

Food For Thought

18th August, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS

Broccoli, Cauliflower, Chinese Cabbage, Celery



RAIN & VERY WINDY WEATHER IN BOWEN LAST WEEK HAS AFFECTED THE SUPPLY OF THE FOLLOWING LINES:

Beans, Corn, Eggplant & Red, Green & Yellow Capsicums

Prices are up & we expect this will remain over the next few weeks.



ARTICHOKES – Good supplies of both *Globe* & *Jerusalem Artichokes*. *Baby Globe Artichokes* are available only on Monday & Thursday.

ASPARAGUS – The first of the local Asparagus has started, however supply will be intermittent & expensive for a few weeks. Local product will be our first choice, however we will have to buy Asparagus from Peru when local supplies are not sufficient. *White Asparagus* continues.

BRUSSEL SPROUTS – Good supplies continue.



BROCCOLI – Excellent supply & great value continue. *Broccolini* is very well supplied.



BEANS – *French Flat, Flat Italian, Borlotti, Snake & Broad Beans* are reasonably well supplied. *Butter Beans* are very limited.

CAULIFLOWERS – Excellent value continues this week. A few *Mini Cauliflowers* in *White, Purple & Green* are available, although not consistent enough to guarantee supply.

CABBAGE – *Chinese Cabbage* represents great value this week. *Regular, Red, Savoy & Baby Savoy* are all well supplied & good quality.

CUCUMBER – *Regular Field Cucumbers* are the best value, while supplies of *Lebanese & Telegraph Cucumbers* out of Nth. Territory & QLD remain limited. Very little Local Cucumbers are available.



CELERY – Good supplies of Celery & product is of great value this week. *Celeriac* is superb quality with good large heads.

FENNEL – All lines are of good quality; *Regular, Baby & Finger Fennel*. Please note that *Finger Fennel* is only available on Monday, Wednesday & Friday.

LETTUCE – The price of *Cos Lettuce* is slightly up this week as fewer local supplies are available.

ONIONS – Slightly more expensive this week as supply out of Tasmania & S.A. is finishing.



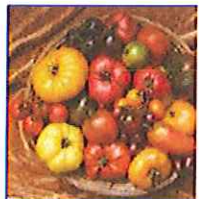
POTATO – Still very limited supplies of *Large Desiree Potatoes* are available. Please note that *Large Washed Potatoes* are a yellow flesh & may be a good substitute. Great quality *Kipfler Potatoes* & new season *Dutch Cream Potatoes* are available.

SWEET POTATO – Prices remain high while supply is limited.

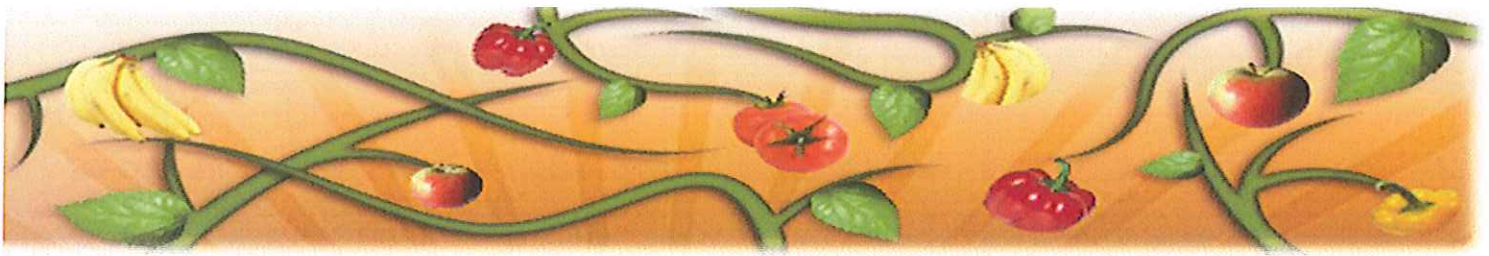
SQUASH – Extremely short supplies & still remain quite expensive.

TOMATOES – *Regular & Roma Tomatoes* continue to be good quality. A few *Yellow Cherry Tomatoes* are available. Excellent *Heirloom Tomatoes*, sold by the tray, for those wanting to use something different, are available. *Kumato, Truss, Cherry, Cherry Truss, Grape & Teardrop Tomatoes* are all reasonably well supplied. *Cherry Truss Tomatoes* in particular, are superb quality & great flavour. Still very limited supplies of *Vine Ripe* with *Truss Tomatoes* being the only substitute.

ZUCCHINIS – Consistently good supplies currently. *Yellow Zucchini* are average quality & supply is very sporadic. *Zucchini Flower* supply has improved.



your connection to freshness



Food For Thought

RECOMMENDED FRUIT BUYS THIS WEEK

Mandarins, Blood Oranges, Bethonga Pineapples



BANANAS – Good supplies continue. A slight improvement in the supply of *Banana Leaves* this week.

BERRIES

- **Strawberries** – Wet weather in QLD has affected the quality of Strawberries this week. With weather permitting, we are hoping to see improved quality and supplies by the end of the week.
- **Blueberries & Raspberries** – Available & reasonable quality.

CITRUS

- **Mandarins** – Superb quality & value this week.
- **Blood Oranges** – Certainly the time to include Blood Oranges as quality is superb.
- **Blood Limes (Ruby)** – Currently good supplies.
- **Finger Limes** – Only frozen fruit & sold by the kilo.
- **Cumquats** – Still a couple of weeks of supply left.
- **Limes & Lemons** – Moderate supplies only & prices are quite firm.
- **Navels** – Excellent quality & great value continues for local Navels.
- **Tangelo** – Fruit is still available.



CHERRIES – USA Cherries continue; quality is good & fruit is large.

FIGS – Inconsistent supplies of fruit out of QLD with supplies being mainly *Green*. Fruit remains expensive.

FUJI FRUIT – Excellent N.Z. Fuji fruit is available.

GRAPES – We expect imported supplies to start in a couple of weeks.

LONGANS – We have some excellent imported Longans in stock now.

LYCHEES – Imported supplies are now finished; local supplies are still a few months away.

MANGOSTEEN – A little fruit is available.

MANGO – We now have N.T. fruit in stock. Early fruit is always a little expensive.

MELONS – *Honeydews & Rockmelons* are fairly well supplied. *Seedless Watermelon* supplies have lightened up & prices have gone up.

PASSIONFRUIT – *Regular Passionfruit* are our main line this week; *Panama Passionfruit* are available, please specify when ordering.

PEARS – Good supplies of *Corella Pears* are at the market; quality is good. *Beurre Bosc Pears* are up in price this week. *Packham, Nashi & Honey Pears* are all available.

PINEAPPLES – Excellent *Topless Pineapples* are the recommended buy this week; best in flavour & value. *Large*

Pineapples are very limited & expensive, with most fruit on the smaller size.

POMEGRANITE – Any fruit available now is of poor quality.

STARAPPLE – Good fruit is available.

STARFRUIT – Reasonably well supplied & quality.

RAMBUTTAN – Supply is finished.

TAMARILLO – Red only; quality is good.

TOFFEE APPLES – Product is available.

WALNUTS – Tasmanian Nuts are available 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, Longans, Tamarillo (Red only), Blood Lime, Honey Pear

Your connection to freshness