

# Food For Thought

31<sup>st</sup> August, 2010

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

**Carrots, Cauliflower, Eggplant, Snow Peas**



**ASPARAGUS** – Imported & local Asparagus is available, however imported still remains the best as it is more consistent in size & quality. Probably a few more weeks before local supplies improve. *White* Asparagus continues.

**BROCCOLI** – Tremendous value continues & quality is excellent. Broccolini is very well supplied.

**BEANS** – *Flat Italian* Beans have been inconsistent in quality this week. *Butter* Beans remain unavailable due to a limited supply of good quality beans. *Broad Beans, French Flat, Borlotti & Snake* Beans are all available. *Regular & Baby* Bean supplies are down & prices are up marginally.

**CABBAGE** – Excellent *Baby Savoy* (or *European Savoy*) is currently available; sold by the case – 6 heads per case.

**CARROTS** – Good supply of *Dutch* Carrots; quality & size are excellent. *Purple Dutch* Carrots have started again & are available on Monday, Wednesday & Friday only. Some *White & Yellow Dutch* Carrots are also available, but if you plan to use, then prior orders will be required to ensure stock can be sourced. *Regular* Carrots represent great value this week.

**CAULIFLOWER** – Excellent supply of Victorian & local Cauliflowers are great value this week.

**EGGPLANT** – Supplies are coming out of North QLD & product is great quality & value this week.

**EDIBLE FLOWERS** – We expect to have a regular supply of Edible Flowers now. These are sold in punnets; varieties of flowers may vary from week to week, but mainly consist of various coloured *Violas & Johnny Jump Ups*.



**NASTURTIAN LEAVES** – Another line we expect to have a regular supply of. Please check with your sales manager or order department regarding price.

**LEAF LINES** – Supply of *Snow Pea Leaf* has improved slightly this week, although demand is still exceeding supply. *Arugula* supply is also falling behind demand & *Wild Rocket* is being substituted where possible. The only other alternative is *Rocket Bunches*.

**LIME LEAVES** – Extremely limited supply currently & no improvement expected for a few weeks.

**PEAS** – QLD & local supplies of *Snow* Peas are great value & quality.



**POTATO** – *Cocktail* Potatoes continue to be scarce, expensive & quality is average. We will have to substitute with *Desiree Chats*; quality is excellent & much better value. Please specify at the time of ordering if you do not want a *Red Cocktail*. The situation with *Large Desiree* potatoes is even worse this week & the only alternative is *Large Washed* potatoes, which do have a yellow flesh.



**POTATO EUREKA GOLD** – If you are looking for a new potato, then try the *Eureka Gold*. It has a yellow flesh & it is a great all rounder. A relatively dry potato, so it lends itself well to mash but is an excellent roasting & chip potato. A great tasting potato & should be available for a few months. Other exotic potatoes currently available are *Kipfler, Charlotte, Nicola, Dutch Cream & Royal Blue*.

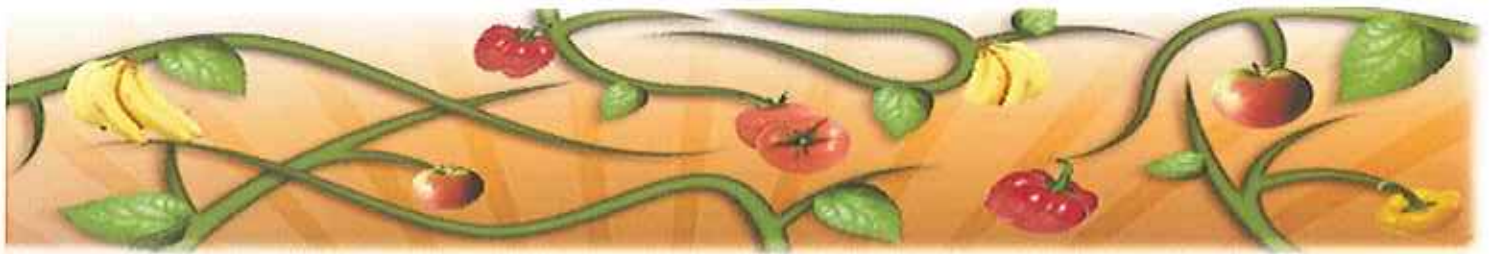
**SQUASH** – Extremely limited & average quality. Best to avoid.

**TOMATOES** – Currently waiting for new crops of exotic tomatoes – *Heirloom, Kumato, Yellow Cherry & Tomato Medley* have all been unavailable for the past week. We hope to have some fruit available by the end of the week. Excellent *Cherry Truss & Truss* Tomatoes are available; still no *Vine Ripe* Tomatoes are available. Limited *Yellow Teardrop* Tomatoes have been available & we have had to substitute them with *Orange Grape* Tomatoes to meet demands. *Regular & Roma* Tomatoes are well supplied & quality is good.



**ZUCCHINIS** – *Yellow* Zucchini continues to be difficult to source. *Zucchini Flowers* are available in punnets (8-10 flowers) & trays (approx 50 flowers). *Male Zucchini Flowers* (without Zucchini) are available, however prior order is preferred to guarantee supply.

*your connection to freshness*



# Food For Thought

31st August, 2010

## RECOMMENDED FRUIT BUYS THIS WEEK

**Bananas, Rockmelons, Oranges**



**BANANAS** – Warmer weather is improving the appearance of Bananas & fruit is eating well. Large fruit is great value & is recommended buying this week. There is also a regular supply of Banana Leaves.

### BERRIES

*Strawberries* which are XXL, XL, Large & Medium out of QLD are all excellent quality & flavour is superb. *Blueberries* & *Raspberries* continue to be available. The first of the QLD *Mulberries* have started, but quality is only fair & not recommended yet.



### CITRUS

An excellent selection of Australian Citrus fruits are available including the following – *Honey Murcott Mandarins*, *Blood Oranges*, *Navels*, *Tangelo*, *Yellow & Ruby Grapefruit* & *Lemons*. *Limes* continue to be limited & expensive. *Finger Limes* are available, but all fruit is frozen now. *Blood limes* are still available & sold in punnets. *Cumquats* are just about at an end. *Navel Oranges* out of Griffith are particularly sweet & great value this week.

**CHERRIES** – Californian season is coming to an end.

**FIGS** – Some Californian fruit is available & sold in punnets. Fruit is *Black* & quite small, almost the size of strawberries, however, fruit is very sweet. Limited Nth QLD supplies & fruit is predominately *Green* when available.



**FUJI FRUIT** – N.Z. fruit continues.

**GRAPES** – We have some excellent quality new season *White* Grapes in stock now; they are expensive though. Very few new season *Black* Grapes have been available & we hope this will improve in the next few weeks.

**LONGANS** – Reasonable supply & quality fruit available.

**MANGO** – Northern Territory fruit now, however, rain has affected the quality.

**MELONS** – *Rockmelons* from QLD are super sweet & represent great value this week. *Honeydew* has a very limited supply this week; most fruit is small to medium with larger fruit difficult to source & demanding premium price.

**PAW PAW & PAPAYA** – Quality & flavour are excellent.

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

**PINEAPPLES** – Limited supply of all varieties.

**STARAPPLE** – This fruit originated in the West Indies. When cut in half a star pattern is revealed. The flesh is sweet & aromatic.

**STARFRUIT** – Available, but inconsistent quality.

**TAMARILLO** – Only *Red* Tamarillo's are available.

**WALNUTS & PEANUTS** – Both available & quality is excellent.



### EXOTIC FRUIT

*Please note that Exotic Fruits may not be available every day*

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



*your connection to freshness*