

Food For Thought

6th September 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BEANS, RED CAPSICUMS, CELERY, CORN



ARTICHOKE – *Globe, Baby Globe & Jerusalem* are all available & quality remains to be of good value.

BROCCOLI – Great supplies continue this week. Broccolini is also seeing a very good supply.



BEANS – There is an abundant supply of *Regular* Beans out of Bowen this week making them a 5 star buy. The following varieties are also available: *Broad, Baby, Butter, Continental, Snake & Borlotti*.

CAPSICUMS – Price, quality & supply of *Red* Capsicums out of Bowen are great this week. *Red Bello Rosso* Capsicums are also available.

CORN – Very well supplied this week making it an excellent buy.

CABBAGE – *Plain, Savoy, Red & Chinese Cabbage* are all well supplied.

CELERY – Tremendous supplies of Victorian Celery are making it a great buy this week. *Celeriac* are great value at the moment, with large bulbs currently available.

CUCUMBERS – *Regular* Cucumbers are the best value of this line this week. *Telegraph & Lebanese* are seeing a moderate supply only.

LEEKS – Great supplies continue through to this week.

LETTUCE – Great supplies of local *Iceberg & Cos* Lettuce.

PEAS – Excellent supplies of *Regular* Peas are coming out of QLD.

POTATOES – Excellent quality *Kipfler* Potatoes are at the market this week.

PUMPKIN – Regular *Grey* Pumpkin is by far the best value of the Pumpkin line this week.

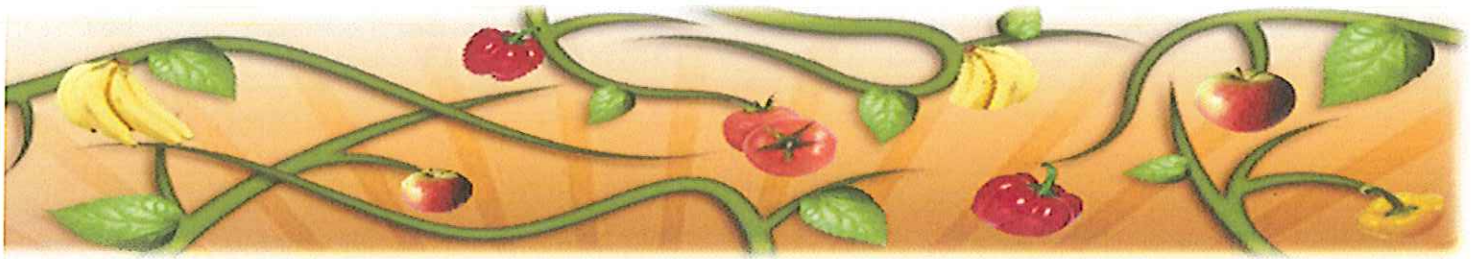
SQUASH – Improved supplies this week.



TOMATO – Excellent supplies have finally arrived from Bowen! The price & quality of *Regular & Roma* Tomatoes are much better. *Grape, Truss, Cherry Truss, Vineripe & Heirlooms* are all well supplied. *Yellow* Teardrops remain limited.

ZUCCHINI – Good supplies of the *Regular* type continue. *Yellow & Grey* varieties are available. Reasonable supplies of *Zucchini Flowers*.

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RECOMMENDED FRUIT BUYS THIS WEEKS

MANDARINS, PACKHAM PEARS, REGULAR WATERMELON



BANANAS – Fruit remains predominantly small to medium in size with XL fruit remaining limited. *Banana Leaves* are very limited.

BERRIES – Good supplies of *Strawberries* are available. *Blueberries* from W.A. & QLD are good value. *Raspberries* remain to be of good value. *Golden Raspberries* are limited. *Mulberries* from QLD have started, however quality is poor.

CHERRIES – American Cherries have now finished.

CITRUS

- **LIMES** – Supplies remain limited.
- **NAVELS** – Very well supplied with super sweet fruit available.
- **MANDARINS** – Excellent supplies of *Honey Murcott* Mandarins are making them a great valued item this week.
- **BLOOD ORANGES** – Very good supplies are coming through the market.
- **OTHERS** – *Tangelo's* remain available.

FIGS – Limited supplies of *Black* Figs from QLD this week.

FUJI FRUIT – Season is now finished.

GRAPES – *Red, Black & White Seedless* Grapes from the USA are all available however quality is moderate only.

MELONS

- **ROCKMELON & HONEYDEW** – Moderate supplies only from N.T., W.A. & QLD.
- **WATERMELON** – Regular melon from N.T. is great value this week with excellent quality product at the markets.

POMMEGRANITE – Local season is over.

PAPAYA & PAW PAW – Fruit continues to remain limited.

PEARS – Excellent supplies of Packham Pears out of Victoria are great value. *Corella, Nashi, Honey & Beurre Bosc* Pears are all well supplied.

PINEAPPLES – Supply of *Regular & Topless* Pineapples continue to remain limited once again this week.

POMMEGRANATES – Local fruit is now finished.



EXOTICS

Longans, Star Fruit, Chinese Lychees, Tamarillo, Guava, Fresh Dates, Custard Apples



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