

Food For Thought

25th August, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS

Broccoli, Cauliflower, Chinese Cabbage, Snow Peas



ARTICHOKES – *Globe & Jerusalem* Artichokes are good quality & now is an excellent time to buy. *Baby* Artichokes are available & the best days to buy are Monday & Thursday.

ASPARAGUS – Although local Asparagus has started, imported Asparagus is slightly better quality. Local Asparagus is inconsistent in size & stems are sometimes woody.

BROCCOLI – Great buying continues; quality is excellent. *Broccolini* is very well supplied.

BEANS – *Butter* Beans are inconsistent & are of average quality. *Regular* Beans are excellent quality. *French Flat, Flat Italian, Borlotti, Snake & Broad* Beans are all reasonably well supplied.

CAULIFLOWERS – Great value continues & recommended buying.



CABBAGE – *Chinese* Cabbage continues to be excellent quality & value this week.

EGGPLANT – *Regular* Eggplant out of Bowen are of good quality. *Baby* Eggplant is quite limited. *Baby Thai* Eggplant is available. Supply of *Thai Cherry* Eggplant is limited.

CUCUMBER – *Regular Field Cucumbers* remain the best value this week. *Lebanese & Telegraph* remain expensive

LEAF LINES – Demand for *Arugula* is far exceeding availability this week. We may need to substitute it with *Wild Rocket* to meet demands. Please specify at the time of ordering if you do not want a substitute. The only other alternative is *Baby Rocket* bunches.

Snow Pea Leaf is extremely limited. *Snow Pea Tendrils* are available in punnets & mega trays, however these are also quite limited. The mega trays are a younger leaf & equivalent in size to approximately 6 punnets.

MUSHROOMS – Cool weather in the growing districts has slowed production down on most lines. This situation should improve in the next few weeks as the weather becomes warmer.

PEAS – Excellent *Snow Peas* are available this week & we recommend buying.

POTATO – *Cocktail* Potatoes are very limited this week & we may need to substitute with *Desiree Chats* to meet demands. Please specify at the time of ordering if you do not want *Red Chats*. *Large Desiree's* are even more limited this week & the only alternative will be *Large Washed* potatoes (*Charisma* variety) which have a yellow flesh.



SWEET POTATO – A little more stock is available, however prices remain up.

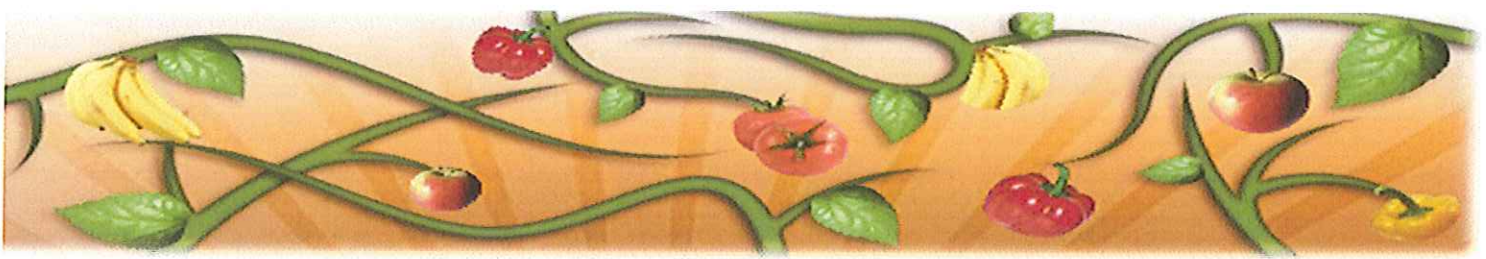
SQUASH – Supply remains very limited & is not great value.

TOMATOES – Good supplies of *Regular & Roma* – quality is good & prices are reasonable. *Cherry* Tomatoes are also great quality & value. Excellent *Heirloom* Tomatoes are available now. *Kumato, Truss tomatoes, Cherry, Cherry Truss, Grape & Teardrop* Tomatoes are all reasonably well supplied. *Cherry Truss* Tomatoes in particular are superb quality & great flavour. *Truss* tomatoes are still being substituted for *Vine Ripe* tomatoes.

ZUCCHINIS – Great supply & quality this week – recommended buying. *Yellow* Zucchini's remain limited. *Zucchini Flower* supply has improved, but large orders will need to be pre-ordered to ensure supply.



Your connection to freshness



Food For Thought

25th August, 2010

RECOMMENDED FRUIT BUYS THIS WEEK

Strawberries, Navel Oranges, Paw Paw



BANANAS – Reasonably good fruit is available.

BANANA LEAF – Supply of Banana Leaf has improved.

BERRIES

- **Strawberries** – Excellent supplies now coming out of QLD. The warmer weather has improved quality & prices are excellent – we recommend buying this week.
- **Blueberries & Raspberries** – Blueberries out of Coffs harbour are well supplied & much better value than Raspberries, which are limited & quite expensive this week.



CITRUS

- **Mandarins** – Super sweet & juicy Honey Murcott Mandarins are available.
- **Blood Oranges** – Good quality & supplies.
- **Blood Limes** – Good supply currently.
- **Finger Limes** – Only frozen fruit & sold by the kilo only.
- **Cumquats** – Still a couple of weeks of supply left.
- **Limes** – Limited supply continues & prices are high.
- **Navels** – Good supplies are coming out of Griffith. Fruit is juicy & sweet & is of great value this week.
- **Tangelo** – Fruit remains available.



CHERRIES – Quality is excellent.

FIGS – Predominately *Green* fruit; quality is average & product is quite expensive.

FUJI FRUIT – Excellent New Zealand Fuji fruit is available.



GRAPES – Still no sign of any imported fruit. *Dry Muscatel* clusters are available.

LONGANS – Fruit is currently in stock & quality is good.

MANGOSTEEN – Imported out of Thailand.

MANGO – The quality of Northern Territory fruit is only average & probably a few weeks to go before more fruit is available & quality improves.

MELONS – *Seedless Watermelon* remains expensive. *Rockmelon & Honeydew* are eating very well at the present time – fruit is coming out of Nth Territory & QLD.

PAW PAW – Excellent fruit is coming out of North QLD & represents great value this week. *Papaya* is super sweet.

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

PINEAPPLES – By far the best eating is the *Topless* Pineapples.

POMEGRANITE – Local season is now finished. No signs of any imported fruit yet.

STARAPPLE – Good fruit is available.

STARFRUIT – Good quality, however supply is limited.

TAMARILLO – *Red* fruit only; quality is good.

TOFFEE APPLES – Available & sold by the tray only.

WALNUTS – Tasmanian nuts are available now.



EXOTIC FRUIT

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

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