

Food For Thought

28th September 2011

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BROCCOLI, BROAD BEANS, LEEKS, BUTTON MUSHROOMS



ARTICHOKE – Both *Baby* & *Regular Globe* continue & quality remains good.

ASPARAGUS – All Asparagus is Victorian now, however supplies are moderate only as growing areas are still relatively cold. Quality of the product is good. *Baby* & *White* Asparagus continue.

BEANS – *Regular* Beans out of Bowen are excellent quality. *Baby, French Flat, Continental, Borlotti* & *Snake* Beans are all available. Excellent local *Broad* Beans are available now & represent great value. They are only available for a short time, so start using now.

BROCCOLI – Abundant supplies are currently available & is making for super value this week. *Broccolini* continues to be well supplied.

CAULIFLOWER – Good supply & great quality. *Brocco Flower* is available.

CARROTS – Excellent *Dutch, Purple, Yellow* & *White* Carrots are all available.

CAPSICUMS – *Red, Green* & *Yellow* Capsicums are well supplied. *Red* & *Green Chillies, Birdseye, Jalapeno* & *Habanero* Chillies are all available. *Bello Rosso* & *Baby Vine Sweet* Capsicums are currently available; supply is always limited so please place orders if you require.



EGGPLANT – *Regular, Baby* & *Thai* Eggplant are available & quality is good.

LEEKs – Good supply of local & Victorian Leeks this week; quality is good & excellent value this week. *Pencil* Leeks are also available.

MUSHROOMS – *Button* Mushrooms are well supplied & good value this week; take advantage as this sort of supply does not normally last for long. *Oyster, Enoki, Shimeji, Swiss Brown, King Brown, King Oyster, Shitake* & *Portobello* Mushrooms are all available. No *Pine* Mushrooms are available.



ONIONS – *White* & *Spanish* Onions are now new season & quality is good. *Brown* Onions remain old season stock & quality is only average – keep supply to a minimum. Excellent *Spring* Onions are currently available.

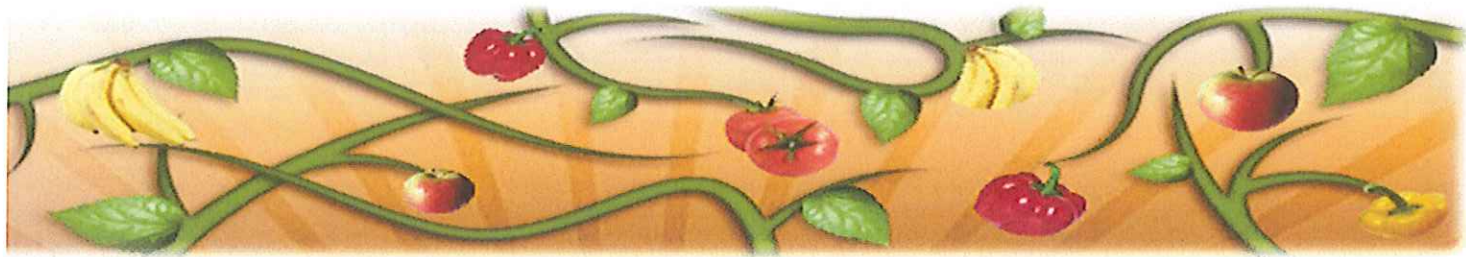
PUMPKIN – *Halloween* Pumpkins have started & supply goes very quickly, so please get your orders in now.

TOMATOES – Quality of *Regular* & *Roma* Tomatoes is good however, supply is moderate. *Cherry Truss, Vine ripe, Gold Grape, Gold Cherry tomato, Truss* & *Tomato Medley* are all available. *Heirloom* Tomatoes are currently not available.



ZUCCHINI – Limited supply of Zucchini this week; prices are up. *Yellow* Zucchini are inconsistent.

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RECOMMENDED FRUIT BUYS THIS WEEKS

BLUEBERRY, BLOOD ORANGES, PACKHAM PEARS



BANANAS – Stock remains limited & fruit is small.

BERRIES – Good quality *Strawberries* are coming out of W.A. & Qld. *Blueberries* out of Coffs Harbour are well supplied & great value this week. *Raspberry* & *Mulberry* are available.

CHESTNUTS – Season is now over; any nuts available now will be poor quality.

CITRUS

- *Oranges* – *Navel Oranges* are seeing a great Aussie season this year with fruit full of flavour & excellent quality.
- *Blood Oranges* – Take advantage of super value & excellent quality Victorian Blood Oranges this week.
- *Cumquats* – A little fruit is still available.
- *Limes* – Still quite expensive however should improve in a couple of week.
- *Grapefruit* – *White* & *Ruby* are both good quality with *Ruby* by far the better eating of the two.
- *Pomelo* – Fruit is still available.
- *Tangelos* – Only for a short time so buy now.
- *Mandarins* – Supply is *Honey Murcott* & flavour is excellent.



FIGS – Supply of fruit out of the US is inconsistent & quality has been poor. Fruit out of Queensland is very limited.

GRAPES – *White* Grapes are new season Australian fruit; quality is only moderate. *Red* & *Black Seedless* supply continues to be imported from the USA.

MANGOES – Aussie fruit out of the Northern Territory is starting to improve now. *Green* Mangoes are now available.

MELON

- *Rockmelon* – Queensland fruit is much improved & fruit is very sweet.
- *Honeydew* – Supply remains very limited & poor value.
- *Watermelon* – Quality is good however fruit remains limited.

PASSIONFRUIT – Both *Regular* & *Panama* fruit is limited this week.

PAW PAW/PAPAYA – Fruit continues to be limited & expensive. *Green Papaya/Pawpaw* is available.

PEARS – *Packham* Pears are super buying this week; fruit is great quality & eating well – by far the best value of the fruit lines this week.

PINEAPPLES – Fruit remains limited for *Regular* & *Topless* Pineapples. This situation will improve in the coming weeks. *Rough Leaf* Pineapples are now available. These Pineapples are very sweet & fragrant. Their name comes from the rough serrated leaf of the pineapple; regular pineapples have a smooth leaf.

PEACHES & NECTARINES – Fruit is available but, still not recommended as supply is limited & poor value.

POMMEGRANITE – Fruit from the U.S. is available.



EXOTICS

Starfruit, Loquats, Tamarillo, Pomegranate, Guava, Dates, Longans, Mango.



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