

# Food For Thought

1<sup>st</sup> June, 2011

## RECOMMENDED VEGETABLE BUYS THIS WEEKS **BEETROOT, SWEET POTATO, SNOW & SNAP PEAS**



**ASPARAGUS** – Good supplies are still coming out of Peru & good value for this time of the year. *Baby & White* Asparagus continue.

**BEANS** – *Broad* Beans are still very light & expensive. Good supplies of *Borlotti & French Flat* Beans. *Regular Green* Beans remain reasonably well supplied.

**BEETROOT** – Excellent supplies & quality – recommended buying this week. *Baby* Beetroot is also good quality. *Baby Golden* Beetroot is reasonably well supplied but a little inconsistent in size. *Target Baby* Beetroot is coming to an end this week.

**BROCCOLI / BROCCOLINI** – Good supplies of Broccoli this week & prices are back.

**CAULIFLOWERS** – Improvement in supplies & prices are more reasonable.

**CUCUMBERS** – Cold start to the winter is affecting supply of all lines of Cucumbers. *Lebanese* Cucumbers are the better value with a more reliable supply. *Baby Cukes* are available however, supply is inconsistent. *Bello Rosso Baby* Capsicums are available.

**EGGPLANT** – Quality is good however, prices are up now that local supplies have finished. All fruit is now coming out of far Nth. QLD. *Baby Eggplant* prices are also up as local supply is now finished.

**HERBS** – *Micro* Herb Leaf supply is still very limited as herbs struggle in the cold. Our supplier has only been able to pick one day each week. The only alternative is Micro Herbs in punnets. *Sage & Tarragon* continue to be limited & only average quality.

**LETTUCE** – *Iceberg & Cos* Lettuce are excellent quality & very well supplied. Cold weather is causing slow growth of some lines of hydroponic lettuce, in particular, *Red & Green Coral & Frillice*.

**MUSHROOMS** – The current cold weather is keeping supplies light causing prices to rise. *Flat* Mushrooms & *Graded Flats* are the worst affected & now the supply of *Buttons* have been affected. This situation is expected to continue for a few weeks. No *Pine* Mushrooms are at the market & the only alternative would be *Portobello* Mushrooms subject to availability.



**PUMPKIN** – Good winter weather food. *QLD Blue, Butternut & Jap* Pumpkin are all well supplied.

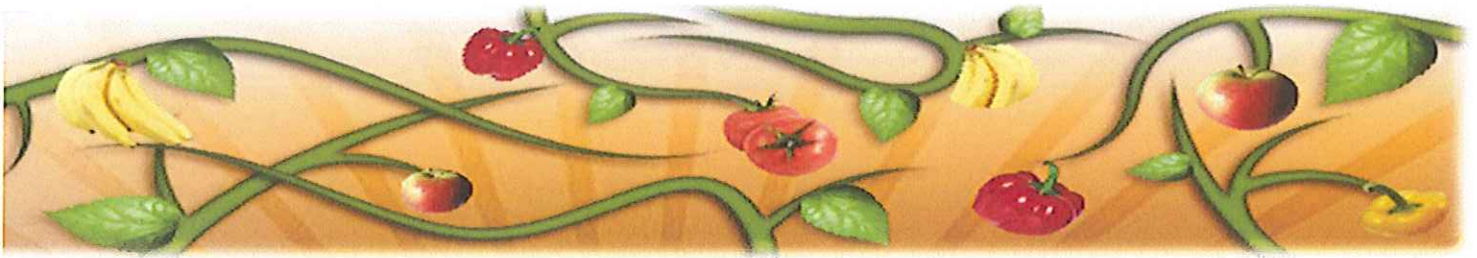
**KIPFLER POTATO** – Excellent supplies of *Kipfler* Potatoes are coming out of the Southern Highlands. Prices are back & quality is good. New season *Purple Congo* Potatoes have started.

**SQUASH** – Reasonable supplies of *Large* Squash are available now.

**TOMATOES** – All lines remain short & prices are high as the QLD season starts. We hope to see an improvement in the next few weeks as more fruit is available. No *Heirloom* Tomatoes as of yet – we expect a few to start in about two weeks but these will be very limited. *Kumato & Kumato Baby* are currently available in small quantities & prior orders are recommended to ensure supply. A few *Medley Tomatoes* have been available, but again these are limited.

**ZUCCHINI** – A good supply of *Yellow Zucchini* now. *Grey Zucchini's* are also available. *Zucchini Flowers* continue, but with the cooler weather, supplies are down & prior orders would be preferred for larger quantities.

*Your connection to freshness*



# Food For Thought

1<sup>st</sup> June, 2011

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### ORANGES, MANDARINES, SEEDLESS WATERMELON



- BANANAS** – Fruit is expected to be at its tightest next month & prices are expected to rise again. The cold weather in the Atherton Tablelands has stopped fruit out of this region & now with the cold in NSW, we are seeing very little fruit.
- BERRIES** – Intermittent supplies coming out of QLD & fruit is expensive. Expect another couple of weeks before better supplies start & prices come back. Majority of *Strawberries* are still out of Victoria. Blueberries remain quite expensive.
- CHERRIES** – Excellent USA fruit is available.
- CHESTNUTS** – Great for winter menus – buy now while quality is good.



- CITRUS** – We are at the peak of the Citrus season in Australia & it is the best seasonal fruit to be using now. *Mandarins, Navels, Grapefruit, Ruby grapefruit, Limes, Pomelo, Finger Limes, Ruby Limes & Kaffir Limes* are all at their best now & Navels in particular are a great buy this week. *Blood Oranges* have not started yet.
- CUSTARD APPLES** – Excellent supplies of Custard Apples are available. Please place prior orders to ensure that fruit is ripe.

- DRAGON FRUIT** – Exotic Dragon Fruits are excellent quality.
- FIGS** – Only *Black Figs* are available & supply is low.
- FEIJOA** – New season fruit is available.



- FUJI FRUIT** – Versatile Fuji fruit look excellent on fruit & cheese platters or add to fruit salad for a splash of colour.
- GRAPES** – *White Seedless* Grapes have now finished. The only alternative is *Red Seedless* Grapes as a VIP line – quality is good.
- LONGANS** – Fruit is expected to finish in the next week or so.



- MELONS** – Prices are back slightly on *Rockmelon & Honeydew*, but are still up there. They do however have excellent flavour. *Seedless* Melons are worth the value & are recommended buying.
- PASSIONFRUIT** – A steady supply now of *Regular & Hawaiian* Passionfruit; quality is good.
- PEARS** – Another excellent in season fruit to be using now. The following varieties are available: *Packham, Beurre Bosc, Corella, Honey & Nashi*.

- POMMEGRANATES** – Good local fruit continues & now is the best time to use.
- 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



*your connection to freshness*