



Food For Thought

28th July, 2009

RECOMMENDED VEGETABLES BUYS

CARROTS, CAPSICUMS, SWEET POTATO, ZUCCHINI



ARTICHOKES – Supply is from Victoria as the quality is far better than local supplies, which are limited. **Baby Artichokes** remain limited. **Jerusalem artichokes** are available.

BEANS – Nice supply of **Regular beans** out of Bowen & quality is good. **Butter beans** have lightened in supply, however all of the following gourmet lines are fairly consistent: **French Flat, Flat Italian, Borlotti, Snake & Broad**.

BEETROOT – Regular **beetroot** is excellent quality & great value. Also available is **Baby Beetroot & Baby Golden Beetroot**.

BROCCOLINI – Excellent supplies of **Broccolini** is available & it makes an excellent single serve vegetable.

CAPSICUMS – **Red & Green Capsicums** are recommended buying this week. Supply is out of North Queensland & the quality & price is good. **Yellow capsicums** are good quality, however they are more on the expensive side.

CARROTS – Great value & excellent quality **Regular Carrots** continue. **Dutch Carrots** are excellent quality also.



EGGPLANTS – Good supplies & excellent quality regular **Eggplant**. **Baby, Thai & Thai Cherry eggplant** are available.

FENNEL – **Regular & Baby Fennel** are both well supplied & are excellent quality.

GARLIC – **Garlic braids** are currently available.

LETTUCE & LEAF LINES – Improved supply of **Iceberg & Cos** lettuce. Supply is mainly out of Queensland & prices are back. **Baby Finesse** remains very limited. **Cavalo Nero** in both loose leaf (1.5kg case) & bunches is available. **Gourmet Endive** supply has improved this week.

MUSHROOMS – Severe shortages continues on all lines of **Flat Mushrooms** & no improvement is expected shortly. **Wood Blewitt** mushrooms are very limited.

POTATOES – **Large Desiree's** continue to be in short supply. No problems with **Regular Stock** potatoes, **Cocktails & Graded** lines. Gourmet lines available are **Kipfler, Bintje, Royal Blue, Dutch Cream, Pink Eye & Purple Congo**. **Red Sweet Potato** is excellent quality & value this week.

SQUASH – All sizes are available: **Small, Medium & Large**. Quality is good.

TOMATOES – **Regular & Roma** tomatoes continue to be well supplied & quality is good. No **Oxheart** tomatoes are expected for another two weeks or so. **Cherry, Cherry truss, Roma Truss, Vine ripe, Heirloom (coloured), Johnny Love bites & Teardrop/Gold grape** tomatoes are all available. No **Kumato** tomatoes are expected for another 4 to 6 weeks.

ZUCCHINI – **Green Zucchini's** out of QLD represent good value this week. A few **Yellow Zucchini's** are available, although supply is still inconsistent. **Zucchini flowers** continue.



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RECOMMENDED FRUIT BUYS

AVOCADO, KIWIFRUIT, MANDARINS, SEEDLESS WATERMELON



AVOCADO – Excellent Hass Avocado's out of Queensland; great quality & value this week.

BANANAS – Supplies have dropped & prices are up this week. Cooler nights have slowed down production out of Queensland.

BERRIES – Cold nights in the Queensland growing areas has meant that supplies this week are moderate, however quality remains excellent & fruit is eating very well. Nice supplies of Coffs harbour **Blueberries**.

Raspberries continue, however fruit is expensive & limited.

BLOOD ORANGES – Excellent Blood oranges from Mildura & colour is excellent. Great taste & excellent presentation. Try a Blood Orange today.



CHERRIES – USA – Good fruit continues.

CUMQUATS – Good quality fruit is available

DRAGON FRUIT – Available, but inconsistent

FIGS – Very inconsistent supply out of North Queensland.

FUJI FRUIT – All fruit is now out of New Zealand. Quality is good, however prices are dearer.

GUAVA – Good fruit continues.

KIWIFRUIT – Excellent value & quality continues out of New Zealand. **Yellow Zucchini** continues.

LONGANS – Imported fruit only & supply remains reasonable.



LYCHEES – Fruit is imported from China, however supply is inconsistent.

MANGO – Some new season Northern Territory mangoes have started, however quality is inferior to the Mexican Mangoes.

MANDARINS – Sweet & juicy Hickson Mandarins this week are recommended buying.

MANGOSTEEN – Supply is inconsistent.

MELONS – Honeydew & Rockmelons – limited supplies of both lines & fruit is tending to be only small/medium in size. **Regular & Seedless Watermelon** – fruit out of the Northern Territory is excellent value this week & makes for sweet eating.

ORANGES – Excellent Navel Oranges continue. New Season Ruby Navels & Seville Oranges are available.

PEARS – Stock will be a combination of Josephine/Packham pears. Quality is good & fruit is eating very well. **Beurre Bosc, Corella, Nashi & Honey Pears** are all available.

POMELO – Fruit continues & quality is reasonable.

PINEAPPLES – Bethonga Pineapples is by far the best eating pineapple.

TANGELO – Excellent fruit continues

QUINCE – Good fruit is available.

STARFRUIT – Fruit is very limited.

TAMARILLO – Inconsistent supply of fruit out of Western Australia & fruit is predominately red.



EXOTICS & TROPICAL DELIGHTS

AVAILABLE – USA Dates, Dry Muscatel Grapes, Star fruit, Longans, Guava, Quince, Fuji Fruit, Cherries (USA), Tangelo, Blood Oranges, Dragon Fruit, Cumquats, Lychees, Seville Oranges, Ruby Navels

Please note that all Exotics may not be available every day.

