

Food For Thought

22nd June, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BROCCOLINI, CAULIFLOWER, CHINESE CABBAGE, SWEET POTATO



ASPARAGUS – Imported supplies out of Thailand & Peru remain limited. *White & Baby* Asparagus are available.

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

BEANS – Planting gaps due to heavy rains have caused major shortages leaving virtually no stock available this week.

Baby, Borlotti, Broad, Butter, Flat Italian & Snake beans are all limited.

BROCCOLINI – Excellent supplies of Broccolini this week. Definitely a recommended buy this week.

CARROTS – Please note that *Dutch* Carrots are very limited & size is very small. They are not a great valued vegetable & peeling is not recommended due to the size.

CELERY/CELERIAC – Good supplies of both Celery & Celeriac this week.

CHINESE CABBAGE – Local grown Chinese cabbage is great value & quality this week.

CORN – Supply out of Bowen remains very limited.

CUCUMBERS – Critically low levels are keeping prices very high. Meeting demands is proving difficult.

CAULIFLOWER – Abundant supplies of Cauliflower continue & probably the best valued vegetable this week.

Brocco-Cauliflower is also available.

EGGPLANT – Bowen supply remains limited on *Regular & Baby Eggplant*.

LEEKS – Good quality & supply of *Regular, Baby & Pencil* Leeks.

LEAF LINES – No *Baby Rocket* is available again this week, the only alternative is *Rocket Bunches*. There is approximately 6 bunches to the kilo & would need to be ordered when placing your order. *Wild Rocket* is available, but supply is very limited & meeting demands is almost impossible. *Snow Pea Leaf* is very limited; there is a little *Snow Pea Tendrils* in punnets as an alternative. *Cavalo Nero Leaf* has been short however bunches of *Cavalo*, which are excellent quality, are available.

MICRO HERB LEAF – DUE TO THE COLD WEATHER OUR SUPPLIER WILL ONLY BE PICKING MICRO HERBS ON MONDAY, TUESDAY & THURSDAY. ALL ORDERS NEED TO BE PLACED 48 HOURS PRIOR. PLEASE SPEAK TO OUR ORDER DEPARTMENT OR YOUR SALES MANAGER TO DISCUSS FURTHER.

LETTUCE – Cold weather is causing slow growth on most *Hydroponic* lines of lettuce. In particular, the *Coral* lines are quite small.

MUSHROOMS – A slight improvement in the supply of *Button* Mushrooms at the present time, however *Flat* or *Field* Mushrooms remain very limited & *Graded Fields* are almost impossible. No *Pine* Mushrooms are available.

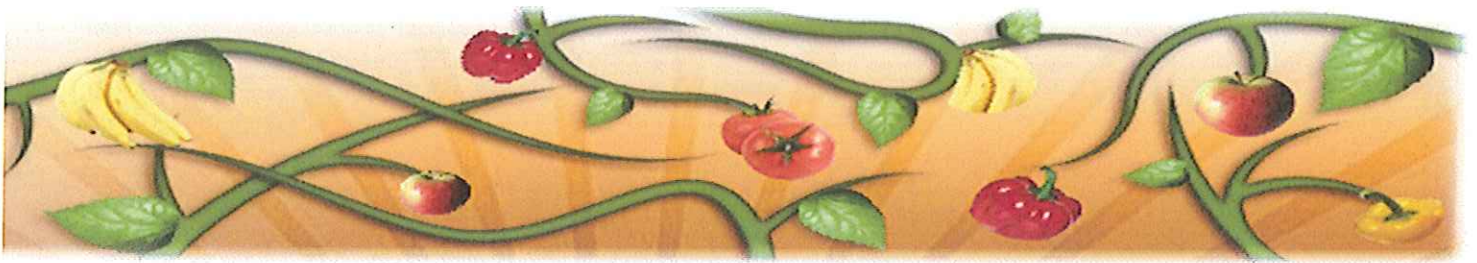
POTATO – *Sweet* Potato is super value with excellent supplies & quality.

SQUASH – Moderate supplies only.

TOMATOES – Prices continue to be very high as limited supplies of *Regular & Roma* Tomatoes continues. Shortages are a result of planting gaps due to heavy rains in Bowen, QLD. *Cherry Tomatoes, Red Grape, Teardrops/Yellow cherry, Heirloom, Heirloom Medley, Johnny Lovebite, Kumato & Truss* Tomato are all available although limited.



Your connection to freshness



Food For Thought

22nd June, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

AVOCADO, NAVEL ORANGES, WATERMELON



AVOCADO – Excellent Hass Avocados are great value & quality this week.

BANANAS – Not good value for the high prices being asked. It is best to use some of our great winter fruits including *Mandarins & Pears* which are highly recommended over bananas.



BERRIES – Excellent quality *Strawberries* coming out of Queensland now however there is very little medium fruit available. *Blueberries, Raspberries & Golden Raspberries* are limited but available.

CHERRIES – Virtually no imported Cherries at the present time.

CUMQUAT – Stock is now available with good quality fruit at the market.

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

DRAGON FRUIT – Season is over.

FIGS – Good *Black Figs* are available however there is none of the *Green* variety.

FUJI FRUIT – Fruit is now coming from New Zealand & quality is good.

GUAVA – Available in limited quantities only.

GRAPEFRUIT – Excellent *White & Ruby* Grapefruit are available. *Pomelos* are also available for a short time.

LONGANS – A little fruit continues, however season is just about over.

LIMES – Limited supplies have pushed prices up. *Ruby Limes* are available for a short time.

MANDARINS – Imperial Mandarins are very well supplied; quality & flavour are excellent.

MANGOSTEIN – A little fruit is available.

MELONS – Excellent *Regular Watermelon* continues to be excellent quality & value this week. *Rockmelon & Honeydew* supply is limited.

MANGO – Mexican fruit is good quality.

NAVELS – Best buy of the fruit line this week. They have an excellent colour, great flavour & are very juicy.

Sorry no *Blood Oranges* are available, however some *Ruby Navels* are. We expect Blood Oranges in July.

PEARS – *Packham, Beurre Bosc, Nashi, Corella & Honey* are all available & quality is good.

POMMEGRANATES – Good local fruit continues.

QUINCES – Fruit is available.

STARFRUIT – Available but inconsistent in quality & supply.

TAMARILLO – *Red* Tamarillo fruit is available.



EXOTICS

Star fruit, Figs, Custard Apples, Blood Limes, Fuji Fruit, Guava, Tamarillo, Mangosteen, Pomegranate, Longans



your connection to freshness