

Food For Thought

25th May, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS

Chinese & Regular Cabbage, Fennel, Lettuce, Squash



ARTICHOKES – *Regular & Baby Globe* Artichokes are safe to put on the menu now. Please note that *Baby* Artichokes are only available on Monday & Thursday, so it may be best to set up a standing order. *Jerusalem* artichokes are fairly consistent now.
BEANS – *Broad* beans are now available & in stock. It is still early in the season, so prices are high, however this should ease in a week or two. *Borlotti, Flat Italian, Baby, French Flat, Snake & Butter* beans are all available. Moderate supplies of *Regular Green Beans*; quality is fair.

BROCCOLI – Good supplies of Victorian & QLD Broccoli this week. *Broccolini* supplies are quite good this week.

CABBAGE – *Baby Savoy* Cabbages are now available. They are sold in case lots of 6. Quality is excellent. *Tuscan* Cabbage, or *Cavalo Nero*, is available either in loose form, 1.5kg case, or bunches; 10-12 bunches per case. Local *Regular Cabbage & Chinese Cabbage* represents great value this week.

CAULIFLOWER – Cold weather in the growing areas is affecting supplies; prices are high.

CELERIAC – Large bulbs & excellent quality now.

CORN – Extremely limited supply out of QLD & prices are very high.

FENNEL – Both *Large & Baby* Fennel is excellent quality & well supplied. *Finger* Fennel is available on Monday, Wednesday & Friday only. *Regular* fennel is great value & recommended buying this week.

GARLIC – *Single clove garlic* which is sold by the case has started again. No *Garlic Braids* are available.



LEEKS – *Pencil* Leeks remain very inconsistent.

HERBS – Cooler weather will now start impacting on the availability & quality of some Herb Lines. *Oregano, Sage & Tarragon* have a poor shelf life & leaves will start to go black if held too long. Please buy only what you need on the day. Expect bunches to be a little smaller. *Red Basil* is now all out of the Northern Territory & season is slow to start; supply will be inconsistent.

LEAF LINES – *Baby Rocket* has started again; quality is reasonable. *Wild Rocket* has suffered a little in the cold weather; we are hoping the next crop later this week is a little better. *Marche Leaf* is not available currently.

LETTUCE – Predominately QLD *Iceberg* Lettuce; quality is excellent & great value this week.

MUSHROOMS – The situation with *Buttons & Flats* has improved slightly; although graded sizes may still be a problem. *Pine* mushrooms are available, but this may end any day now as the cooler weather sets in. *Shimeji & Chestnut* mushrooms remain inconsistent.



SPINACH/SILVERBEET – *Rainbow chard, coloured leaf Silverbeet*, is also available & quality is excellent. It is on available Monday, Wednesday & Friday only. *Baby English Spinach Leaf* is good quality. Local *Silverbeet* continues to be good quality.

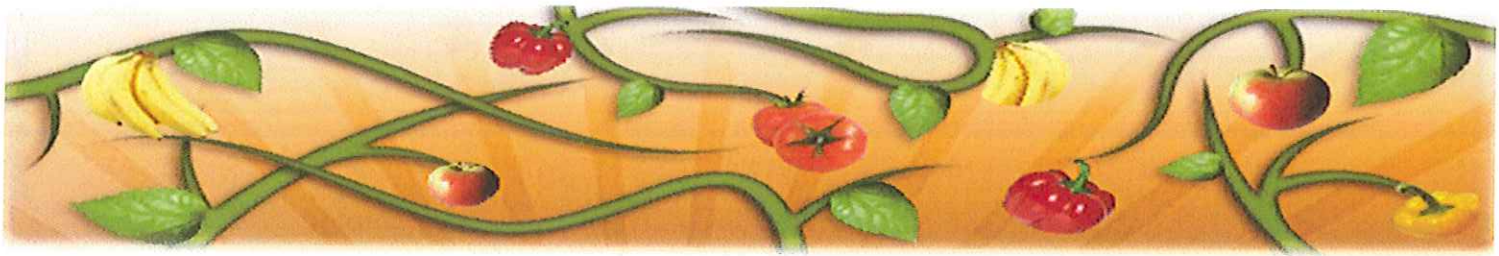
SQUASH – *Small & Medium/Large* squash out of QLD is available; quality is excellent. *Medium/Large* Squash represents great value this week.

TOMATOES – Because tomatoes are so short in supply, growers are picking fruit with the first sign of colour to have something available. This is making it difficult to always have rich coloured tomatoes available. *Heirloom* tomatoes are fairly consistent now & probably safe to include on the menu; expensive though. *Kumato* (black tomatoes) are available & sold in punnets. The following varieties are also available: *Cherry Truss, Teardrop or Gold Grape, Truss tomatoes, Flavour Burst*.



ZUCCHINIS – Supplies are down, quality is good however prices remain up. *Yellow Zucchini's* out of QLD are yet to start. *Zucchini Flowers* are available in trays (approx 50 per tray) & punnets (8-10 per punnet). Please note that cooler weather will affect the quality & supply on some days.

Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEK

AVOCADO, KIWIFRUIT, CORELLA PEARS



APPLES – Our recommended VIP apple is *Pink Lady*. It is by far the best eating & quality is excellent. It is recommended over the *Royal Gala*.

AVOCADO – Great supplies continue & recommended buying again this week.



BANANAS – Fruit will now start to lose its lustre with the cooler weather. Winter Bananas are always dull looking; however the fruit still has good flavour.

BERRIES – Limited supplies of new season QLD fruit; prices remain high. Victorian fruit is ending & lacking any colour; quality is poor. *Blueberries & Raspberries* are both available, however they are limited & prices are up.

CHESTNUTS – Good value & time to include on the menu.

CHERRIES – USA fruit has now started, as usual this fruit is expensive. Quality is good.

CUMQUAT – Excellent quality & a good time to include on the menu.



CUSTARD APPLE – Fruit is available, although it is not a stock line, so prior order is preferred to ensure fruit is ripe.

DRAGON FRUIT – Limited supplies are available now as the season comes to an end.



FEIJOAS – These are available for a short time only, so buy now if you don't want to miss out.

FIGS – Supply has dwindled & quality is an issue now that the cooler weather has set in. Not recommended until the imported supply starts.

FUJI FRUIT – Good fruit is available & it makes an excellent addition to any fruit or cheese platter.

GRAPES – *Red* Grapes will now be the "*Red Emperor*" variety (with seeds). *White* grapes are "*Calmera*" (seeded). They are of moderate quality.

Seedless VIP grapes are "*Crimson*" Seedless; very expensive though.

KIWIFRUIT – Best value of the fruit line this week is *Regular* Kiwifruit: excellent quality & value. *Yellow* kiwifruit is also available.

LONGANS – Fruit is in stock now.

MANDARINS – QLD *Imperial* Mandarins continue; excellent quality & full of flavour.

MANGOES – Mexican fruit only.



MANGOSTEEN – Consistent supplies are available this week.

ORANGES – Fruit continues to be on the larger size; quality & flavour is good.

PEARS – Victorian *Corella* Pears are excellent quality, full of flavour & great value this week.

PINEAPPLES – Very limited fruit is coming out of QLD, mostly on the greener side. The best eating variety at this time of the year is *Bethonga*.



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

QUINCE – Good quality fruit is available.

RAMBUTAN – Season is now over.

TAMARILLO – Only Red fruit is available.

EXOTIC FRUIT

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

Feijoas, Star fruit, Custard Apple, Pomegranate, Tamarillo, Fuji Fruit, Longans, Mangosteen, Chestnut



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