

# Food For Thought

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

## RECOMMENDED VEGETABLE BUYS THIS WEEKS

### BEANS, CAULIFLOWER, EGGPLANT, ROMA & SALAD TOMATO



**ASPARAGUS** – Limited supplies of Asparagus, mostly out of Peru & Thailand. Only minimal amounts of Asparagus from Victoria are available. Prices are quite high. Still no *White* Asparagus is available.

**BEANS** – Another week of tremendous Beans out of Victoria & they are outstanding value. A must buy. *Baby, Borlotti, Snake & Continental* Beans are well supplied. *Butter* Beans remain inconsistent.

**BROCCOLI** – Supply of Broccoli & *Broccolini* remain excellent.

**BEETROOT** – *Baby Golden & Target* remain unavailable; we hope new crops to start in the next week or two.

**CAULIFLOWER** – Excellent supplies are coming out of Victoria & Bathurst. Super quality & great value this week.

**CELERY** – Excellent supply of Celery & great quality; *Celeriac* remains very limited.

**CHINESE VEGETABLES** – A good selection of Chinese Vegetables is available including; *Baby Bok Choy, Choy Sum, Chinese Broccoli, En Choy, Taro, Jiacama, Bitter Melon, Lime Leaves, Curry Leaves, Plantain bananas, Betal Leaves, Shiso Leaves, Pandam leaf, Garlic Stems & Hairy Melon.*



**CUCUMBER** – *Telegraph & Lebanese* Cucumbers are well supplied. *Regular* Cucumbers are limited.

**EGGPLANT** – Local & Victorian supplies of Eggplant are great quality & super value this week. Local *Baby* Eggplant is excellent quality. Supply of *Thai* Eggplant is limited.

**HORSERADISH** – Season is now over.

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

**POTATOES** – *Chats* are great quality & supply is good. Supply of *Sweet* Potato is excellent & quality is good.

*White & Purple Sweet* Potato are available. *Purple Jester* (a good substitute for *Purple Congo*), *Kipfler, Pink Eye, Royal Blue, Dutch Cream, Eureka Gold & Nicola* Potatoes are all available.



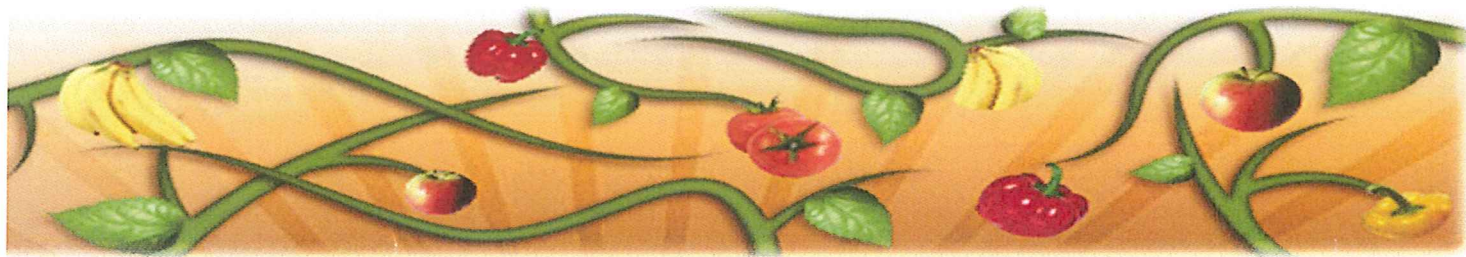
**SQUASH** – Excellent quality *Small & Medium/Large* Yellow squash is available.

**TOMATOES** – No *Heirloom* or *Ox Hearts* are available & may be unavailable for another two months or so. *Kumato's* in punnets (Cherry) & larger varieties are available. *Tomato Medley* is excellent quality & sold in punnets of 400gm. *Grape, Cherry Tomato, Truss & Vine Ripe* are reasonably well supplied. *Gold Teardrops* are limited this week. Victorian supplies of *Regular & Roma* Tomatoes are now in full swing & this week represent great value.

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



*your connection to freshness*



# Food For Thought

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

## RECOMMENDED FRUIT BUYS THIS WEEKS

### RED & WHITE GRAPES, LIMES, PASSIONFRUIT, SEEDLESS WATERMELON



**APPLES** – All Apples continue to be old season; quality is moderate. New season fruit is not far away.

**BANANAS** – Supply has eased a little forcing price up slightly; quality is good.

#### **BERRIES**

- **Strawberries** – Victorian & S.A. fruit is suffering from the recent heat & rain; quality is poor for all sizes.
- **Blueberries** – Fruit is good & is the best of the Berry line; fruit out of Coffs Harbour & Tasmania.
- **Raspberry & Blackberry** – Quality is moderate only.



#### **CITRUS**

- **Limes** – Abundant supply & great value this week.
- **Valencia** – Sweet & good quality.
- **Navels** – For a bright orange looking VIP fruit, then **USA** is the best option.
- **Mandarins** – USA fruit only; quality is moderate only.
- **Blood Oranges** – Local supplies have finished but for a short time, we have some USA fruit available.

**GRAPES** – **Red & White Seedless** Grapes from Victoria represent great value this week.

**FIGS** – **Green & Black** Figs are excellent quality & supply is now local & Victorian.

**MELONS** – **Seedless** Watermelon is excellent quality & super value this week. **Rockmelon & Honeydews** are well supplied.

**PASSIONFRUIT** – Abundant supplies of **Regular & Panama** Passionfruit & excellent value this week.

**PAPAYA** – Excellent Nth QLD fruit is available with great flavour.

**PEARS** – New season '**William**' Pears have now started & quality is good however, fruit is green. It is probably best to order a few days in advance to allow fruit to ripen. New season **Corella** Pears are available. **Ya & Nashi** Pears are available.



#### **STONEFRUIT**

- **CHERRIES** – Tasmanian fruit is the best quality now.
- **MANGO** – Major supplies are now over with moderate fruit only, forcing prices up.
- **APRICOTS** – Limited fruit only out of New Zealand & Tasmania. Prices are up.
- **NECTARINES** – **Yellow & White** flesh is available; quality continues to be good.
- **PEACHES** – Good supplies continue of **White & Yellow** flesh fruit available.
- **PLUMS** – Excellent supply of **Yellow & Red** flesh Plums available. **Blood** Plums are also available.

#### EXOTICS

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

*your connection to freshness*