

Food For Thought

15th February, 2012

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BEANS, CARROTS, SWEET POTATO, ZUCCHINI



ASPARAGUS – Imported Mexican Asparagus is currently the best quality. *White* Asparagus is available.

BRUSSELS – Good quality Brussel Sprouts from Victoria are available.

BEANS – Excellent supplies continue out of Victoria – quality & price is good & is recommended buying. *Borlotti, Baby, Flat Italian & Snake* Beans are available. *Butter* Beans remain inconsistent.

BROCCOLI – Good supplies coming out of Victoria. *Broccolini* is excellent quality.

BEETROOT – Weather has affected the supply of *Golden Baby* Beetroot & *Target* Beetroot. *Baby* Beetroot is available, although supplies are down.

CAPSICUMS – *Red, Green & Yellow* Capsicums are well supplied now. *Bella Rosso & Mini Sweet Vine* Capsicums sold in punnets are available. *Red, Green, Birds Eye, Jalapeno, Red & Green Banana* Capsicums are all available.

CARROTS – Victorian & Tasmanian Carrots are great quality & value this week. *Dutch* Carrots are well supplied. *Purple, Yellow & White Dutch* Carrots are available, although rain in recent weeks has affected planting so supplies are down.

CAULIFLOWER – Very limited supplies are coming out of QLD & prices are up substantially.

CELERY – Limited supplies have forced prices up this week. *Celeriac* is available but limited during the summer months.

CUCUMBERS – *Green & Telegraph* Cucumbers are the best value. Supplies of *Lebanese* Cucumbers are moderate only. *Baby Cukes* are available but limited.



HERBS – As happens every year during the summer months, *Chervil* becomes

inconsistent due to rain & heat in Victoria. We have *Micro Chervil* available if this

suits your needs. *Curly Parsley* is also limited this week; again due to rain in all the major growing areas.

RADISH – Excellent *Micro* Radish is available & sold in 50 piece packs.

SALSIFY – Available but limited.

SWEET POTATO – QLD supplies are excellent & super value this week.

SQUASH – Supply is limited.

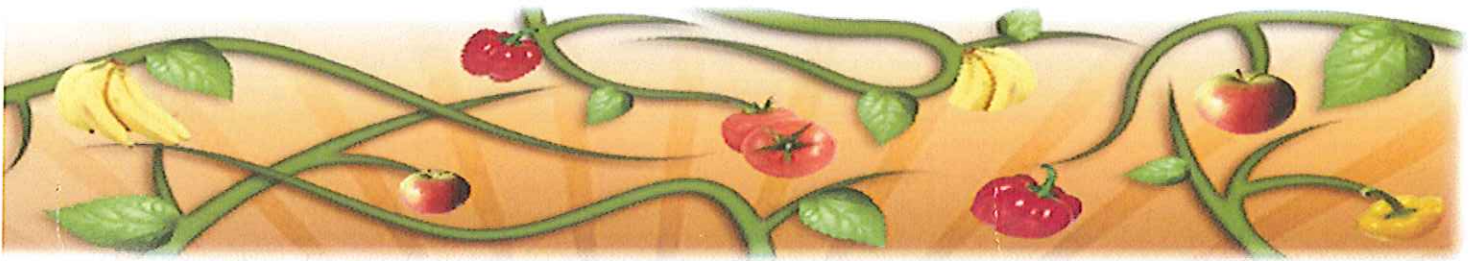
TOMATOES – Victorian supplies of *Regular & Roma* continues to be good; quality is excellent. No *Heirloom's* are available however we have excellent *Tomato Medley* available in punnets of 450gm. *Gold Teardrops* are scarce but *Orange/Yellow Grape* are available as an alternative. *Vine ripe, Truss, Cherry Truss, Cherry & Kumato* are all available

TURNIPS – *Baby* Turnips & *Micro* Turnips in packs of 50 are available. *Regular* Turnips are available but limited.

ZUCCHINI – Victorian & Local supplies of Zucchini are excellent & great value this week. *Yellow* Zucchini are very limited & quality is only average. *Zucchini Flowers* continue; Regular, Male & Punnets.



your connection to freshness



Food For Thought

15th February, 2012

RECOMMENDED FRUIT BUYS THIS WEEKS

BANANAS, WILLIAM PEARS, SEEDLESS WATERMELON



BANANAS – Improved QLD supplies make for great buying this week.

BERRIES

- **Strawberries** – Still only limited supplies coming out of Victoria & South Australia & quality remains average.
- **Blueberry, Raspberry & Blackberry** – Reasonably supplied & average quality.

CITRUS

- **Lemons** – Supply remains limited for new season fruit out of QLD.
- **Limes** – Excellent supplies & good value.
- **Oranges** – Good sweet eating **Valencia** Oranges continue although skin is showing green. **USA Navels** are available if you require a bright orange looking fruit.



GRAPES – **Red Globes** (with seeds) are excellent quality & our stock line of dark grapes now. **Red, White & Black Seedless** Grapes are also available. **Black Muscatel** Grapes are available.

FIGS – All local Figs now & quality is excellent.

MANGO – QLD fruit is still available.

MELONS

- **Seedless Watermelon** – Great for the summer weather & excellent value this week.
- **Rockmelon** – Excellent supply & quality this week.

PEARS – New season **William** Pears are seeing an excellent supplies & super value this week; a must buy. **Nashi, Corella, Baby Corella & Beurre Bosc** are all available now.

PINEAPPLES – **Regular & Topless** fruit are both excellent quality & great flavour.



STONEFRUIT

- **Cherries** – Probably the last week for Tasmanian Cherries; quality is good.
- **Apricots** – N.Z. fruit continues.
- **Nectarines & Peaches** – Excellent supply & quality for **Yellow & White** flesh fruit.
- **Plums** – **Yellow & Red** flesh fruit is available. **Sugar** Plums are also available now; fruit is super sweet.

EXOTICS

Star fruit, Dragon Fruit, Rambutan, Lychees, Longans



your connection to freshness