

Food For Thought

5th July, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BROCCOLI, CARROTS, ZUCCHINI



ASPARAGUS – *Green, White & Baby* Asparagus is available, however supplies remain limited.
ARTICHOKE – *Globe, Baby & Jerusalem* Artichokes are all excellent quality. Now is a good time to start using.
BROCCOLI – The best buy of the week is *Broccoli* as quality is excellent.
BRUSSEL SPROUTS – A great winter vegetable with now being an excellent time to include on the menu.

BEANS – Bowen supply has improved, however prices remain higher than usual. *Baby, Broad, Borlotti & Continental* Beans are well supplied, however *Butter* Beans are inconsistent.

BEETROOT – *Golden Baby* Beetroot is unavailable & will remain so for the next four weeks at least.

CAPSICUM – Best value is the *Green* variety with *Red* being limited & expensive.

CARROTS – Excellent supply of Carrots coming out of Griffith; a good buy this week.

CORN – Improved supply this week.



CUCUMBERS – Improvement in supplies of *Lebanese & Telegraph*, however *Regular Field* grown Cucumbers remain limited resulting in high prices.

CAULIFLOWER – Excellent supply of snow white Cauliflower. *Brocco-Cauli* is also available.

EGGPLANT – Only moderate supplies of Eggplant are available this week.

HERBS – *Chives, Tarragon & Sage* are the worst affected by the cold weather. *Chives* in particular are quite small.

LEAF LINES – *Snow Pea Leaf* remains unavailable; *Snow Pea Tendrils* in punnets are available as an alternative. There has been an improvement in the supply of *Wild Rocket & Arugula*. *Baby English Spinach* is well supplied.

MUSHROOMS – A few more *Flat* Mushrooms have been available this week.

POTATO – *Kipfler, Cocktail & Sweet* Potatoes are all well supplied & quality is good.

PUMPKIN – *Jap & Grey* Pumpkins remain the best value.

SQUASH – *Small & Med/Large* Squash are in short supply.

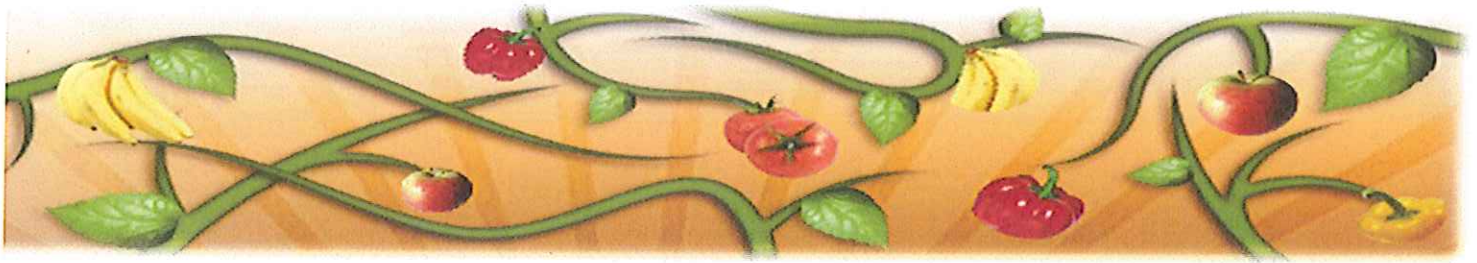


TOMATO – Improved supplies of *Regular & Roma* Tomatoes. There is a good supply of *Cherry, Heirloom, Medley, Heirloom Medley, Truss & Teardrop/Yellow Cherry* Tomatoes.

ZUCCHINI – *Green* Zucchini's are great value this week; *Yellow* Zucchini supply is consistent.



Your connection to freshness

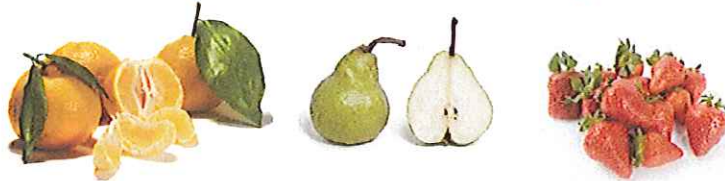


Food For Thought

5th July, 2011

RECOMMENDED FRUIT BUYS THIS WEEKS

MANDARINS, PACKHAM PEARS, STRAWBERRIES



BANANAS – Average quality fruit is available & they are still very expensive; not recommended.

BERRIES – Super sweet QLD *Strawberries* are excellent value this week & a recommended buy. *Blueberries* & *Raspberries* are available & quality is very good. Supply of *Gold Raspberries* is inconsistent.

CHERRIES – USA Cherries are excellent quality & have a great flavour.



CUMQUAT – Fruit continues for a short time.

FIGS – *Black* Figs only & supply is limited.

FUJI FRUIT – Excellent NZ Fuji fruit.

GUAVA – Fruit is available.

GRAPES – *Red Globe* & *Red Seedless* are good quality. *White Grapes* are average quality only. USA *Black Seedless* Grapes have started & quality is excellent.

KIWIFRUIT – *Regular* & *Gold* Kiwifruit are available. All fruit is coming out of New Zealand.



MANDARINS – Good supplies of super sweet Mandarins continue – excellent value & are recommended buying this week.

MELONS – *Rockmelons* are seeing a moderate supply only of medium size fruit. Large fruit is commanding premium prices. There is next to no stock of *Honeydews* in the marketplace this week. N.T. & QLD crops are running 4 – 5 weeks late & prices are very high. It is best to use *Rockmelon* or *Watermelon* as an alternative. Best value Watermelon is the Regular variety as supplies of *Seedless* are limited & prices are up.

MANGOES – All fruit is Mexican & quality is good.

ORANGES – *Navels* continue to be super sweet & excellent quality. *Blood* Oranges have finally started & quality is excellent.

PEARS – *Packham* Pears are excellent value this week & we recommend buying. *Beurre Bosc*, *Nashi*, *Corella* & *Honey* are all available.



POMMEGRANATES – 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, Custard Apples, Blood Oranges, Blood Limes, Fuji Fruit, Guava, Tamarillo, Mangosteen, Pomegranate, Longans



your connection to freshness