

Food For Thought

9th August, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BROCCOLI, CAULIFLOWER, LEEKS, ZUCCHINI



ARTICHOKE – Good quality *Jerusalem, Globe & Baby Globe* Artichokes continue.



ASPARAGUS – All Asparagus is still coming from Peru with *Green, White & Baby* available.

BROCCOLI – Victorian, Queensland & local Broccoli is seeing an abundant supply of good quality product making it great value this week – a must buy!

BEETROOT – *Baby Golden* have started with a small supply however they are still quite small.

BEANS – All lines are fairly well supplied however *Butter* Beans remain inconsistent.

BRUSSEL SPROUTS – Limited supplies this week.

CAULIFLOWER – Another excellent vegetable this week with Victorian, Queensland & local Caulies recommended buying. *Brocco Flower* (green) is available. No *Jacaranda* (purple) is available.



CHILLIES – *Birdseye, Long Red & Green & Jalapeno* continue to be limited & very expensive. No *Habanero* are currently available.

CAPSICUM – Prices started to fall, *Green* remains the best value.

CARROTS – *Dutch* Carrots continue to be limited.

CELERIAC – Excellent large heads of Celeriac are available.

CUCUMBERS – *Regular & Lebanese* Cucumbers are well supplied however *Telegraph* Cucumbers remain very limited & expensive.

EDIBLE FLOWERS – Continue to be very limited.

EGGPLANT – Excellent quality Eggplant is coming out of Bowen. *Baby Eggplant* are available but *Thai* Eggplant is limited.



FENNEL – Excellent *Regular & Baby* Fennel is available. *Finger* Fennel is available & the best days to order are Monday, Wednesday & Friday.

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

LEEKS – Great supply of local & Victorian Leeks; quality & value are excellent.

LETTUCE – *Green Red Coral* continue to be very limited.

PUMPKIN – *Grey* Pumpkin continues to be the best value.

PEAS – *Snow, Snap & Regular* Garden Peas are all well supplied – quality is good.

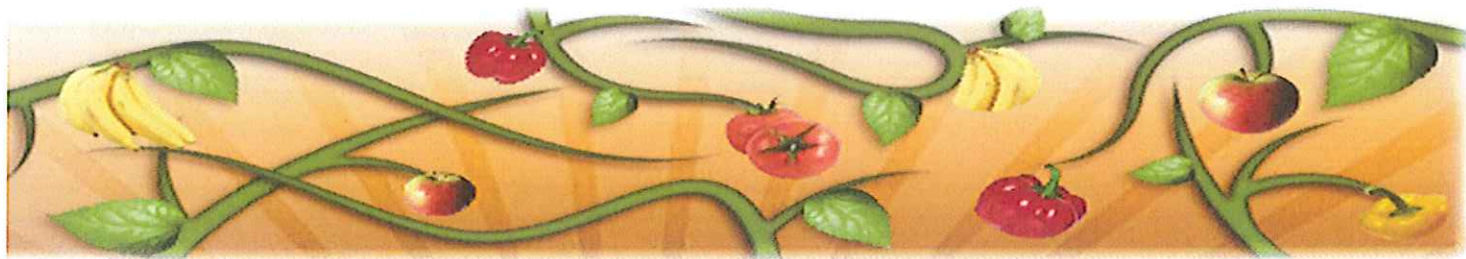


SQUASH – Continues to be limited.

TOMATO – Moderate supplies are coming mainly out of Bowen; quality is good & prices are steady. *Yellow Teardrops & Yellow Cherry* Tomatoes are quite limited. *Cherry* Tomatoes are well supplied. A few *Heirlooms & Baby Heirlooms* in punnets are available. *Medley Tomatoes, Truss & Cherry Truss* are available.

ZUCCHINI – Excellent supplies of *Regular* Zucchini, they are super value this week! *Yellow* Zucchini remain limited.

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RECOMMENDED FRUIT BUYS THIS WEEKS

PASSIONFRUIT, STRAWBERRIES, CORELLA PEARS



BANANAS – Supplies of smaller fruit is improving with prices back a little. Extra large fruit is around however, it is holding its price.

BERRIES – Good supplies of Queensland *Strawberries* are at the market. They are of excellent quality & great value this week; fruit is super sweet. *Blueberries, Raspberries & Golden Raspberries* are available.

CHERRIES – USA Cherries continue although *White* Cherries are finished now.

CHESTNUTS – Good quality Chestnuts are available.

CITRUS

- **Navels** – Great supply & quality.
- **Mandarins** – Super sweet *Murcott* Mandarins – not as easy to peel but great flavour.
- **Blood Oranges** – Probably the peak of the season, so buy now.
- **Grapefruit** – *Ruby* Grapefruit are excellent quality.
- **Others** – *Tangelo, Cumquat & Seville* Oranges are available.



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

FIGS – Available but, fruit is limited.

FUJI FRUIT – Excellent quality NZ fruit is available.

GRAPES – No USA *White* Grapes have started yet. *Red & Black Seedless* USA grapes are excellent quality.

MANGO – New season Nth. Territory fruit has started; quality is average at best. A little Mexican fruit continue.

MANGOSTEIN – A little fruit is available.

MELONS

- **ROCKMELON HONEYDEW** – No change in supply – all fruit is limited & majority of fruit is on.
- **WATERMELON (REGULAR SEEDLESS)** – *Seedless* Watermelon remains limited, expensive & average quality. *Regular* Watermelon remains the better value.

PASSIONFRUIT – Super value Passionfruit are a must buy this week; fruit is a mixture of *Regular & Hawaiian* fruit.

PEARS – *Corella* Pears are great quality this week & well worth including on the menu. *Packham, Josephine, Beurre Bosc & Nashi Honey* Pears are all available.



PINEAPPLES – *Topless* Pineapples remain the best eating. *Regular* Pineapples are average at best.

POMEGRANATES – Good quality fruit is available.

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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