

# Food For Thought

16<sup>th</sup> June, 2010

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

**Carrots, Cauliflowers, Eggplant, Zucchini**



**ASPARAGUS** – Supply is mainly out of Peru & quality is only average. *White* Asparagus continues.



**ARTICHOKEs** – Victorian Artichokes are the best quality with local supplies having suffered in the rain. *Jerusalem* Artichokes are well supplied & good quality.

**BEANS** – Gaps in the planting of Beans due to rain in the growing areas has caused a severe shortage in Beans. Prices are very high & product is not recommended buying. All other varieties including the following are moderately supplied; *Broad, Borlotti, Butter, Baby, Snake, French Flat & Flat Italian.*

**BEETROOT** – Regular Beetroot is mainly sold by the kilo; if you require bunches please specify at the time of ordering.



**BROCCOLI** – Quality & supply of Broccoli out of Victoria & Queensland remains good. *Broccolini* supplies are good. Local Broccoli Bunches have now started & available on Monday, Wednesday & Friday.

**CAPSICUMS** – Good supplies of *Red, Green & Yellow* Capsicums now & prices are back.

**CARROTS** – New season Carrots out of Griffith are excellent quality, great value & recommended buying this week.

**CORN** – Supply remains limited & prices are up.

**CAULIFLOWERS** – Excellent snow white Cauliflower out of Victoria is recommended buying this week.

**CUCUMBERS** – All varieties remain limited with *Regular* Green Cucumbers being the best value.

**EGGPLANT** – Abundant supplies out of Nth Queensland; quality & price make this a great valued vegetable this week. *Baby Eggplant* is of excellent quality.



**GARLIC** – Local *Garlic* or *Green Garlic* sold in bunches is available on Monday, Wednesday & Friday only. This should continue through winter at least.

**ONIONS** – South Australian season for *White* Onions has just about finished. Quality is only average & it is probably best to use *Brown* or *Spanish* Onions which are great quality at the moment.

**POTATOES** – *Large Desiree's* continue to be in short supply & remain expensive. New Season *Russet Burbank's* have now started; quality is excellent. Russets are a dirty potato, white flesh & oval shaped & they are an excellent Chip Potato. There is a good supply of *Dutch Cream, Royal Blue, Nicola & Purple Congo*. Excellent *Tasmanian Kipfler* potatoes continue.



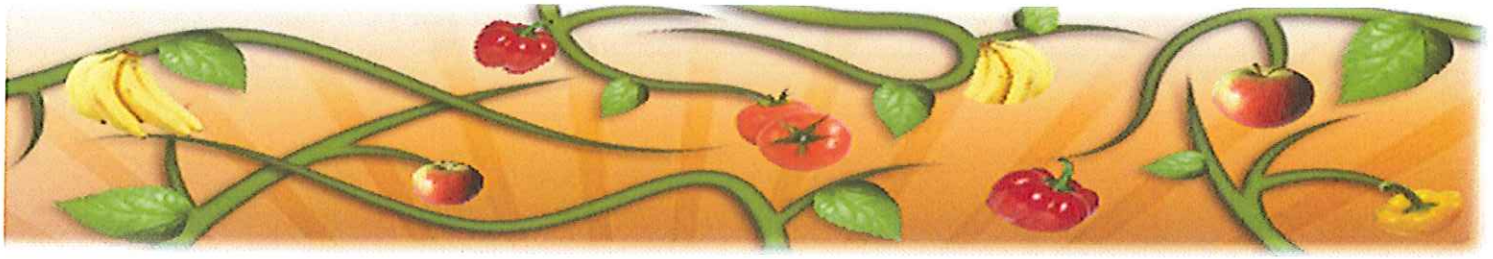
**TOMATOES** – Supply is slowly improving on *Regular & Roma* tomatoes. We hope to see some price relief in the next couple of weeks. *Cherry tomatoes, Grape, Teardrops, Truss tomato, Vine ripe, Heirloom, Kumato, & Cherry Truss* are all available – supply is moderate only. *Lovebites* are available, however they are extremely large & we would recommend going with *Flavour burst* or *Cherry Truss* as an alternative

**YELLOW SQUASH** – There is a good supply of *Small & Medium/Large* squash.



**ZUCCHINIS** – Nice supplies of Queensland Zucchini's now; quality & price are good & a great valued green vegetable this week. Some *Gold* Zucchini have started on the market, however they remain inconsistent. *Zucchini Flowers* continue, however supply is limited & quality is only average.

*your connection to freshness*



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16<sup>th</sup> June, 2010

## RECOMMENDED FRUIT BUYS THIS WEEK

**Bananas, Navels, Rockmelon, Honeydew**



**BANANAS** – Nice supplies of mainly Queensland Bananas are available this week. Smaller size fruit is great value this week

**BERRIES** – *Strawberries* from Queensland are excellent now; supply is only moderate, but quality is superb & fruit is eating very well. *Blueberries* & *Raspberries* are available although they are expensive.



**CHESTNUTS** – Time to start using; excellent quality.

**CHERRIES** – Fruit from USA has an excellent flavour.

**CUMQUAT** – Available & in stock now; time to start using.

**DRAGON FRUIT** – Available although scarce.

**FIGS** – Limited supplies, high prices & moderate quality only.

**FUJI FRUIT** – N.Z. fruit available now; quality is good, however fruit is expensive.

**GRAPES** – There is no good quality *Red Seedless* Grape to speak of. Fruit is very pale in colour & the fruit is falling off the bunch. The only Red Grape recommended as a VIP is *Red globe*. This is a large Grape, however it has seeds.



**LONGANS** – Fruit is in stock now.

**MANDARINS** – *Imperial* Mandarins remain excellent eating.

**MANGOES** – Mexican fruit only.

**MANGOSTEEN** – Inconsistent supply

**MELONS** – *Honeydews* & *Rockmelons* are excellent value this week; fruit is eating nicely.

**ORANGES** – Local & Victorian *Navels* are excellent quality & recommended buying this week. There is still no *Blood* Oranges & they are not expected until late June or early July. *Ruby Navels* have started if you are looking for something with a deeper colour than a Navel. *Tangelos* have now started & are in stock. Tangelos are a hybrid of *Mandarin* & *Grapefruit* or *Pomelo*. They do not have a lot of seeds & have a slightly tart flavour.

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

**QUINCE** – Good quality fruit continues.

**STARFRUIT** – Moderate supplies only & quality is average.

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

**WALNUTS** – Tasmanian Walnuts are available & quality is good.



### EXOTIC FRUIT

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

Cherries, Cumquats, Fuji Fruit, Loquats, Longans, Star fruit, Pomegranates, Dragon fruit, Feijoas, Tangelo, Tamarillo (Red only)



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