

Food For Thought

21st February, 2012

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BROCCOLI, CORN, EGGPLANT, PUMPKIN – Jap, Butternut, Grey



ASPARAGUS – Best quality product remains Mexican; Victorian quality is average. *White* Asparagus is available.

BEANS – Once again good supplies of Beans are coming out of Victoria & QLD. *Baby, Continental, Snake & Borlotti* Beans are fairly well supplied. Next to no *Butter* Beans are available.



BROCCOLI – Goods supplies are coming out of Victoria & tremendous value this week. *Broccolini* is good quality.

BRUSSELS – New season Victorian sprouts now available.

BEETROOT – Still no *Baby Golden* Beetroot or *Baby Target* Beetroot is available. *Baby* Beetroot is excellent quality.

CAPSICUMS – *Red, Green & Yellow* Capsicums are well supplied. *Bella Rosso & Mini Sweet Vine* Capsicums sold in punnets are available.

CARROTS – *Dutch* Carrots are limited this week due to inconsistent weather in the Victorian growing regions.

CAULIFLOWER – Only moderate supplies of Cauliflowers coming out of Victoria & Bathurst.

CELERY – Very limited supplies only & prices remain high.

CORN – Abundant local & Victorian Corn. It is super sweet & excellent value this week.

EGGPLANT – Good supplies of local & Victorian Eggplant this week represent great value. *Baby & Thai* Eggplant are also available & good quality.

HERBS – *Chervil* remains very limited. *Curley Parsley* is very limited & prices are up, might be best to use *Continental Parsley* as an alternative.

LETTUCE – Limited supplies of *Iceberg & Cos* this week; local supplies have been ruined by rain. Best quality is coming out of Victoria & prices are up.



ONIONS – *Red, Brown, White & Pickle* onions are all excellent quality.

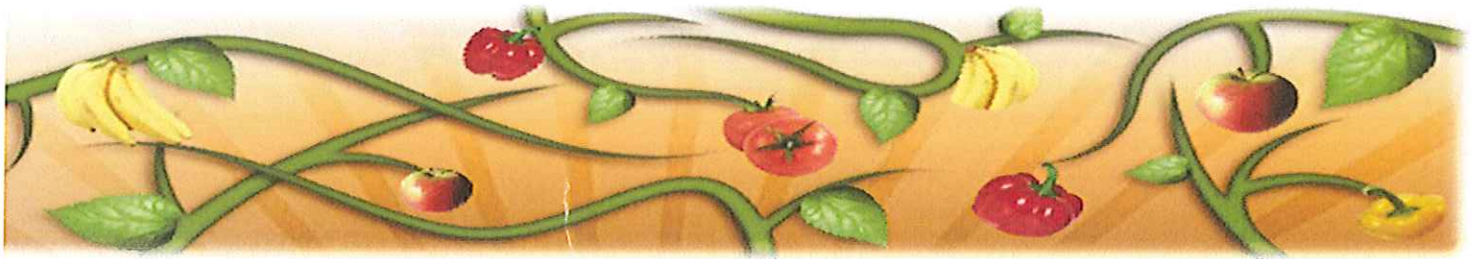
PUMPKIN – *Regular, Butternut & Jap* Pumpkin are great value this week; quality is excellent. We also have some *Minikins* available which make an excellent display item.



TOMATOES – Quality of *Regular & Roma* coming out of Victoria is good. Still no *Heirloom* Tomatoes available but we have excellent *Medley* Tomatoes available in punnets of 475gm. *Teardrops* remain unavailable however we have *Orange Grape* available as an alternative. *Truss, Vine ripe, Grape, Cherry Truss & Cherry* Tomatoes are all available.

ZUCCHINI – *Yellow* Zucchini remain very limited. *Regular* Zucchini are good quality. *Grey* Zucchini are available. *Zucchini Flowers* continue however bad weather is keeping supplies light. Large quantities may be a problem.

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RECOMMENDED FRUIT BUYS THIS WEEKS

BANANAS, WILLIAM PEARS, PLUMS, SEEDLESS & WATERMELON



APPLES – New season fruit is now coming through nicely; *Royal Gala, Red Delicious & Granny Smith. Pink Lady* are old season & quality is moderate only.

BANANAS – Excellent supplies again; price & quality is good & recommended buying.

BERRIES

- *Strawberries* – Continues to have quality issues & shelf life is poor. Keep supplies to a minimum.
- *Blueberry, Raspberry & Blackberry* – All available however *Blackberries* are moderate quality only.

CITRUS

- *Lemons* – Supply out of QLD is improving.
- *Limes* – Great supplies of juicy Limes.
- *Oranges* – Victorian *Valencia* Oranges are excellent flavour & quality. *USA Navels* are available for a better presentation fruit.
- *Mandarins* – Inconsistent supplies of imported fruit.
- *Blood Oranges* – Currently there is no imported fruit available.



GRAPES – Our stock grape is now *Red Globes* (with seeds) as they represent the best value. If you require a *Seedless grape*, please specify either *Red* or *Black Seedless* which are available. *White* Grapes are *Seedless* & good quality.

FIGS – Local Figs are excellent flavour & quality. Now is the best time to incorporate on the menu is now.

MANGO – Fruit continues out of QLD; variety in stock currently is the *Keitt* variety as Kensington fruit has finished.



MELONS

- *Watermelon* – Excellent quality & great value for *Regular* & *Seedless* Watermelon this week.
- *Melons* – Good quality *Rockmelon* & *Honeydew* available; great flavour.

PEARS – New season *William* Pears are excellent flavour & great buying this week. Also available are *Nashi, Corella, Baby corella & Beurre Bosc* Pears. *Paradise* Pears are poor quality & we recommend *Baby Corellas* as an alternative.

PINEAPPLES – Supplies of *Regular* & *Topless* Pineapples are down this week & prices are up.

STONEFRUIT

- *Cherries* – Last week for Tasmanian cherries.
- *Apricots* – Limited supply of fruit out of N.Z.
- *Nectarines & Peaches* – Great quality & supply of *Yellow* & *White* flesh fruit available.
- *Plums* – Good supplies of *Red* & *Yellow* flesh Plums. They are recommended buying this week. *Blood* plums are limited. Excellent *Sugar* plums are available.

EXOTICS

Star fruit, Dragon Fruit, Lychees, Rambutan, Longans

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