

Food For Thought

29th June, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS

Corn, Cauliflower, Red & Green Capsicums



ARTICHOKES – *Globe, Baby & Jerusalem* Artichokes are all available. It is best to order *Baby* Artichokes in advance as they are limited to Monday & Thursday availability.

ASPARAGUS – *Green & White* Asparagus imported from Peru is available.

BEANS – Good supplies of *Regular* Beans out of Bowen are available. *Broad* Beans remain limited & all other lines are reasonably well supplied.

BROCCOLI – Good quality & supply of *Broccoli & Broccolini*. *Broccoli* bunches (local supply) are available also.

BRUSSEL SPROUTS – Supply is limited.

CAPSIUMS – *Red & Green* Capsicums out of Nth QLD are excellent value this week. *Habanero Chillies* continue to be unavailable; crops out of QLD are still green & we are waiting for them to ripen. *Red & Green Long Chillies, Birdseye, Jalapeno, Red & Green Bullhorns* are all available.

CELERIAC – Large bulbs are now available out of Victoria. Quality is excellent.

CORN – Excellent Corn from Bowen is at the markets & is recommended buying this week.

CAULIFLOWERS – Snow White Cauliflowers are available now & another recommended buy this week. *Broccoflower* is now available & sold by the tray only.

EGGPLANT – Product is of excellent quality & well supplied. *Baby Eggplant* is also available & is great quality.

FENNEL – *Large, Baby & Finger* Fennel are all available & quality is good. *Finger* Fennel is only available on Monday, Wednesday & Friday.

GARLIC – Local *Garlic* or *Green Garlic* sold in bunches is available on Monday, Wednesday & Friday only. This should continue through winter at least. No *Garlic Braids* are currently available; supply not expected for another two to three months.

ONIONS – Please note that no White Onions are available until the New Season starts in about two to three weeks or when the imported supply starts.

POTATOES – *Large Desiree's* continue to be very limited & prices are high.

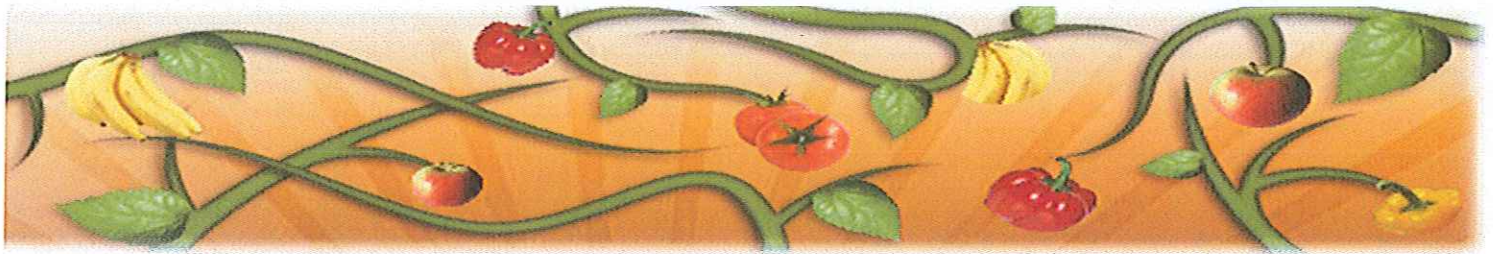
TOMATOES – Nice supplies are now available of *Regular & Roma* Tomatoes; prices are down & quality is very good. *Heirloom, Flavour Burst, Ox Heart, Cherry, Cherry Truss, Grape, Teardrops, Kumato, Truss & Vine Ripe* Tomatoes are all available. Please be mindful that supply is limited on exotic lines. *Yellow Cherry* Tomatoes are available, however very limited.

YELLOW SQUASH – Supply this week is limited.

ZUCCHINIS – There are good supplies of *Green Zucchini's Yellow* however, remain very limited. *Zucchini Flowers* continue, however supply is limited & quality is only average.



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RECOMMENDED FRUIT BUYS THIS WEEK

Bananas, Packham Pears, Passionfruit, Papaya/Paw Paw



AVOCADO – Excellent *Hass* avocados. Quality is good & prices are excellent.



BANANAS – Fruit is mainly out of Nth QLD & is of good value this week.

BERRIES – Cold weather has slowed growth of *Strawberries*. Supply this week is moderate, quality however, is excellent. Medium sized fruit is very limited. *Blueberries & Raspberries* are available, however winter supplies are moderate only & prices are high.

CITRUS

- o **BLOOD ORANGES** – Excellent fruit available now & a good time to include on the menu.
- o **CUMQUAT** – Not a long season, so if you want to use them, now is the time to buy.
- o **ORANGES** – Sweet juicy Aussie navels continue & are great quality.
- o **MANDARINS** – Fruit continues to be *Imperial*. It is an easy peel & sweet eating.
- o **RUBY LIMES** – Available until September.
- o **RUBY NAVELS** – Available for a short time.
- o **POMELO** – Excellent fruit is available.



CHERRIES – Fruit from USA has a great flavour & is of great quality.

DRAGON FRUIT – Season is all but finished.

FIGS – Product is available, but supply is limited & expensive.



FUJI FRUIT – Moderate supplies are coming out of N.Z. Quality is great, however, fruit is on the expensive side.

GRAPES – All varieties are all but finished.

LONGANS – Far too inconsistent to include on the menu.

MANGOSTEEN – Season is drawing to an end.

MELONS – *Honeydew & Rockmelon* supplies are good & fruit is eating well.

PASSIONFRUIT – Very well supplied & recommended buying this week. Fruit is full of pulp. *Regular & Hawaiian* fruit are available.

PAW PAW/PAPAYA – Good supplies, great quality & excellent value this week.

PEARS – *Packham* Pears represent great value this week. *Nashi, Beurre Bosc, Corella & Honey* Pears are available.

PINEAPPLES – Nice supply of sweet topless pineapples are available; best eating of the pineapples.

STARFRUIT – Nice supplies are available this week.

WALNUTS – Tasmanian Walnuts are available & fruit should continue until December.



EXOTIC FRUIT

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

Cherries, Cumquats, Fuji Fruit, Star fruit, Pomegranates, Loquats, Tangelo, Tamarillo (Red only), Blood Limes, Honey Pears



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