

# Food For Thought

1<sup>st</sup> June, 2010

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

**Broccoli, Chinese Cabbage, Eggplant, Squash**



**ASPARAGUS** – Imported *Regular* & *White* Asparagus is available.

**ARTICHOKES** – Now is the time to start using Artichokes; *Regular* & *Baby* are both excellent quality. *Baby* Artichokes are only available on Monday & Thursday & prior order is preferred.

**BEANS** – Excellent *Broad*, *Borlotti* & *Flat Italian* Beans are available. *Butter* Beans are inconsistent this week. *Baby*, *French Flat* & *Snake* Beans are all available. *Regular Green* Beans are well supplied.

**BROCCOLI** – Good quality & supplies out of Victoria & QLD this week. We recommend buying! *Broccolini* is well supplied.

**CABBAGE** – *Chinese* Cabbage still represents the best value of the Cabbage line. *Baby Savoy* (sold in case lots only) has started again.

**CAULIFLOWER** – Moderate supplies are available & quality is reasonable.

**CELERY** – Extreme weather conditions in the growing areas of Victoria has limited supply & forced prices are up. *Celeriac* is excellent quality.



**CORN** – Quality is good & supply is moderate. *Baby* Corn (in punnets) is also available.

**EGGPLANT** – Supply is from Nth QLD; quality & supply is excellent. Great buying this week. *Baby*, *Thai* & limited *Thai Cherry* Eggplant is also available.



**LEEKS** – *Pencil* Leeks have started again; supply is moderate.

**HERBS** – Please remember that the cooler weather is affecting the availability & size of most lines of herbs. *Red Basil* is now a little more consistent.

**MUSHROOMS** – *Pine* Mushrooms are not expected in the market this week. This may be the end of the season unless the weather conditions become more favourable. *Shimeji* & *Chestnut* Mushrooms remain inconsistent.

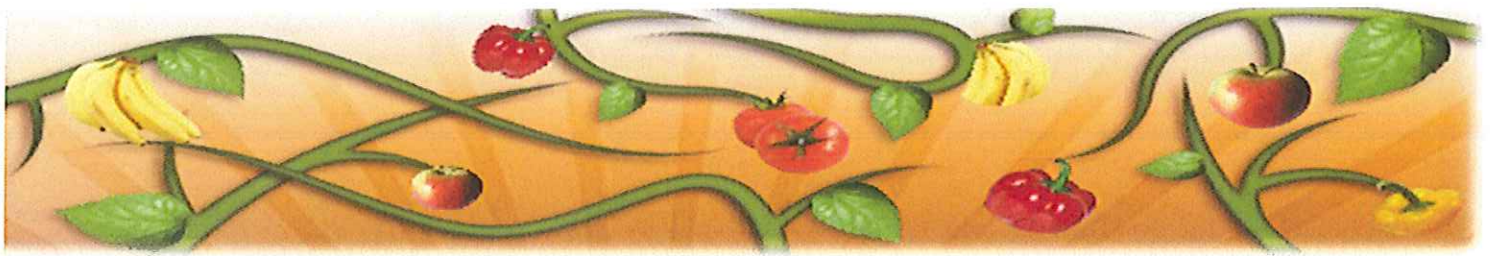
**SQUASH** – *Small* & *Medium/Large* Squash out of QLD is available; quality is excellent. *Medium/Large* Squash represents great value this week.

**TOMATOES** – *Regular* & *Roma* Tomatoes are seeing a moderate supply & prices are still up. *Truss* Tomatoes are suffering due the onset of the cooler weather; most of the fruit coming into the market is backward in colour. *Kumato* (Black Tomatoes) are available & sold in punnets. The following varieties are also available: *Cherry Truss*, *Heirloom*, *Grape*, *Teardrop* or *Gold Grape* & *Flavour Burst*.



**ZUCCHINIS** – *Yellow* Zucchini's continue to be unavailable.

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# Food For Thought

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## RECOMMENDED FRUIT BUYS THIS WEEK

### AVOCADO, KIWIFRUIT, WATERMELON



**AVOCADO** – Great supplies continue & we recommend buying 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** – Improved supply of QLD *Strawberries*; quality is good & prices are starting to come down. *Blueberries* & *Raspberries* remain expensive.



**CHESTNUTS** – Now is the time to start using Chestnuts as quality is excellent.

**CHERRIES** – Great quality USA Cherries are available however fruit is expensive. Quality is superb.

**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** – Fruit continues.

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

**FIGS** – Inconsistent supplies are available & quality is poor.

**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 however they are very expensive.

**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** – Excellent *Imperial* Mandarins are available; great quality & full of flavour.

**MANGOES** – Mexican fruit only.

**MANGOSTEEN** – Consistent supplies are available this week.

**MELONS** – Improved supplies out of QLD & N.T. of *Regular* & *Seedless Watermelon*. It is recommended buying.

**ORANGES** – Time to starting enjoying our excellent *Navel* season; fruit is great quality & eating well. *Blood* Oranges have not started yet.

**PASSIONFRUIT** – *Regular* & *Panama* Passionfruit are great quality & value this week.

**PEARS** – *Packham*, *Beurre Bosc*, *Nashi* & excellent *Corella* pears are available.

**PINEAPPLES** – The best eating variety at this time of the year is *Bethonga*.

**POMEGRANATE** – Good quality local fruit is available.

**QUINCE** – Good quality fruit continues.

**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, Cherries



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