

Food For Thought

30th August, 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BEANS, BROCCOLI, EGGPLANT, ZUCCHINI



ARTICHOKE – *Globe, Baby Globe & Jerusalem* are all at the market & quality is good.

ASPARAGUS – Best quality Asparagus is still coming from Peru. New season local & Victorian supplies have started however supply is still a little light & quality is fair.

BROCCOLI – Super value continues & well worth buying.

BEETROOT – *Baby Golden* Beetroot has started although supply will be a little light for another week or two. The first of the *Target* Beetroot has started however is limited.

BEANS – *Regular* Beans out of Bowen are great value this week. *Baby, Broad, Borlotti, French flat, Italian & Snake* Beans are all readily available. *Butter* Beans remain inconsistent.



CAPSICUMS – *Red, Green & Yellow* Capsicum supply is good. *Chillies* however, continue to be limited & expensive.

CARROTS – Supply of *Dutch* Carrots is now much better. *Purple, White & Round* Carrots are available.

CAULIFLOWER – Victorian Cauliflowers are good quality. *Brocco-flower* is available.

CORN – Quality of Corn out of Bowen is excellent.

CUCUMBERS – *Regular, Telegraph & Lebanese* Cucumbers are now back on track & quality is good.

EDIBLE FLOWERS – Limited supply continues.

EGGPLANT – Great quality & super value this week for Eggplant supplies coming out of Bowen. *Baby* Eggplant & *Thai* Eggplant are available. Limited *Thai Cherry* Eggplant is available.



HERBS – *Sage & Tarragon* remain limited, average quality & small bunches.

LEEKS – *Regular, Baby & Pencil* Leeks are all well supplied & quality is good.



PEAS – Good supply of *Snow, Snap & Regular* Garden Peas. Quality is excellent.

POTATOES – *Purple Congo, Dutch Cream, Kipfler, Royal Blue & Nicola* Potatoes are all available. Supplies of large *Desiree* are good now & prices are much more reasonable.

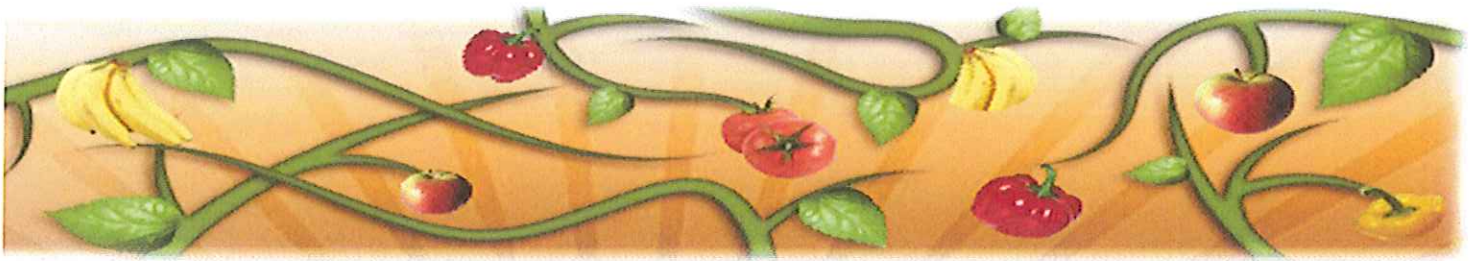
SQUASH – Moderate supply only.

TOMATO – *Regular & Roma* Tomatoes have seen a drop in price, with good supplies available & better quality product. *Heirloom* Tomatoes in trays & punnets are available. There are no *Kumato* tomatoes currently available. *Teardrops/Gold Grape* are limited.



ZUCCHINI – Another super buy this week is Regular *Green* Zucchini. Quality is good. *Yellow* Zucchini is available although in limited quantities. *Grey* Zucchini sold by the case only are also available. *Zucchini Flowers* in trays & punnets are also available. *Male Zucchini Flowers* which are very hard to find, generally available at the beginning of the crop & we are now approaching the end of the season.

Your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEKS

AVOCADO, KIWIFRUIT, MANDARINS, SEEDLESS W'MELON



AVOCADO – *Hass* Avocados represent great value this week & quality is excellent.

BANANAS – Fruit remains mostly on the smaller size but quality & price are greatly improved.

BERRIES – QLD fruit continues to have excellent quality & flavour. *Raspberries* & *Gold Raspberries* remain limited. *Blueberries* out of Coffs Harbour are very well supplied & quality is good.

CHERRIES – Excellent USA cherries continue; fruit is large & flavour is excellent.

CITRUS

- **CUMQUATS** – Still available.
- **LIMES** – Prices remain up while fruit is limited.
- **NAVELS** – A great Aussie navel season – fruit is very sweet & quality is good.
- **MANDARINS** – *Honey Murcott* Mandarins this week are super value. They are not an easy to peel Mandarin but, are certainly very sweet.
- **BLOOD ORANGES** – Only a short season, so don't miss out while quality is so good.
- **OTHERS** – *Tangelo, Pomelo & Seville* oranges available.



DATES – Fresh Dates (*Yellow*) are available for a few weeks only.

FIGS – Only *Black* Figs are available. QLD Figs are limited & majority of fruit is now from the U.S.

FUJI FRUIT – Season is just about over & quality is average.

GRAPES – *Red, White & Black Seedless* Grapes are available. All fruit from the U.S. now.



KIWIFRUIT – Regular fruit out of N.Z. is excellent quality & value this week making it a super buy. *Yellow* Kiwifruit continues.

LYCHEES – Chinese Lychees have started.

MANGO – All fruit from the Northern Territory now; quality is moderate. *Green* Mangoes are now available.



MELONS

- **ROCKMELON & HONEYDEW** – Supply remains moderate with fruit coming out of W.A. & N.T.
- **SEEDLESS WATERMELON** – Supply & quality are much improved – recommended buying this week.

PASSIONFRUIT – Good quality fruit, *Regular & Panama*, is available.

POMMEGRANITE – Season is over now.

PAPAYA & PAW PAW – Fruit is limited.

PEARS – Our stock Pear is the *Packham* variety & quality is good. Also available are *Honey, Josephine, Corella, Nashi & Beurre Bosc*.

PINEAPPLES – Supply of *Regular & Topless* Pineapples are limited.

POMMEGRANATES – Local fruit is now finished.

TAMARILLO – *Red* Tamarillo fruit only.

WALNUTS – Australian Walnuts in the shell are available.



EXOTICS

Star fruit, Custard Apples, Blood Oranges, Guava, Tamarillo, Mangosteen,
Fresh Dates, Longans, Chinese Lychees, Mango, USA Cherries

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