillies, Small Green chillies, Jalapeno* & limited *Habanero* are available. *Habanero* Chillies are mainly red in colour.

CABBAGE – Excellent quality *Chinese* Cabbage is available this week; by far the best valued vegetable. Supply is from local areas & QLD.

CAULIFLOWER – Victorian supplies have slowed due to the cooler weather. Prices are up.

CARROTS – There is a nice supply of *Dutch* Carrots this week & we recommend buying.

LEEKs – Victorian Leeks represent good value & quality this week. *Pencil* Leeks remain very inconsistent & no relief is expected for another week or so.

LEAF LINES – *Baby Rocket* remains unavailable & *Wild Rocket* will have to be substituted to meet demands. The only alternative is to order *Rocket Bunches*, so please order by the bunch if you specifically require Rocket – approximately 6 bunches per kilo.

MICRO HERBS – No micro *Tarragon* or *Salad Burnett* is available; most other lines are reasonably well supplied.

MUSHROOMS – Critically low levels of all Mushrooms. *Flat* Mushrooms are the worst hit by the cooler weather & no large *Flats* have been available. We are unsure about how long this situation will last as they are now experiencing problems with compost which is affecting the growth of *Button* Mushroom's. A few *Pine* Mushrooms are still available, however prices are up. *Shimeji & Chestnut* mushrooms remain very limited.

POTATOES – *Large Desiree's* are available, however supply remains limited & very expensive.

PUMPKIN – *Grey, Butternut & Japanese* Pumpkin's are all very well supplied & good value; a great time to include on the menu now that the cooler weather has hit.

SPINACH/SILVERBEET – *Silverbeet* continues to represent good value this week.

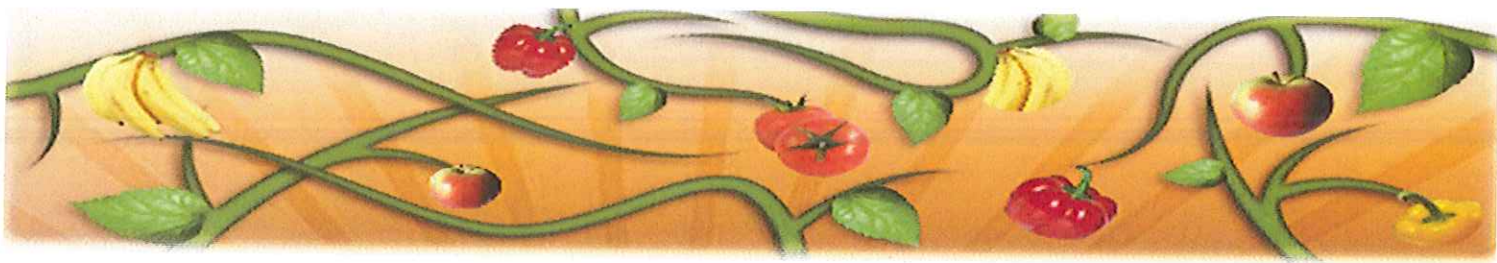
SQUASH – Quality & supply on both *Small & Medium/Large* is good.

TOMATOES – There are major shortages on *Regular & Roma* Tomatoes due to the transition in growing areas (Victoria/QLD). QLD supply is limited due to excess rain in the growing areas. Prices are up on both lines. Local *Cherry* Tomatoes remain the best value of the Tomato line. *Teardrops* remain limited with *Gold Grape* being the best value.

ZUCCHINIS – Moderate supplies of QLD fruit are available; quality is good. *Yellow* Zucchini out of QLD are yet to start. *Zucchini Flowers* are available in trays (approx 50 per tray) & punnets (8-10 per punnet).



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RECOMMENDED FRUIT BUYS THIS WEEK

AVOCADO, BANANAS, PASSIONFRUIT



AVOCADO – QLD *Hass* Avocado's represent great value. Quality is superb.

BANANAS – Good supplies continue & great buying again this week.

BERRIES – Problems continue with *Strawberries* with limited QLD fruit coming in. Fruit out of Victoria has little colour & quality is average only. Keep supply to a minimum. *Blueberries & Raspberries* continue.

CHESTNUTS – Good fruit continues.

CUMQUAT – In stock now, so start buying now as their season is short.

CUSTARD APPLE – Excellent fruit is available, however as this is not a stock line, please order ahead of time to ensure that ripe fruit is available.

DRAGON FRUIT – Fruit continues; limited supply only.

FEIJOAS – Available now.



FIGS – Cooler weather is slowing down supply now & fruit will be inconsistent from now on.

FUJI FRUIT – Demand is increasing for this underrated fruit; if you haven't tried it, now is an excellent time to start; quality is great.

GRAPES – *Red* Grapes will now be the "*Red Emperor*" variety (with seeds). Quality & value is good. No good quality *White Seedless* Grapes are available. Seedless VIP grapes are "*Crimson*" Seedless; very expensive though.

KIWIFRUIT – Regular *Green & Yellow* Kiwifruit are great quality & fruit is eating well.



LONGANS – Inconsistent supply.

MANDARINS – Quality continues to be outstanding; supply is only moderate though.

MANGOES – Mexican fruit only.

MANGOSTEEN – Average quality & inconsistent supply.

MELONS – *Watermelon (Regular & Seedless), Rockmelon & Honeydew* – Moderate supplies of new season fruit & prices continue to be up.

PASSIONFRUIT – Nice QLD fruit is available this week. It represents great value this week. Fruit is the *Regular* variety. *Hawaiian* Passionfruit is available, but fruit is more expensive.



ORANGES – Excellent quality Oranges are available & fruit is eating well. *Select Size* fruit is running a little on the larger size. We will no longer buy USA Navels as the Australian fruit is excellent.

PINEAPPLES – Limited supply of *Regular & Bethonga* Pineapples due to a gap in the growing regions. Best eating fruit is the *Bethonga* Pineapple.

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, Longans

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