

Food For Thought

3rd August, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS

Beans, Broccoli, Celery, Snow Peas



ASPARAGUS – Supply remains limited with only imported supplies from Peru available. *White Asparagus* continues.

BROCCOLI – Supplies are coming out of Queensland, Victoria & local areas. Another great valued vegetable this week. *Broccolini* is well supplied & local *Broccoli Bunches* continue.

BABY VEGETABLES – *Baby Beetroot, Baby Turnip, Baby Golden Beetroot, Dutch Carrots, Purple Dutch, White Dutch* (due next week), *Yellow Dutch* (due next week), *Breakfast Radish, Pencil Leeks & Finger Fennel* are all available. If you will be needing large quantities, it is best to order ahead to guarantee supply.

BEANS – Great supplies of *Regular Green Beans* out of Bowen & this week, they represent great value. A few more *Flat Italian Beans* are available. *Broad Beans* are seeing a moderate supply although they are expensive. *Butter Beans* are limited. *Baby, Borlotti, French Flat & Snake Beans* are all reasonably well supplied.



CABBAGES – Excellent *Baby Savoy Cabbages*, also known as *European Cabbage* sold in case lots are available. *Cavalo Nero* is an excellent winter vegetable & available in loose leave or bunches.

CAPSICUM – *Red, Green & Yellow Capsicums* are all well supplied. *Red & Green Banana Capsicums (Bullhorns), Red & Green Chilli, Birdseye Chillies, Jalapeno's* (limited) & *Habanero's* (limited) are all available.



CAULIFLOWERS – Local & Queensland Cauliflowers are great quality this week & remain well priced. *Jacaranda* (Purple) & *Brocco Flower* (Green) are both available, however supply is limited. Both lines are sold by the case only – Regular & Mini sizes.



CELERY – Very good supply of Celery coming out of Victoria & well worth buying this week. Excellent large heads of *Celeriac* are another great winter vegetable.

EGGPLANT – Bowen supplies continue to be good quality. *Baby, Thai & Thai Cherry Eggplant* (limited) are available.

HERBS – *Thyme, Chives, Marjoram & Oregano* are all quite small due to slow growth in winter. *Tarragon* is flowering. Supplies are from local areas & Queensland.



LEAF LINES – A slight improvement in all lines, but normal levels not expected for another 3 – 4 weeks. *Snow Pea Leaf* demand is far exceeding supply. *Snow Pea Leaf* in *punnets* is the best alternative.

LETTUCE – Good supplies of *Iceberg & Cos Lettuce*. Most lines of *Hydroponic Lettuce* remain small due to cold weather & with slow growth, most lines are limited.

ONIONS – USA *White Onions* only & prices remain very high. New Season Queensland Onions are due to start shortly.

PEAS – *Snow & Snap Peas* are coming out of Queensland. *Snow Peas* in particular, represent great value this week. *Regular peas* continue.

SALSIFY – Good supplies & superb quality. Roots are very straight & very consistent in size.

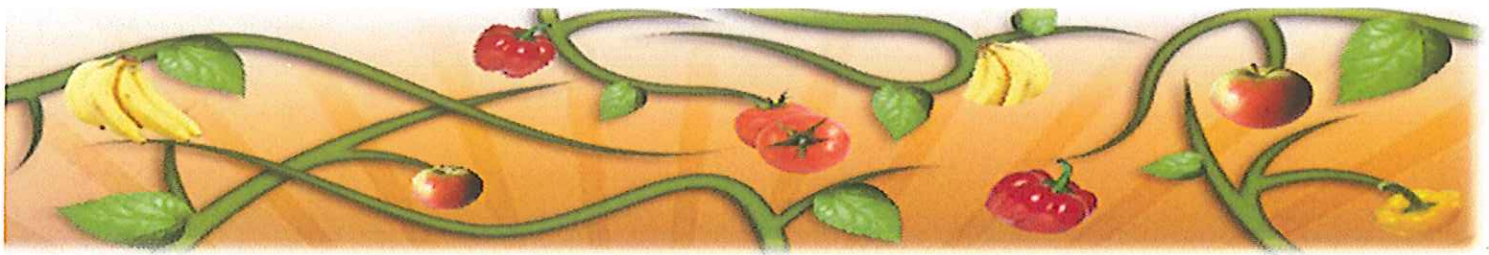
SQUASH – Average quality only & not recommended.

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

ZUCCHINIS – Excellent supplies of Queensland Zucchini – all sizes. Limited *Yellow Zucchini*. *Zucchini Flowers* continue, however they are limited. *Male Zucchini Flowers* are very limited.



your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEK

Strawberries, Bananas, Mandarins



BANANAS – Great value Bananas coming out of Queensland this week. *Sugar Bananas* are available in case lots only.

BERRIES

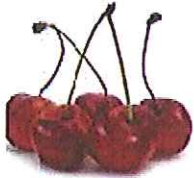
- Strawberries – Great quality sweet Strawberries out of Queensland represent great value this week.
- Blueberries & Raspberries – Reasonable supply & quality.

CITRUS

- Mandarins – ‘*Honey Murcott*’ Mandarins now – excellent flavour & juicy.
- Blood Oranges – Abundant supply & excellent quality.
- Blood Limes – Supply will finish soon, so buy now if planning to use.
- Finger Limes – Frozen fruit only, kilo lots only.
- Cumquats – Fruit continues for a short time.
- Limes – Fruit remains limited & expensive.
- Navels – Fruit is very sweet, however there is a shortage of smaller fruit available; fruit is medium to large mainly.
- Tangelo – Fruit continues & quality is good.



CHESTNUTS – Season is just about over.



CHERRIES – USA fruit only; excellent quality & flavour.

FIGS – Average quality & limited fruit available.

FUJI FRUIT – Excellent New Zealand Fuji fruit is available.

LONGANS – No fruit is available currently, due to a delay in imports.

MANGOSTEEN – Imported fruit available & excellent quality.

MANGO – Mexican fruit only now. The first of the Northern Territory fruit has started, however quality is poor.

MELONS – Good supplies of *Watermelon* & *Seedless Watermelon* continues; fruit is super sweet. Improvement in supply of *Rockmelons* & *Honeydews*; flavour is excellent & quality is good.

PASSIONFRUIT – *Regular* & *Panama* Passionfruit are sweet & full of pulp.

PAW PAW – Both *Paw Paw* & *Papaya* are excellent quality. *Papaya* in particular is super sweet.

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

PINEAPPLES – Super sweet *Topless Pineapples* still represent the best quality & flavour.



POMEGRANITE – Just about the end of the local season; quality is average; a lot of the fruit has markings on the skin, however the seeds are excellent. Imported supplies are still a few months away.

STARFRUIT – Good quality & reasonable supply.

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



TOFFEE APPLES – Available during winter & sold in trays only; 20 per tray, normally 16 red & 4 green. If you require all one colour, we would need to order at least one week prior.

WALNUTS – Excellent Tasmanian walnuts are in stock now.

EXOTIC FRUIT

Please note that Exotic Fruits may not be available every day

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

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