

# Food For Thought

15th June, 2011

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### **BROCCOLI, CAULIFLOWER, CARROTS, ZUCCHINI**



**ASPARAGUS** – Very little imported Asparagus is coming in this week due to flight issues. A little *White* Asparagus is available.

**ARTICHOKE** – *Globe & Jerusalem* Artichokes are excellent quality. *Baby* Artichokes have now started & prior orders are recommended.

**BEANS** – Reasonable supplies of all lines including *Regular, Flat Italian, Baby, Borlotti, Butter, French flat & Snake beans*.

**BEETROOT** – *Regular* Beetroot is very well supplied & good quality. *Baby* Beetroot is a little light on this week & *Golden Baby* Beetroot is expected to be very inconsistent for the next few weeks. No *Target* Beetroot is available.

**BROCCOLI /BROCCOLINI** – Excellent value & recommended buying this week. *Broccolini* is well supplied.

**CAPSICUMS** – Moderate supplies only of all lines including *Red, Green & Yellow*.



**CORN** – Very limited supplies of Corn out of Bowen.

**CUCUMBERS** – All varieties including *Green, Lebanese & Telegraph* are extremely limited & expensive.

**CAULIFLOWER** – The best valued vegetable this week. *Brocco-Cauliflower* is also available.

**EGGPLANT** – Very limited supply of *Regular & Baby* Eggplant.

**FENNEL** – Excellent supplies of *Regular & Baby* Fennel this week. *Finger* Fennel is available & the best days are Monday, Wednesday & Friday.

**LEAF LINES** – Cold weather is causing little growth for *Baby rocket, Wild Rocket, Cavalo Nero & Snow Pea Leaf*. No *Baby Rocket* is currently available & *Wild* will be very limited. Even with the other lines available, levels are quite low & meeting demands is proving problematic. *Rocket Bunches* are a good alternative for *Baby Rocket* with about 5 bunches to the kilo. *Baby English Spinach* is reasonably well supplied but with more demand being placed on this product suppliers are struggling to meet demands.

**LETTUCE** – Good supplies of *Iceberg & Cos* Lettuce are available & quality is good. Increased demand for *Baby Cos* is keeping supplies low. *Red & Green Coral* are suffering in the cold weather, heads are small. A better alternative would be *Red or Green Oak* which is a little more reasonable in size.



**MUSHROOMS** – Extreme shortages continue with little to no *Flat* Mushrooms available. *Graded Flats* are almost nonexistent. *Button* Mushrooms are very limited & meeting demands is a problem. No relief is expected in the next few weeks. *Portobello* Mushrooms are available but supply is inconsistent.

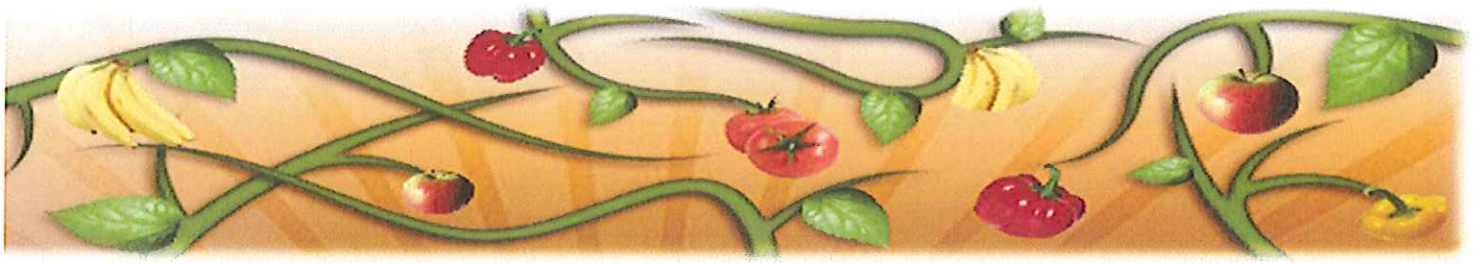
**POTATO** – Large *Desiree's* remain limited & expensive. *Cocktails* are excellent quality. A good selection of exotic Potatoes are available now including: *Dutch Cream, Spunta, Nicola, Kipfler, Royal Blue & Purple Congo*.

**SQUASH** – Good supply & quality of *Regular & Small* Squash.

**TOMATOES** – Supplies of *Regular & Roma* Tomatoes remain very limited. Early crops out of QLD have been poor & this situation is expected to continue for a few more weeks resulting in high prices. *Cherry* Tomatoes, *Cherry Truss, Truss* tomatoes, *Gold Grape/Teardrop & Grape* Tomatoes are reasonably well supplied. A few *Medley, Heirloom, Heirloom Baby & Kumato* are available.

**ZUCCHINI** – Excellent supply & quality this week – recommended buying. *Yellow* Zucchini's are light on. *Zucchini Flowers* are available but limited.

*Your connection to freshness*



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## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### NAVELS, PACKHAM PEARS, MANDARIN, WATERMELON



**BANANAS** – Fruit continues to be expensive & not great value.

**BERRIES** – QLD fruit is excellent quality, however still a little light in supply. *Blueberries, Raspberries & Golden Raspberries* are available.



**CHERRIES** – Excellent USA fruit is at the market. Quality & flavour are good.

**CUSTARD APPLES** – Available, but prior order is preferred to ensure fruit is ripe.

**DRAGON FRUIT** – Time to take off menus. Season is just about over & supply very inconsistent.

**FIGS** – Quite nice fruit is available with consistent supplies; *Black* fruit only.

**FUJI FRUIT & PERSIMMON** – Excellent quality Fuji & Persimmons are available.

**GUAVA** – Available in limited quantities only.

**LONGANS** – Inconsistent supply as season comes to an end.

**M&ARINS** – Excellent quality *Imperial* Mandarins are recommended buying this week. They are easy peel & very sweet.

**MELONS** – Excellent *Regular Watermelon* is great value & quality this week.

**NAVELS** – Excellent Aussie Navels are recommended buying this week – sweet & juicy.

**PEARS** – Highly recommended buying this week are *Packham* Pears; great flavour & quality. *Beurre Bosc, Nashi, Corella & Honey* are all available.

**POMMEGRANATES** – Good local fruit continues.

**QUINCES** – Unexpected early end to the season.

**STARFRUIT** – Available but inconsistent in quality & supply.

**TAMARILLO** – *Red* Tamarillo fruit is available.

**TOFFEE APPLES** – Available now through the winter months. They are sold in trays of 20 & are a mixture of *Green & Red*. If you require one colour only, then we would need prior orders.



### EXOTICS

Star fruit, Cherry, Figs, Finger Limes, Custard Apples, Blood Limes, Fuji Fruit, Guava, Tamarillo, Mangosteen, Blood Oranges, Pomegranate



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