

# Food For Thought

11<sup>th</sup> January, 2012

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### Beans, Cauliflower, Corn, Yellow Squash



**ARTICHOKE** – *Globe* Artichokes out of Victoria are limited & quality is only average.

**ASPARAGUS** – Supply of Peru Asparagus is very limited with a little stock out of Mildura. No *White* Asparagus is currently available.

**BEANS** – An abundant supply of Victorian Beans this week with great quality product around & recommended buying this week.

*Baby, Borlotti, French Flat, Butter & Snake* (limited) are available.

**BROCCOLI** – Excellent quality Broccoli from Victoria is available. *Broccolini* is excellent quality.

**BRUSSEL SPROUTS** – Supply is very limited.

**BETROOT** – *Baby Beetroot* is moderately supplied. *Baby Golden & Target* Beetroot is not available & not expected for another four weeks or so.

**CAPSICUMS** – *Green* Capsicums represent the best value, only moderate supplies of *Red & Yellow* Capsicums. *Bello Rosso* Capsicums have started again & *Vine Sweet Baby* Capsicums are also available.

**CARROTS** – Excellent supplies of Carrots this week & they are by far the best value of the vegetable line.

**CORN** – Golden Sweet cobs of Corn are excellent quality & great buying this week. *Baby* Corn is fairly well supplied now.

**CELERY** – Good quality Celery is coming out of Victoria. *Celeriac* is now limited.

**FENNEL** – Reasonable supplies of *Regular & Baby* Fennel are coming into the market & quality is good.

**HORSERADISH** – Season is now over.

**LEEKS** – Nice supplies of *Regular, Baby & Pencil* leeks.

**NASTURTIAN LEAVES** – Not currently available due to damage caused by rain, may be a few weeks before they are available again.

**NETTLES** – Season is now over.

**ONIONS** – Excellent supplies are now coming out of Griffith. *Brown, White & Spanish* all represent good value now. Only *Brown Pickle* Onions are available; any *White Pickle* is sent to the cannery.

**POTATOES** – Excellent *Chat* Potatoes are coming out of Sth Australia. *Pink Eye, Royal Blue, Dutch Cream & Eureka Gold* Potatoes are all available. *Purple Jester* Potatoes are available; these cut purple like the *Purple Congo* & are excellent quality. Any *Purple Congo* Potatoes available are old season & are poor quality.

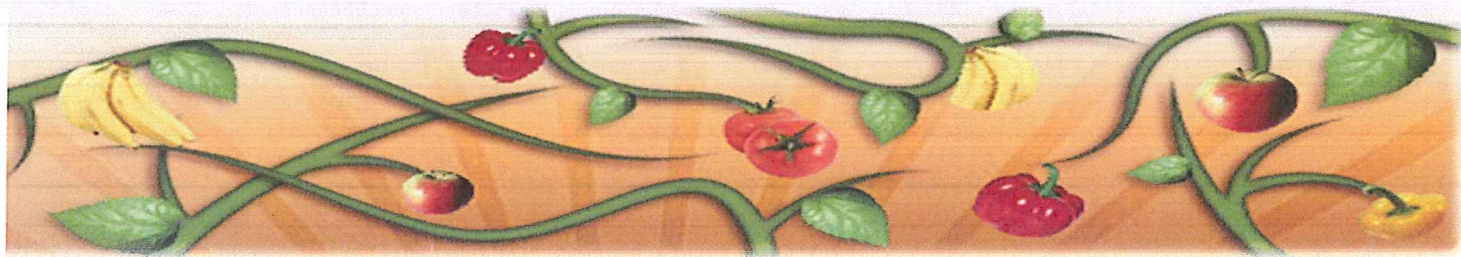
**SQUASH** – Very good supplies of Squash this week & is definitely recommended buying this week.

**TOMATOES** – Moderate supplies only this week. QLD fruit is finished; mostly Victorian fruit & quality is reasonable. *Cherry* Tomatoes are excellent quality. *Teardrops* are available as well as *Yellow Cherry* Tomatoes. *Heirlooms* will be unavailable again for another 2 – 3 months due to a disease that knocked out crops in the growing region. Excellent *Tomato Medley* are available & the closest to an *Heirloom* tomato; sold in punnets of 400gm & quality is good.

**ZUCCHINI** – Good quality *Zucchini Flowers* continue to be available.



*Your connection to freshness*



# Food For Thought

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## RECOMMENDED FRUIT BUYS THIS WEEKS

**Blueberry, Passionfruit, Plums, Nectarine**



**BANANAS** – Good supplies continue; quality is excellent.

### BERRIES

- **Strawberries** – Quality is moderate only due the recent heatwave conditions in Victoria.
- **Blueberries** – Best value of the Berries this week; recommended buying.
- **Raspberry & Blackberry** – Also affected by heat; quality is average.

### CITRUS

- **Limes** – Excellent supplies & reasonably priced now.
- **Valencia** – Good Aussie fruit & sweet eating.
- **Navels** – USA Navels are best for VIP fruit.
- **Mandarins** – USA fruit only; quality is moderate only.
- **Grapefruit** – Good quality **Yellow & Ruby** fruit is available.
- **Lemons** – There are no **Seedless** Lemons available.



**GRAPES** – **Red, White & Black Seedless** fruit; all Victorian now & quality is good. **Current** Grapes are available for a limited time only.

**DRAGON FRUIT** – Reasonable supplies & quality fruit from QLD.

**FIGS** – Good fruit is coming out of QLD & local.

**LYCHEES** – Reasonably supplied & great eating fruit is available.

**MELONS** – Good supplies of **Honeydew & Rockmelons** out of Griffith. Good warm weather **Watermelon (Regular & Seedless)** is available.

**PASSIONFRUIT** – **Regular & Panama** Passionfruit are super buying this week.

**PEARS** – **Corella** Pears are poor quality now & are not recommended. **Chinese Nashi & Ya** Pears are still available. New season **Clapp** Pears out of Victoria are good quality.

### STONEFRUIT

- **APRICOTS** – Good quality fruit continues.
- **CHERRIES** – Tasmanian fruit now & quality is good.
- **MANGO** – Good quality fruit continues; excellent eating.
- **NECTARINES** – **Yellow & White** flesh is available; super value & great eating fruit; a must buy.
- **PEACHES** – **Yellow & White** flesh are both available; quality is good.
- **PLUMS** – Excellent supplies of Plums with **Yellow & Red** flesh fruit at the market. Excellent value & highly recommended buying this week. **Blood** Plums are available.



### EXOTICS

Mangosteen, Longans, Rambutan, Lychees, Dragon fruit, Star fruit

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