



# Food For Thought

11th August, 2009

## RECOMMENDED VEGETABLES BUYS

### *BABY BOK CHOY, CORN, EGGPLANT, SNOW PEAS, ZUCCHINI*



**ASPARAGUS** – one grower out of Mildura has started with Asparagus however quality is only average. Our stock will still be the imported asparagus from Peru which is better quality and more consistent in size. If you specifically want Australian asparagus please let the order department know when placing your order.

**BEANS** – limited supply of regular green beans; quality is good and prices are quite firm. **Butter Beans** remain limited. French Flat, Flat Italian, Borlotti, Snake & Broad are all available and quality is good.

**BOK CHOY** – excellent Hydroponic Baby Bok Choy and Choy sum are available; great quality and excellent shelf life.

**BROCCOLI** – well supplied and good quality; Victorian & QLD. **Broccolini** is well supplied & quality is good.

**CUCUMBERS** – improved supply of Telegraph and Lebanese cucumbers this week; prices are much more reasonable.

**CAULIFLOWER** – supplies are good and quality remains good. **Broccoflower** (green variety) is also



available.

**CELERIAC** – excellent large heads of celeriac and great quality. **Celeriac** can be peeled to aid in menu preparation.

**CORN** – great value this week with abundant supplies out of Nth Queensland. Improved supplies of **baby corn** now available.

**EGGPLANTS** – another good buy this week is regular Eggplant; great quality and value. Baby and Thai eggplant are both available. Some Thai Cherry eggplant is available but supply is very inconsistent and prices are very high; please check the price when placing orders.

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

**HERBS** – cool weather is still affecting some herb varieties; in particular Chives, Sage, Tarragon and Thyme; bunch sizes are quite small and this will continue until the weather warms up.

**LETTUCE & LEAF LINES** – Cress Mix supply remains limited. Baby rocket and baby wild rocket supplies are fairly consistent now and quality is good. Hydroponic Lettuce lines are reasonably well supplied except for Freelite: heads are on the small size due to the cold weather; in particular red and green coral are quite small.

**MUSHROOMS** – moderate supplies only of regular and large graded Flat Mushrooms. Pine Mushrooms are not in season and no Chestnut mushrooms have been available lately. Very limited supply of Wood Blewitt mushrooms.

**PEAS** – Snow Peas are another great value vegetable this week. Snap and Garden Peas are both available.



**POTATO** – Large **Desiree** potatoes remain limited; an alternative to these is a large Washed potato which cuts yellow like the Desiree; the variety is Harmony and is readily available. Kipfler potatoes are well supplied; quality is excellent and supply is coming out of Queensland.

**SQUASH** – good quality and excellent supplies of small and medium/large. No green squash is available.

**TOMATOES** – Regular and Roma tomatoes are well supplied and good quality and value. Good supply & quality on all lines of tomatoes including **Regular & Roma**, **Cherry**, **Cherry truss**, **Roma Truss**, **Vine ripe**, **Heirloom (coloured)**, **Johnny Love bites** & **Teardrop/Gold grape**. There are still no Ox Heart tomatoes. A new product is available in the tomato line; currently called a **tomato medley**, sold in 500gm punnets they consist of a mixed variety of small tomatoes and different colours. The continuation of this line will depend on demand but they are an impressive mixture of tomatoes and

probably well worth a look in to see if they would suite. Stock is available 2 days a week on Tuesday and Thursday.

**ZUCCHINI** – Excellent supplies, Super value and Great quality this week. Yellow Zucchini remain inconsistent. **Zucchini flowers** continue in limited quantities only.



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## RECOMMENDED FRUIT BUYS

### *STRAWBERRIES, KIWIFRUIT, NAVELS, MANDARINS*



**AVOCADO** – excellent Hass avocados available presently.

**BANANAS** – moderate supplies only and prices remain firm

**BERRIES** – once again excellent supplies of Queensland **Strawberries**; quality and flavour are superb; recommended buying this week. Nice supplies of Coffs harbour blueberries and quality is good. **Raspberries** are in short supply and prices are high; no guarantee of supply on any day. Prior order may be required for large quantities.



**BLOOD ORANGES** – quality and colour is excellent; best time to buy Blood Oranges is now.

**CHERRIES** – USA fruit continues.

**CUMQUATS** – fruit continues

**DRAGON FRUIT** – inconsistent supply only.

**FIGS** – limited supply of Queensland fruit – quality is mediocre.

**FUJI FRUIT** – New Zealand fruit only.

**GRAPEFRUIT** – excellent supply and quality of Queensland Ruby Grapefruit; great quality and flavour.

**GUAVA** – limited supply only.

**KIWIFRUIT** – excellent supply of New Zealand Kiwifruit at the moment; quality and value is superb and recommended buying this week. Yellow Kiwifruit is also available.

**LYCHEES** – quality of fruit out of China has been poor and not recommended.

**MANGOES** – some Nth Territory mangoes have started but quality is only fair. The better value remains with the Mexican variety.

**MANDARINS** – excellent eating mandarins are available and highly recommended buying this week.

**MELONS** – Honeydew & Rockmelons – prices remain high on Rockmelons and Honeydews as supply remains limited. Size is still small. All large fruit is commanding high prices. **Regular & Seedless Watermelon** – fruit out of the Northern Territory is eating well.



**ORANGES** – super eating Navel oranges continue and great buying again. Most fruit is coming out of Griffith and Sth Australia. Also available are **Ruby & Seville Oranges**.

**PASSIONFRUIT** – Excellent quality fruit is available.

**PAW PAW** – supply is limited this week; Papaya is available and the flavour is far superior to Paw paw.

**PEARS** – some excellent quality Corella Pears are available presently.

**POMELO** – Fruit continues & quality is reasonable.

**TANGELO** – Quality & flavour this year has been excellent - why not include a Tangelo now?

**QUINCE** – Excellent value; a great winter fruit to include on the menu.

**STARFRUIT** – Reasonable supplies only.

**TAMARILLO** – all available stock has been exhausted and the next shipment from Western Australia is another week or so away.



## **EXOTICS & TROPICAL DELIGHTS**

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

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