

# Food For Thought

23rd August, 2011

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### BROCCOLI, CORN, LEEKS, SNOW PEAS



**ARTICHOKE** – *Globe, Baby Globe & Jerusalem* Artichokes are still available.

**ASPARAGUS** – Limited new season Mildura Asparagus is available, however the best quality continues to be imported stock from Peru. *Green, White & Baby* are available.

**BROCCOLI** – Good quality & excellent value this week; *Broccolini* is well supplied.

**BEETROOT** – a little *Baby Golden* Beetroot is available, but not in large quantities.

**BEANS** – *Regular* Beans are well supplied. Gourmet lines available include *French Flat, Continental, Broad, Borlotti & Baby. Butter* Beans are very inconsistent.

**CAPVICUMS** – *Red, Green & Yellow* Capsicums are all well supplied this week. *Red, Green & Birdseye* Chillies continue to be limited & very expensive.

**CARROTS** – Supply of *Dutch* Carrots is moderate.

**CAULIFLOWER** – Supply & quality continues to be good. *Brocco-flower* is available.

**CORN** – Bowen supplies of Corn are excellent quality & recommended buying this week.

**CUCUMBERS** – Improvement in supply of all lines of Cucumbers this week; no *Baby Cukes* are available.

**EDIBLE FLOWERS** – Very limited supply continues.

**EGGPLANT** – Excellent *Regular & Baby* Eggplant are available. *Thai & Thai Cherry* Eggplant are limited.

**HERBS** – Supply of *Sage & Tarragon* continues to be limited. *Tarragon* Bunches are very small & not good value.

**KIPFLER POTATOES** – Excellent supply & quality of Kipfler potatoes. *Purple Congo, Dutch cream, Royal Blue & Nicola* Potatoes are also available.

**LEEKs** – Tremendous supply of Victorian & local Leeks; great quality & excellent value this week. *Pencil & Baby Leeks* are available.

**LETTUCE** – Hydroponic lettuce lines all remain limited. *Red & Green Coral* is being the worst affected. No improvement is expected until the weather starts to warm up.

**SNOW PEAS** – Queensland supply of Snow Peas is super value this week; quality is excellent. Also available are *Snap & Regular* Peas.

**SWEET POTATO** – Great quality & supply of Regular Sweet Potato. *Purple & White* Sweet Potato are available.

**SQUASH** – Moderate supply of Gold squash is available.

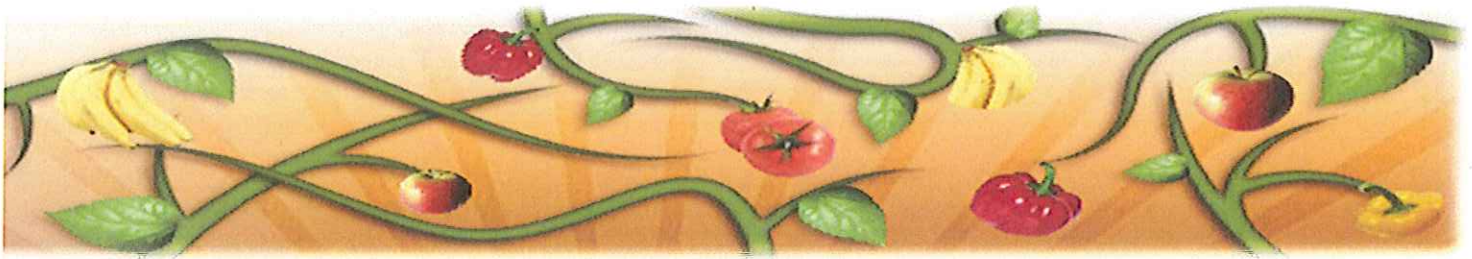


**TOMATO** – Supplies out of Bowen of *Regular & Roma* Tomatoes is now good. Prices are much more realistic & quality is good. *Gold Teardrops* are extremely limited; no *Gold Cherry* Tomatoes have been available. *Heirlooms* are great quality & supply is fairly consistent; supply of *Baby Heirlooms* in punnets is moderate only.

**ZUCCHINI** – *Regular* Zucchini supply is very good & quality is good on *Large, Medium & Small*. *Yellow* Zucchini is available, supply is moderate. Zucchini *Flowers* in trays & punnets continue.



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# Food For Thought

9th August, 2011

## RECOMMENDED FRUIT BUYS THIS WEEKS

### KIWIFRUIT, MANDARINS, STRAWBERRIES



**BANANAS** – Prices are more reasonable now supply of *Small/Medium* fruit improves. *XL* Bananas are still very limited.

**BERRIES** – Queensland fruit continues as supply & quality are excellent & super value this week. *Blueberries* are very well supplied however *Raspberry & Gold Raspberry* are limited.

#### CITRUS

- **LIMES** – Fruit is limited.
- **LEMONS** – Supply & quality are good.
- **NAVELS** – Great supply & quality.
- **MANDARINS** – *Honey Murcott* are the variety in stock now. Supply & quality is good & great value this week.
- **BLOOD ORANGES** – Good supply & quality fruit continues.
- **GRAPEFRUIT** – *White & Ruby* Grapefruit are excellent quality.
- **OTHERS** – *Tangelo, Pomello & Seville* oranges available; *Cumquats* are limited.



**DATES** – Fresh dates are available for a few weeks only.

**FIGS** – Fruit is limited. Combination of Australian & USA fruit.

**FUJI FRUIT** – New Zealand fruit continues.

**GRAPES** – All fruit is USA – quality is moderate – *White, Red & Black Seedless* are available.

**KIWIFRUIT** – Excellent quality *Regular & Yellow* Kiwifruit are available.

**LYCHEES** – Chinese Lychees have started.

**MANGO** – *Mexican* Mangoes are all but finished. Nth. Territory fruit is available & quality is moderate only.

#### MELONS

- **ROCKMELON** – Moderate supplies out of Nth. Territory & Queensland – quality is average.
- **HONEYDEW** – Fruit is very limited & quite expensive. Quality is average.
- **WATERMELON (REGULAR SEEDLESS)** – Improved supplies of both *Regular & Seedless* – quality is fair.

**PASSIONFRUIT** – Supply & quality are excellent; variety is a combination of *Regular & Panama*.

**PAPAYA & PAW PAW** – Limited fruit is available this week.

**PEARS** – *Packham* Pears are excellent quality this week; *Josephine, Beurre Bosc, Corella, Nashi & Honey* Pears are available.



**PINEAPPLES** – Supply of *Topless & Regular* pineapples are limited this week.

**POMMEGRANATES** – 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, Chinese Lychees, Mango, Cherries

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