

Food For Thought

29th June, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BRUSSEL SPROUTS, LEEKS, CHATT POTATO, CAULIFLOWER



MAJOR PLANTING GAPS DUE TO EXTREME RAINFALL COMBINED WITH VERY LOW NIGHT TEMPERATURES IN THE MAJOR GROWING REGIONS IN QUEENSLAND HAS HEAVILY IMPACTED ON THE SUPPLY & PRICE OF THE FOLLOWING PRODUCE:

TOMATOES, CAPSICUMS, CORN, EGGPLANT, BEANS, ZUCCHINI, SQUASH, ROCKMELON & HONEYDEW. THIS SITUATION MAY CONTINUE FOR MOST OF JULY.



ASPARAGUS – Supply of imported Asparagus remains limited. *White & Baby* Asparagus continue.
ARTICHOKE – *Globe, Baby & Jerusalem* Artichokes are available. *Baby* Artichokes are limited & prior orders would be preferred.
BROCCOLI – Good supplies out of Victoria & quality is excellent. *Broccolini* is well supplied.
BRUSSEL SPROUTS – Excellent supplies, quality & value this week – these are the best of the vegetable line this week.
BEETROOT – *Golden* Beetroot is currently out of stock & not expected for a few weeks. Excellent *Baby* Beetroot is available.

CUCUMBERS – All lines remain limited & expensive.

CAULIFLOWER – Great value continues this week.

CELERIAC – Excellent supplies of Celeriac with large heads available.

HERBS – The cooler weather is affecting supplies & the quality of quite a few herbs. *Chives* in particular are quite small & only average quality. *Tarragon* is very limited & quite expensive. *Sage* is limited & only average quality.



LEAF LINES – A little *Baby Rocket* has started today but supply is still quite low. *Baby Wild Rocket* supply has improved also but levels are still low. *Snow Pea Leaf* remains out of stock & now *Snow Pea Tendrils* in punnets are also unavailable for another week. *Snow Pea Tendrils* in the mega trays are available though & equivalent to about six punnets.

LEEKs – Excellent quality Leeks are super value this week.

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.

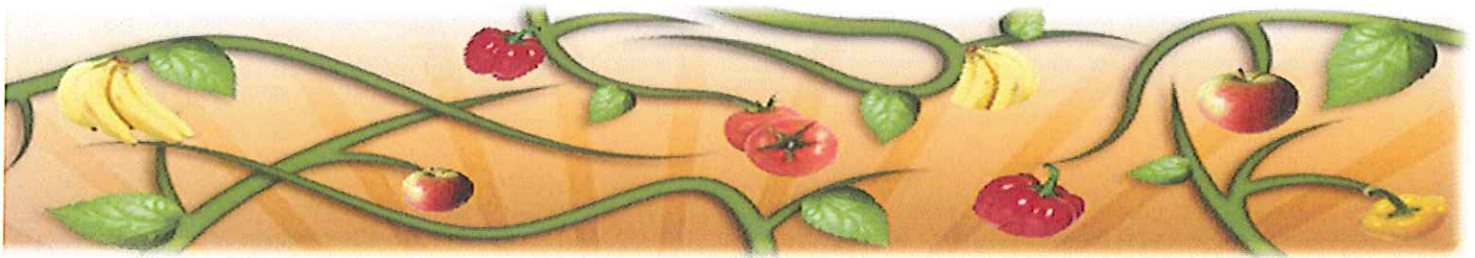
MUSHROOMS – *Button* supply is down but steady at the present time. *Flat & Graded Flats/Field* Mushrooms remain limited.

POTATO – *Sweet* Potato continues to have an abundant supply & quality is good. *Chat* Potatoes are very well supplied this week & excellent are value.



TOMATOES – Supply is limited. Exotic lines, including the following, are available but limited: *Johnny Lovebite, Kumato, Kumato baby, Heirloom, Heirloom Punnets & Tomato Medley. Gold Tear Drops* are available.

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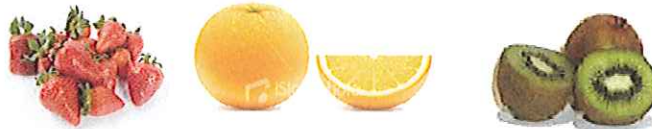


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RECOMMENDED FRUIT BUYS THIS WEEKS

STRAWBERRY, NAVELS, KIWIFRUIT



AVOCADO – *Hass* Avocados are excellent quality & are well supplied.

BERRIES – Great *Strawberries* are coming out of Queensland & represent great value this week. *Blueberries* & *Raspberries* are available.

CHERRIES – Imported USA Cherries are available.

CUMQUAT – Good fruit is available for a short time.

DRAGON FRUIT – Season is over.

FIGS – Only *Black* Figs are available & quality is good.

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

GUAVA – Available in limited quantities only.

GRAPES – *Red & Red Seedless* Grapes represent the best quality of the grape line now. *White & Black* Grapes are poor quality & are not recommended. The only seedless Grape is *Red Seedless*. Excellent *Dry Muscatel Clusters* are available.

KIWIFRUIT – New Zealand Kiwifruit are great quality & value this week: excellent eating.

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

LIMES – Fruit is limited & prices are up substantially.

MANDARINS – Super sweet & great eating Mandarins continue.

MANGOSTEIN – A little fruit is available.

MELONS – *Rockmelons* have a moderate supply only this week, while *Honeydew* remains quite limited.

NAVELS – Excellent Australian Navels continue to be excellent quality & great value. *Ruby Navels* are available; however *Blood* Oranges are still a couple of weeks off.

PEARS – *Packham, Beurre Bosc, Nashi, Corella & Honey* are all available & quality is good. Now is Pear season, so take advantage of the different varieties available.

PINEAPPLES – Regular Pineapples are well supplied, however *Topless* Pineapples are a little light on this week.

POMMEGRANATES – Good local fruit continues.

QUINCES – Fruit is available.

STARFRUIT – Reasonable supply & quality.

TAMARILLO – *Red* Tamarillo fruit is available.

TOFFEE APPLES – Available during the cooler months – sold in trays only – 20 per tray.



EXOTICS

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



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