

Food For Thought

27th July, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS

Broccoli, Cauliflower, Carrots, Zucchini



ASPARAGUS – Extremely limited supplies of imported Asparagus out of Peru are forcing prices up dramatically. Large orders may be difficult to fill. *White Asparagus*, also imported from Peru, is available.



ARTICHOKE – Victorian *Globe Artichokes* are of good quality. *Jerusalem Artichokes* are very well supplied.

BRUSSEL SPROUTS – Quality & supply are excellent; Sprouts are quite small.

BROCCOLI – Great supply, quality is good & represents excellent value this week. *Broccolini* supplies are good.

BEANS – *Regular Beans* are of good quality. *Butter Beans* are very inconsistent. *Flat Italian Beans* are inconsistent. *Broad Beans* are limited & prices are high. *Baby, French Flat, Borlotti & Snake beans* are all available.

CAULIFLOWERS – Great value continues this week. *Jacaranda* (Purple) & *Brocco Flower* (Green) are both available, however supply is limited. Both lines are sold by the case only – Regular & Mini sizes.

CARROTS – Great supplies of W.A. & QLD Carrots are available. Product is excellent value this week. Supply of *Dutch Carrots* is excellent. *Purple, Yellow & now White Dutch Carrots* are expected to be available next week. The availability will depend on demand & will only be available on Monday, Wednesday & Fridays.

CORN – Good supply, great quality & super sweet. *Baby Corn* is available.



CUCUMBERS – *Regular Cucumbers* represent the best value this week while supplies of *Lebanese & Telegraph* are down & prices are up.



EGGPLANT – Good supply & excellent quality. *Baby & Thai Eggplant* also available.

LEEKS – Good supplies & excellent quality Leeks are available. They are mainly Small/Medium in size. *Large Leeks* are much more expensive.

ONIONS – We have some *White Californian Onions* in stock now, however, they are expensive.

LEAF LINES – Shortages continue on *Mesclun, Baby Rocket, Wild Rocket, Snow Pea Leaf & Tatsoi*. Every endeavour will be made to meet demand, but this is proving difficult some days. This situation will continue for a few weeks until weather improves. There is some *Snow Pea* available in *Micro Punnets*, but even these are becoming limited.



POTATOES – *Sweet Potato* continues to have high prices as supply remains limited. *Kipfler potatoes* are excellent quality. *Large Desiree's* are available, but remain expensive.

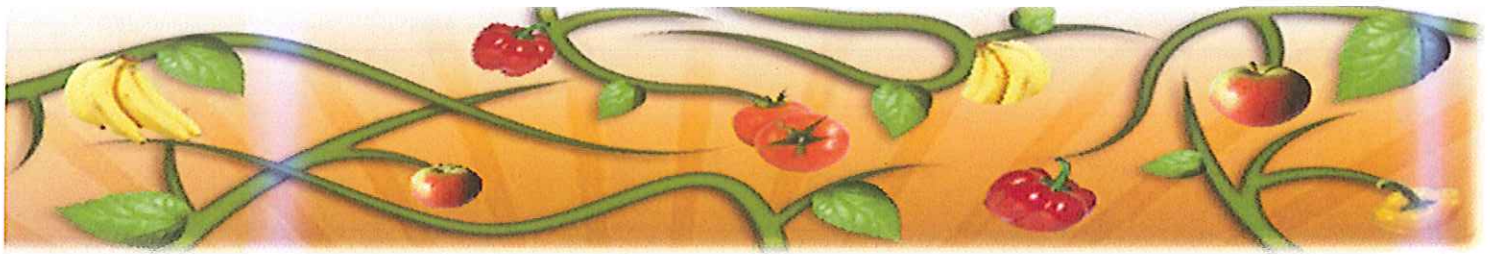
SQUASH – Prices are high as supply remains limited.



TOMATOES – Reasonable supplies of *Regular & Roma Tomatoes*; quality is good. *Yellow Cherry Tomatoes* are very limited with the only alternative being *Teardrops*. *Kumato, Heirloom, Truss Tomatoes, Cherry Truss & Grape Tomatoes* are all reasonably well supplied. Still very limited supplies of *Vine Ripe & Truss Tomatoes* are being substituted.

ZUCCHINIS – Very good supply of excellent quality Zucchini's. They represent great value this week. *Yellow Zucchini's* are available, but limited. *Zucchini Flowers* continue in limited quantities only.

Your connection to freshness

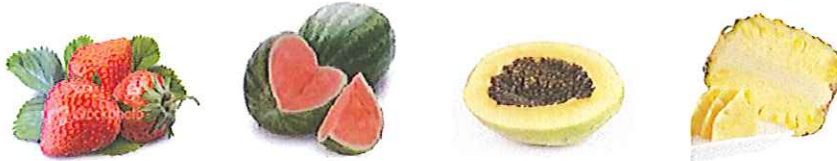


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RECOMMENDED FRUIT BUYS THIS WEEK

Strawberries, Seedless Watermelon, Paw Paw, Topless Pineapples



AVOCADO – ‘Hass’ Avocados continue to be well supplied & good value.

BANANAS – Moderate supplies only; quality is average & prices remain stable.

BERRIES

- **Strawberries** – Excellent QLD season continues. Strawberries are great value, great flavour & a must buy this week.
- **Blueberries & Raspberries** – Both are available.



CITRUS

- **Mandarins** – ‘Hickson’ variety – Not as easy to peel as ‘Imperial’, however they are still good eating Mandarins.
- **Blood Oranges** – Only a short season, so don’t leave it too late to start using.
- **Blood Limes** – Great supplies available now.
- **Cumquats** – Only a few left of the season, so enjoy now.
- **Pomello** – Fruit continues.
- **Limes** – Fruit remains limited & prices are up. **Blood Limes** are available for a short time only.
- **Navels** – Super sweet Aussie Navels continue.
- **Tangelo** – Short season only, so buy now if you want to use them.

CHESTNUTS – Not much coming in now as the season is coming to an end.

CHERRIES – Excellent USA fruit is available; excellent eating.

COCONUTS – *Regular* & *White* drinking coconuts are available.

DRAGON FRUIT – No fruit available.

FIGS – Available, but limited.

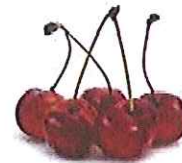
GUAVA – Very little fruit is available; mainly the Asian variety, which is inconsistent in size.

GRAPES – No imported fruit available yet & any available local fruit is very poor quality.

LONGANS – Excellent imported fruit available this week.

MANGOSTEEN – Imported fruit available & excellent quality.

MANGO – Mexican fruit only available now.



MELONS – Super sweet *Seedless Watermelon* out of N.T. represents great value this week. *Rockmelons* & *Honeydews* have a moderate supply only. Fruit is medium in size & is the best value over the Larger fruit, which is much more expensive.

PAW PAW & PAPAYA – *Papaya* is super sweet; *Paw Paw* is very well supplied & great value. *Green Papaya* is available.

PEARS – *Packham*, *Beurre Bosc*, *Honey*, *Corella* & *Nashi Pears* available.

PINEAPPLES – Good supplies, great taste & excellent value for *Topless Pineapples* this week.

STARFRUIT – Good quality & reasonable supply.

TAMARILLO – Western Australian fruit is available, although it is expensive. *Red* fruit only, no *Yellow* fruit is available.



EXOTIC FRUIT

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

Cherry, Cumquat, Fuji Fruit, Star fruit, Pomegranate, Loquat, Mangosteen, Star apple, Longan, Tamarillo (Red only), Blood Lime, Honey Pear

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