

# Food For Thought

27<sup>th</sup> October 2010

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### Asparagus, Broccoli, Cherry Tomato, Zucchini



**ASPARAGUS** – Improved weather in the Victorian growing regions has seen quality & supply of Asparagus improve; recommended buying this week. White & Purple asparagus are now Australian.

**ARTICHOKE** – *Jerusalem* Artichoke season is coming to an end.

**BEANS** – *Regular* Beans continue to be limited. *Butter, Baby & Borlotti* are also very short. *Broad* Beans are very well supplied & well worth including on the menu.



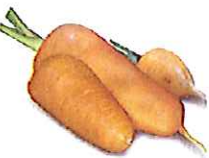
**BROCCOLI** – Great supply of Broccoli now coming out of Victoria; quality is good & recommended buying this week. *Broccolini* is available & quality is good.

**BAY LEAVES** – Supply is very limited; crops are between winter & summer & may take a couple of weeks before stock is back to normal.

**CAPSICUMS** – *Green* Capsicums are the best value as *Red & Yellow* continue to be limited & expensive. No *Bella Rosso* Capsicums till next year as crops are damaged.

**CELERIAC** – Great supplies continue.

**CORN** – Sweet cobs of Corn out of QLD are excellent quality. Imported *Baby* Corn out of Thailand is in short supply as growing regions have been hit by rain.



**CARROTS** – *Heirloom Carrots - Purple, White & Yellow Dutch & Round* are reasonably well supplied now; best days to buy are Monday, Wednesday & Friday. Victorian supplies of Dutch Carrots are excellent quality.

**EGGPLANT** – Limited supplies of Eggplant are coming out of QLD. *Baby* Eggplant is available but most fruit is on the larger size.

**LEEKs** – Victorian & local Leeks are all *Small* to *Medium* in size; no *Large* Leeks currently available on the market. This situation is expected to continue for the next 3 to 4 weeks. *Pencil* Leeks are well supplied.

**POTATO** – All varieties of Potatoes are extremely limited & expensive. We would normally rely on QLD to fill the gap in the South Australian season but they have had far too much rain & crops have been ruined. We expect that this situation will continue for a few more weeks until new season crops start out of South Australia.

**PUMPKINS** – **HALLOWEEN** – We have a few more Halloween pumpkins in stock so buy now before you miss out for Halloween.

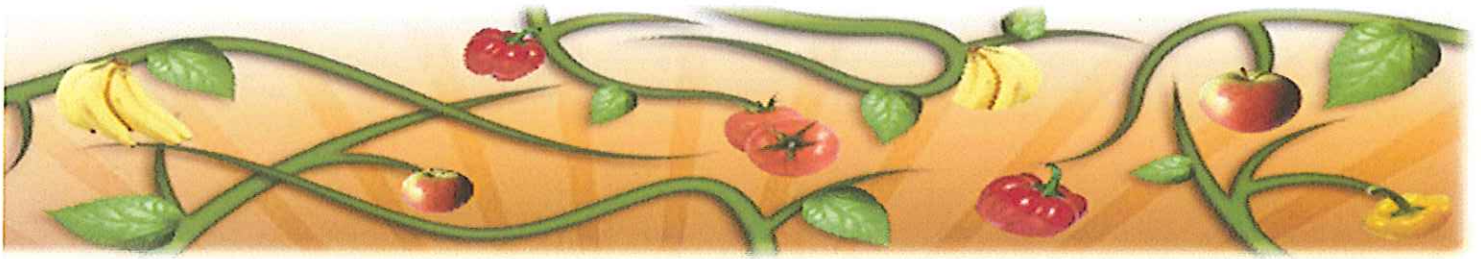
**TOMATOES** – *Regular & Roma* Tomatoes – quality is fair only as supply out of QLD continues to be limited.

*Cherry* Tomatoes however, are very well supplied & great value this week. *Truss/Vineripe* Tomatoes are moderately supplied. *Ox Heart* Tomatoes have now finished. *Heirloom* Tomatoes, *Tomato Medley, Yellow Cherry & Kumato* Tomatoes are all seeing a limited supply & there is no guarantee. *Teardrops* continue to be limited & we may have to substitute with *Orange Grape* to meet demands.

**ZUCCHINI** – Excellent supplies of *Zucchini* & great value again this week. *Yellow* Zucchini are reasonably well supplied. *Zucchini Flowers* are excellent quality & available by the tray or punnets.



*Your connection to freshness*



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## RECOMMENDED FRUIT BUYS THIS WEEKS

### Granny Smith Apples, Kiwifruit, Mango



**APPLES** – All *Red* apples are limited & prices are up; this situation will continue until new season fruit starts in February 2011. *Granny Smith* Apples on the other hand are great value & quality is good – great buying this week.

**BANANAS** – Fruit is good quality however, size is on the larger size.

#### BERRIES

- **Strawberries** – Prices remain a little high as Victorian supply is limited. W.A. Strawberries are good quality.
- **Blueberries & Raspberries** – *Blueberries* are the best value of the Berry line as the *Raspberry* supply is very limited & quality is moderate.
- **Mulberries** – Moderate supply only.

**BLOOD ORANGES** – Fruit continues however, season is coming to an end.

**FIGS** – Fruit out of QLD & supply is inconsistent.

**QUAVA** – Inconsistent supply & only Asian variety is available – size is inconsistent.



**GRAPES** – New season **Black Seedless** is coming out of QLD – quality is good. The only **White** grapes available are from the U.S.A. **Red Seedless** are all USA fruit also.

**KIWIFRUIT** – Excellent N.Z. Kiwifruit continues & is a great buy this week.

**LYCHEES** – Great quality however, new season fruit remains pricey.

**MANGO** – Recommended buying this week; Northern Territory 'Kensington Pride' fruit.



#### MELONS

- **Rockmelons & Honeydew** – Both limited in supply; N.T. & W.A. fruit is now finished & QLD fruit is very light due to the heavy rains received in the growing areas.
- **Watermelon (Regular & Seedless)** – Fruit is reasonably well supplied & quality is good.

**PEACHES & NECTARINES** – An improvement in supply & quality of *Nectarines* & *Peaches*.

**PINEAPPLES** – *Regular* Pineapples are great eating now that the warmer weather has started.

**POMEGRANATE** – USA fruit is available.

**STARFRUIT** – No consistent supply is at the market.



#### EXOTIC FRUIT

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

Lychees, Figs, Star Apple, Tamarillo (Red only), Pomegranate, Mango, Peaches, Nectarines



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