

# Food For Thought

28th September, 2010

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

Broccolini, Carrots, Cauliflower, Snow Peas



**ASPARAGUS** – Cooler weather in the Victorian growing areas is keeping supplies moderate only. Quality however, is improving.

*Baby* Asparagus is limited. *White* Asparagus is still coming out of Peru.

**BROCCOLINI** – One of the better valued vegetables this week; quality & supply is excellent.

**BEANS** – Due to heavy rain in Bowen last week, *Regular* Beans are poor quality. *Baby* Beans are coming out of Gympie & are not as affected by rain; quality is good. Local *Broad*, *Continental*, *Butter* & *French Flat* Beans are reasonably well supplied, while *Borlotti* Beans remain limited. *Snake* Beans from Nth Territory are average quality.

**CAPSICUMS** – Rain in Bowen has impacted heavily on supplies & the quality of *Red*, *Green* & *Yellow* Capsicums & all *Banana* Capsicums. *Baby Lollo Rosso* Capsicums will not be available for quite a while due to a disease in the plant. We will let you know when they start again.

**CARROTS** – Product is coming out of QLD & they are the best value vegetable this week.

**CAULIFLOWER** – Great value continues this week. Supply is local & Victorian. *Brocco Caulie* & *Baby* Cauliflowers are available however, prior orders are recommended to ensure supply.

**CUCUMBERS** – *Telegraph* Cucumbers are by far the best value of the Cucumber line; *Lebanese* & *Regular* Cucumbers are limited.

**HERBS** – Quality of *Tarragon* continues to be mediocre only.

**PEAS** – *Regular* Peas remain quite expensive. *Snow* & *Snap* peas are coming from QLD & are locally grown; excellent quality & value this week.



**POTATO** – *Desiree Chats* are the best value of the *Cocktail* line, while *Regular Cocktails* continue to be limited. *Sweet Potatoes* remain quite expensive.

**PUMPKIN** – *Halloween* Pumpkins are not expected till October.

**SQUASH** – Supply of *Small* & *Medium/Large* Squash has improved this week.

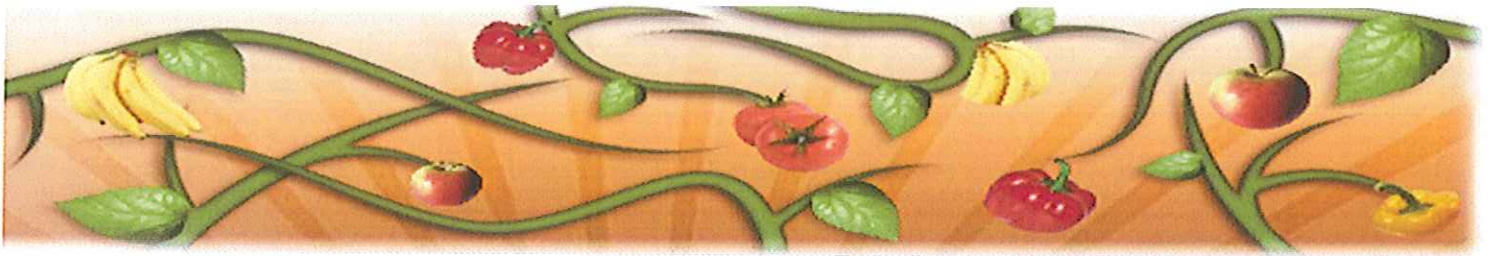
**TOMATOES** – *Regular* tomatoes are light due to rain in Bowen. *Roma* & *Heirloom* tomatoes have a moderate supply.

*Vine Ripes* are limited & we may have to substitute with *Truss* Tomatoes to meet demands – quality is excellent however the size will not be as consistent as *Vine Ripe*. *Baby Kumato's* are available in punnets only. No larger sizes available. *Cherry* & *Cherry Truss* are reasonably well supplied & quality is good.



**ZUCCHINI** – Improvement in supply of *Regular* Zucchini's, however *Yellow* continues to be unavailable. *Zucchini Flowers* are well supplied & prices have come back.

your connection to freshness



# Food For Thought

28th September, 2010

## RECOMMENDED FRUIT BUYS THIS WEEK

**Bananas, Paw Paw, Seedless Melon**



**BANANAS** – Excellent fruit out of QLD & this week represent great value. *Red Tip/Ecco* Bananas & *Sugar* Bananas are sold by the case only.

### BERRIES

- **Strawberries** – Fruit out of QLD & Western Australia – great quality & flavour.
- **Blueberries, Raspberries & Mulberries** – All available however, *Mulberries* are seeing a light supply.

**CHERRIES** – No *Cherries* until the local season starts which expected sometime in October.

### CITRUS

- **Limes** – Improvement in supplies has seen prices come back.
- **Lemons** – Fruit remains expensive as limited supply continues.
- **Mandarins** – Great season this year; *Murcot Honey* variety continues to be excellent flavour.
- **Grapefruit** – *Regular* & *Ruby* are available; *Ruby* in particular are great quality & flavour.
- **Blood Oranges** – Fruit continues to be good.
- **Cumquats** – Now finished for another year.
- **Tangelo** – Finishing now.
- **Navel Oranges** – Good fruit continues to be sweet & juicy.



**FIGS** – Heavy rain in QLD has affected quality; Californian fruit is the best option.

**GRAPES** – The best quality of the grapes is *Black*; *White* is only average.

**KIWIFRUIT** – No *Yellow* Kiwifruit are available. *Regular* Kiwifruit are excellent quality; fruit is out of N.Z. still.

**MANGO** – Moderate supply out of the Nth. Territory; quality is slowly improving.

### MELONS

- **Rockmelons** – Good supply & fruit is quite sweet.
- **Watermelon** – Great value *Seedless* Watermelon this week is a must buy.
- **Honeydew** – Limited fruit & high prices continue.



**PASSIONFRUIT** – Remains expensive; little fruit available.

**PEACHES & NECTARINES** – Season has started; supply is limited & fruit is expensive; not recommended yet.

**PEARS** – *Corella* Pears are the pick of the pear line; *Packham* are limited & quality is moderate only. *Beurre Bosc* are very expensive, limited & quality is average. *Nashi* Pears are quite good quality. *Honey* Pears are available.



**PINEAPPLES** – Improved supply of *Regular* & *Topless* Pineapples; fruit is sweet.

**POMEGRANATE** – USA fruit is available; quality is good but fruit is expensive.

### EXOTIC FRUIT

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

Star fruit, Loquat, Star apple, Longans, Tamarillo (Red only), Honey Pear, Pomegranate, Mango

*your connection to freshness*