

Food For Thought

27th January, 2012

RECOMMENDED VEGETABLE BUYS THIS WEEKS

BEANS, CORN, EGGPLANT, ZUCCHINI



ASPARAGUS – Mostly all imported Asparagus now from Thailand, Mexico & Peru. **White** Asparagus is now available.

BEANS – **Butter, Borlotti & Flat Italian** Beans are limited. **Regular Green** Beans out of Victoria are again great buying; quality is good.

BROCCOLI – Limited supplies this week with Victorian crops recovering from the recent hot weather.

BEETROOT – A little **Baby Golden** Beetroot & **Target** Beetroot may be available this week, but is expected to be quite small. Probably another week or so before supply is more consistent & size improves. Excellent **Baby** Beetroot is available.

CAULIFLOWER – Snow white cauliflowers are coming out of Victoria & quality is good.

CELERIAC – Very limited during the warmer months.

CAPSICUMS – Best value this week are **Green** Capsicums with good supplies coming out of local areas. **Red & Yellow** Capsicum supply is moderate. **Red Banana caps, Jalapeno, Red & Green chillies, Birdseye & Thai Green Chillies** are all available.

CORN – Super sweet cobs of Corn are excellent value & recommended buying this week.

EGGPLANT – Abundant local supplies this week & represent super value. **Baby** Eggplant & **Thai** Eggplant are available.

ONIONS – All supplies are coming out of Griffith now; quality is good on all lines including **Brown, White, Spanish & Pickle**.

PETITE BOUCHE – A good selection of gourmet leaf lines are available including **Amaranth, Red Vein Sorrel, Watercress, Green & Red Shiso, Hot mustard, Red & Green Elk** to name a few. Please contact your sales representative if you require any further information. These organically grown leaves are sold in 100gm packets.

POTATOES – Gourmet Potatoes currently available are **Kipfler, Dutch Cream, Nicola, Eureka Gold & Royal Blue**.

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

SALSIFY – Supply continues.

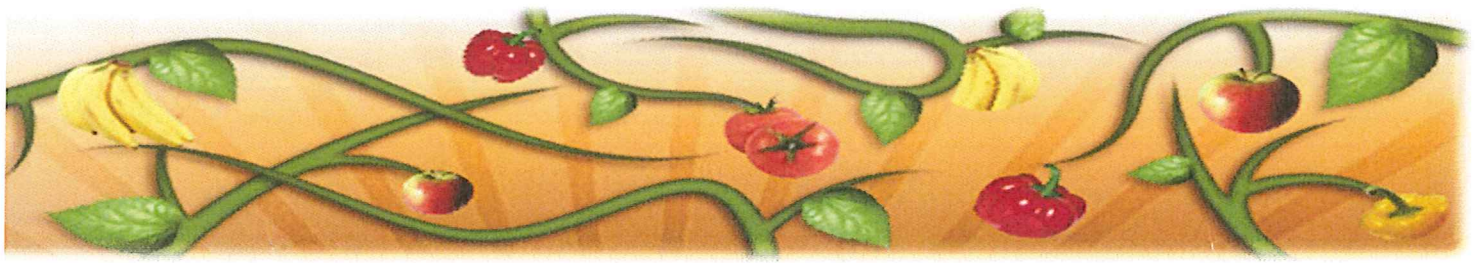
TOMATOES – Victorian Tomatoes (**Regular & Roma**) continue to be reasonably priced & of good quality. **Gold Teardrops** are limited; we have some **Orange Grape** available as an alternative. No **Heirlooms** or **Ox Hearts** are available for a few months. **Cherry Tomatoes, Red Grape, Truss, Vine Ripe, Tomato Medley & Kumato** Tomatoes are available.

TURNIPS – **Regular** Turnips are limited with **Baby & Micro** Turnips being available; quality is good.

ZUCCHINI – Excellent local supplies of Zucchini now; quality is good & great buying this week. Some local **Yellow** Zucchini's are available. **Zucchini flowers** in punnets, trays & male flowers are available.



your connection to freshness

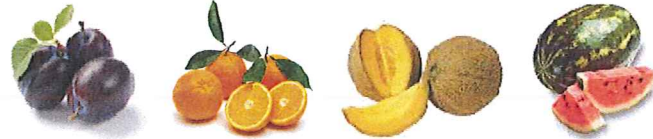


Food For Thought

27th January, 2012

RECOMMENDED FRUIT BUYS THIS WEEKS

PLUMS, ORANGES, ROCKMELONS, WATERMELONS



APPLES – Most fruit is still old season; some new season *Gala* Apples have started, but fruit is eating poorly.

BANANAS – Moderate supplies only; prices are steady & quality is good.

BERRIES

- *Strawberries* – Fruit is still recovering from heat & rain; quality continues to be average.
- *Blueberries* – Excellent fruit is coming out of Coffs Harbour.
- *Raspberry & Blackberry* – Quality is average only; keep supplies to a minimum.

CITRUS

- *Limes* – Quality & supplies are good.
- *Oranges* – Australian *Valencia* Oranges are good. If you require a bright orange fruit, please ask for *USA Navels*.
- *Mandarins* – Some USA fruit continues.
- *Blood Oranges* – Imported Blood Oranges are available.



GRAPES – Excellent *Red & White Seedless* Grapes; *Black Seedless* are limited. *Muscatel* Grapes (with seeds) are available.

FIGS – Mostly local *Black* Figs & quality is good.

MELONS

- *Seeded Watermelon* – Great quality, sweet & recommended buying this week.
- *Rockmelon* – Griffith fruit is super sweet & excellent value this week; a must buy.

PEARS – New season '*William*' Pears are available; quality is good.

STONEFRUIT

- **CHERRIES** – Tasmanian fruit is good quality.
- **MANGO** – QLD fruit continues; supply is moderate.
- **APRICOTS** – N.Z. fruit only now.
- **NECTARINES & PEACHES** – Good quality *Yellow & White* flesh fruit continues.
- **PLUMS** – Plums represent great value & recommended buying this week; *Sugar & Blood* Plums are available.



EXOTICS

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

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