

Food For Thought

3rd August, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BROCCOLI, EGGPLANT, GREY PUMPKIN, CHINESE CABBAGE



ARTICHOKE – Excellent quality *Globe & Baby* Artichokes. *Jerusalem* Artichokes are available.

ASPARAGUS – Good supplies of Asparagus including *Regular, Baby & White*. Best quality product is from Peru.

BROCCOLI – Excellent supplies & super value this week. *Broccolini* is available.

BEETROOT – *Baby Golden* Beetroot remains very limited with only a few bunches filtering through into the market; probably about four weeks away before supply is a little more regular.

BEANS – *Regular* Beans out of Bowen are good quality. *Baby, Flat Italian, Broad, Snake, French Flat & Borlotti* Beans are all available. *Butter* Beans continue to be inconsistent.

CAULIFLOWER – Good supplies continue.

CABBAGE – Excellent quality & value on local *Chinese* Cabbage this week.

CAPSICUM – Supplies of *Red & Yellow* Capsicums out of Bowen are improving. All lines of *Chillies* remain limited & expensive. Still no *Habanero's* are available.

CARROTS – Majority of *Dutch* Carrots are coming out of Victoria & the cold weather is keeping crops light & the size is quite small. We are struggling to meet the high demand for this line.

CUCUMBERS – *Regular Green* Cucumbers remain the best value while *Telegraph & Lebanese* remain limited.

EDIBLE FLOWERS – Supply is very inconsistent.

HERBS – *Sage & Tarragon* remain very limited. Bunches are quite small & only average quality.

LETTUCE – *Green & Red Coral* Lettuce remains very limited due to cold nights & slow growth. We are substituting with *Oak* Lettuce to meet demands.



POTATO – *Purple Congo* Potatoes are available & quality is good. Supply of *Kumara* is excellent quality. Excellent *Kipfler* Potatoes are available.

PUMPKIN – *Grey* Pumpkin is excellent quality & great value; a great winter vegetable.

SALSIFY – Supply continues.

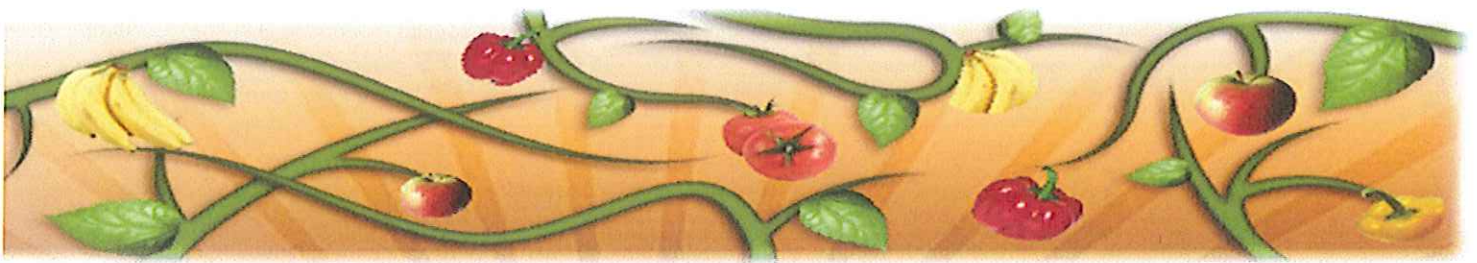
SQUASH – *Small & Medium/Large* Squash is available however, supply is very limited.

TOMATO – Supply of *Regular & Roma* Tomatoes is slowly improving but still about two weeks away before supply is back to normal. Consistent supplies of *Yellow Cherry, Teardrop, Red Grape, Cherry Truss, Truss & Baby Heirlooms*. *Heirloom & Vine Ripened* Tomatoes are quite inconsistent.

ZUCCHINI – Good supplies of *Small, Medium & Medium/Large* Zucchini. *Yellow* Zucchini are available but supply is irregular. *Zucchini* Flowers in punnets & trays are available.



Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEKS

AVOCADO, KIWI FRUIT, ORANGES



BANANAS – Quality is moderate & prices remain high.

AVOCADO – Abundant supplies of Queensland *Hass* Avocados are now available. Now is the peak of the season & they are great value this week.



BERRIES – Quality of Queensland *Strawberries* remains good however, supplies are moderate this week.

Blueberries, Raspberries & Golden Raspberries are available.

CHERRIES – USA fruit is available & quality is good. *White* Cherries are available.

CUMQUAT – Season is just about over so buy now before it is too late.

CHESTNUTS – Good quality Chestnuts are available.

DRAGON FRUIT – A little fruit is available however, supply is inconsistent.

FIGS – Expensive & supply is inconsistent.

FUJI FRUIT – Excellent quality NZ fruit is available.

GUAVA – Good quality fruit is available.

GRAPES – USA *Red & Black Seedless* Grape quality is good although they are expensive. We are still waiting for USA *White* Grapes which are expected sometime this week.

KIWIFRUIT – *Regular* Kiwifruit are super value this week. Fruit is out of NZ. *Yellow* Kiwifruit are available.

MANDARINS – Excellent quality & great eating *Hickson* Mandarins are at the market.

MANGOSTEEN – Thai fruit only.

MELONS

- **ROCKMELON & HONEYDEW** – Fruit remains limited; majority of the fruit is on the small size. Larger fruit is commanding premium prices.
- **WATERMELON (REGULAR & SEEDLESS)** – *Regular* seeded Watermelon remains the best quality & value. *Seedless* Watermelon is poor quality & is not recommended.

ORANGES – Best value fruit this week is Aussie *Navels*; quality & flavour are superb. *Blood* Oranges are also at the peak of their season & well worth including on the menu.

PASSIONFRUIT – Great supplies of *Regular & Hawaiian* Passionfruit. They are full of pulp & great tasting.

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

PINEAPPLES – Hard to go past *Topless* Pineapples for flavour in the winter months.

POMMEGRANATES – Local fruit continues.

TAMARILLO – *Red* Tamarillo fruit only.

WALNUTS – Australian Walnuts in the shell are available.



EXOTICS

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



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