

Food For Thought



15th December, 2010

RECOMMENDED VEGETABLE BUYS THIS WEEKS

Beans, Carrots, Corn, Zucchini



ASPARAGUS – Moderate supplies only out of Victoria & quality is average. *White* Asparagus is available & *Purple* is inconsistent.

BEANS – *Regular* Bean supplies are good & quality is improving – great value this week. *Butter, Baby, French Flat, Flat Italian & Broad* are reasonably well supplied. *Borlotti* remain very scarce.

BROCCOLI – Quality of Broccoli is only average due to poor growing conditions in Victoria. *Broccolini* is good.

BRUSSEL SPROUTS – Supply out of QLD is limited.

CORN – Good supplies of Corn from local areas & QLD – good value this week.

CAULIFLOWER – Both local & Victorian Cauliflowers are good quality.

CARROTS – Excellent supply, quality & value this week. Supply is mostly coming out of QLD. *Dutch, Purple Dutch, Yellow Dutch & Round* Carrots are all available. The best days to buy *Coloured Dutch* Carrots is Monday, Wednesday & Friday.

CELERIAC – A great winter vegetable but, limited during the warmer weather.

CHILLIES – *Jalapeno & Habanero* are available.

FENNEL – Both *Baby & Regular* Fennel remain limited & expensive.

HORSERADISH – No supply currently. Victorian supply will not start until March next year.

LEAF LINES – *Mesculin* currently has no problems with supply. *Baby English Spinach, Rocket & Wild Rocket* are all limited with all major suppliers suffering heavy losses during the heavy rains in Victoria. Quality has been compromised, so please take into account when ordering; best to keep levels to a minimum. Supplies of other leaf lines, including the following, are limited – *Tatsoi, Snow Pea Leaf, Mizuna & Finesse*. *Marche* is still not available.

MICRO HERBS – An excellent selection of Micro Herbs are available. These include *Parsley, Coriander, Shiso, Marche, Red Garnet, Chard, Snow Pea Tendrils, Chervil, Tatsoi, Green & Red Basil*.

POTATO – *Cocktail* Potatoes remain very limited & expensive. *Sweet* Potato supply & quality is good. *Kipfler* potatoes are excellent quality.

SALSIFY – Still a little product around if you require it.

TOMATOES – *Regular & Roma* Tomatoes are reasonably well supplied & quality is reasonable. *Cherry* Tomatoes are great quality; *Teardrops* are limited. All other *Heirloom* Tomatoes are available but, supply is limited

ZUCCHINI – Local & QLD fruit represents great value this week. *Yellow* Zucchini crops have been damaged & are not available currently. *Zucchini Flowers* (male & female) in punnets are available & quality is quite good.

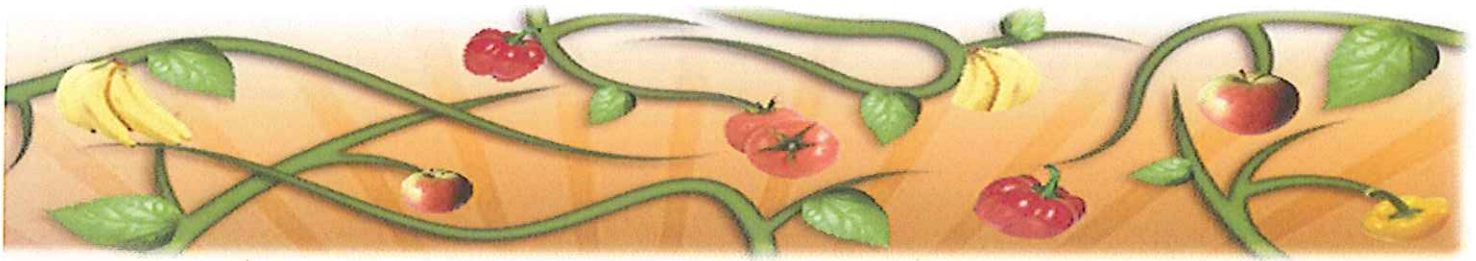
Christmas Products

HOLLY – Christmas Holly is available now. Please contact you Account Manager for further information.

CHRISTMAS TREES – Small, Medium & Large are available. Please contact you Account Manager for further information.



your connection to freshness



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RECOMMENDED FRUIT BUYS THIS WEEKS Bananas, Peaches, Rockmelon, Watermelon



APPLES – All *Red* Apples are very limited & commanding record high prices. Best value is *Green* Apples as quality & value is excellent.

APRICOTS – Reasonable size & quality; flavour is good.

BANANAS – Excellent QLD fruit represent great value this week.

BERRIES

- *Red Currants* have started, so buy now as they are only available for a few weeks.
- *Blueberries, Raspberries & Blackberries* are reasonably well supplied.
- *Strawberries* are seeing moderate supplies as they are still recovering from the recent heavy rains. Quality is only average with Medium fruit in particular quite poor.



CHERRIES – Quality overall is only average with a lot of fruit being soft & split.

DRAGON FRUIT – A little available; quality is average.

GRAPES – *White & Flame Seedless* Grapes are limited & very expensive.

KIWIFRUIT – Product is expensive now that supply is coming from Italy.

LYCHEES – Excellent quality fruit is now available.

LONGANS – Supply is limited.

LIMES – Excellent supply & quality.

MANGO – All QLD fruit. Supply is moderate & quality is only average this year – all fruit has had far too much rain.

MELONS – *Rockmelon* remains to have excellent quality & taste – recommended buying this week. *Honeydew* is very limited & larger fruit in particular is very scarce & expensive. *Watermelon* is great value & quality this week.

NAVEL ORANGES – Australian *Navels* are finishing now – USA fruit is starting & will be quite expensive.

PAPAYA & PAW PAW – Excellent eating fruit. *Papaya* in particular, has an excellent flavour.

NECTARINE – *Medium* sized fruit is good quality & reasonably priced. *Large* Nectarines are expensive.

PEACHES – Both *Yellow & White* fruit is available although, *White* remains limited. *Yellow* Peaches are excellent value this week – a must buy.



PLUMS – Nice fruit is available now.

PINEAPPLES – All Pineapples are full of flavour.

STARAPPLE – Some excellent fruit is available if you want to try something different.

STARFRUIT – Limited good quality fruit is available.

EXOTIC FRUIT

Please note that Exotic Fruits may not be available every day

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



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