

Food For Thought

25th May, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

ASPARAGUS, CHINESE CABBAGE, QB PUMPKIN



ASPARAGUS – Best value Asparagus is coming out of Peru & is excellent quality. *White & Baby* Asparagus are available.



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

BEANS – *Green, Baby, Butter, Flat Italian, Borlotti, French flat & Snake* Beans are all available. New season *Broad* Beans are far too expensive & are very inconsistent. It is probably best to wait for another week or two.

BEETROOT – Good quality Beetroot is now coming out of QLD. *Baby Beetroot & Baby Golden* Beetroot are also available.

BROCCOLI /BROCCOLINI – Cold snap is affecting supply & forcing prices up slightly.

CABBAGE – *Chinese* Cabbage remains excellent value.

CAPSICUMS – *Yellow* Capsicum's are now coming out of Nth QLD. Supply & prices are much more reasonable. *Bello Rosso* Capsicums have started again. *Red & Green Banana Chillies* have been limited this week.



CELERIAC – Large heads of *Celeriac* are excellent quality.

CUCUMBERS – All lines have been affected by the cool weather. *Regular Green* Cucumbers remain the best value. *Baby Cukes* supply from Victoria has been inconsistent but we have a few in stock.

EGGPLANT – Local supplies have finished & all fruit is now out of Nth QLD now.

MUSHROOMS – Situation remains the same – all lines are short with *Flats & Graded Flats* the worst affected. *Chestnut* Mushrooms have not been available & *Pine* Mushrooms have now finished. *Portobello's* are available however, with the higher demand for this line we are struggling to meet orders.

HERBS – *Sage & Tarragon* are suffering in the cold weather – leaves are turning black. Please keep supply to a minimum. *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. *Micro Herb leaf/Panache* is another line feeling the cold. With slow growth of the herbs, supply has been inconsistent this week.

PUMPKIN – Excellent value *QLD Blue* Pumpkin this week.

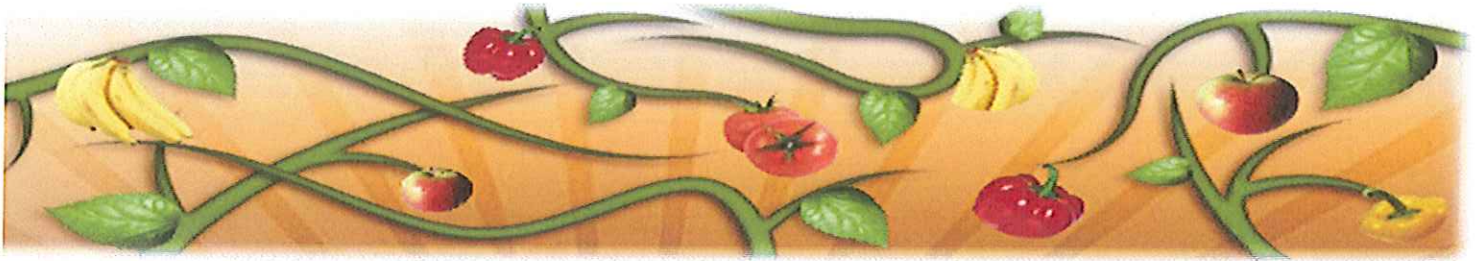


TOMATOES – With the Victorian season over & limited Tomatoes & *Roma* fruit coming out of QLD, prices remain up & quality continues to be average. *Cherry* Tomato & *Truss* Tomatoes are the best value. Still no *Heirlooms & Yellow Grape/Teardrops* are limited. *Red Grape, Cherry Truss, Kumato* (limited), *Ox Heart* (limited) & *Johnny Lovebites* (limited) are available.

WILD ROCKET – All the major supplies are struggling with yield currently – if you have a function coming up & need large quantities please speak to your sales manager & we will do our best to meet demands.

ZUCCHINI – *Small, Medium & Large* supplies will be down for another week or so. Some excellent *Yellow* Zucchini are available now. Cold weather affecting supply of *Zucchini flowers* – advance orders would be preferred if you have a function coming up – prices are up slightly.

Your connection to freshness



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ORANGES, MANDARINES, RED GLOBE GRAPES



APPLES – TOFFEE – Cool weather means Toffee Apples are now available. Sold in case lots only (20 per case) & is normally a mix of two colours – if you require one colour only we would need a few days notice to organise.

BERRIES – Strawberry supplies have been affected by cold weather & this will remain the same until QLD fruit starts in a few weeks. *Blueberries* remain very expensive. *Raspberries* are better value.

CHERRIES – Excellent USA fruit is available – expensive.

CHESTNUTS – Available & quality is good.

DRAGON FRUIT – Excellent quality Dragon Fruit is available.

FIGS – Minimal fruit is available with *Black* Figs only at the market.

FEIJOA – Fruit is available.

FUJI FRUIT – Excellent quality fruit is available.

GRAPES – Great quality *Red Globe* Grapes (with seeds) are excellent value this week & recommended buying. No *Black Seedless* Grapes are available.



GUAVA – Good quality fruit is available.

LIMES – New season *Kaffir* Limes have started. These bumpy looking Limes are extremely aromatic & the peel/zest of the limes is said to be indispensable in Thai cooking & no other citrus can be substituted. *Blood* Limes are also available for a short time. Excellent *Finger* Limes are available for a short time.

LONGANS – Imported fruit is available.

MANDARINS – *Imperial* Mandarins are excellent quality & value – a must buy this week.

ORANGES – Aussie *Navels* are now at their peak – great quality & value this week – available in all sizes. No *Blood* Oranges are available yet.

PASSIONFRUIT – Limited fruit & prices remain up.

PAW PAW/PAPAYA – Limited fruit & high prices continue.

PEARS – *Packham*, *Beurre Bosc*, *Corella*, *Honey* & *Nashi* Pears are all available.

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

POMELO – New season fruit is available.

POMMEGRANATES – Excellent local fruit is available.

QUINCES – Size is large & quality is good – a great time to include on the menu.

TAMARILLO – *Red* Tamarillo fruit is available.



EXOTICS

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

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