



# Food For Thought

25th August, 2009

## RECOMMENDED VEGETABLES BUYS

### *BROCCOLINI, BABY BOK CHOY, CHOY SUM, SILVERBEET, LGE YELLOW SQUASH*



**ASPARAGUS** – Asparagus from Peru is still the most consistent in supply & size. If you specifically require **Australian Asparagus**, please specify when placing your order. **White Asparagus**, also from Peru, is still available.

**BEANS** – Good supplies of **Regular, Baby, French Flat, Broad & Snake Beans** are available. **Butter & Flat Italian** are limited.

**BABY BOK CHOY/CHOY SUM** – Excellent hydroponically grown **Baby Bok Choy & Choy Sum** are available. Both quality & Price are good.

**BROCCOLINI** – Excellent quality & abundant supplies available.



**CUCUMBERS** – **Telegraph & Green Cucumbers** are the best value of the cucumber lines; **Lebanese Cucumber's** are slightly dearer.



**CAULIFLOWER** – Good supplies of **Regular Cauliflowers**. **Broccoflower** (green variety) is also available.

**CORN** – Excellent quality large **Sweet Corn Cobs** are available. **Corn Cobettes** are also available in ready to eat size **Cobettes** – sold in case lots of 150 pieces per case.

**EGGPLANTS** – Supplies are light this week due to a gap in the growing areas in North QLD. Prices are up slightly. **Baby & Thai Eggplant** are also available. There is a limited supply of **Thai Cherry Eggplant** & this product is very expensive.

**FENNEL** – **Regular & Baby Fennel** are both well supplied & are of excellent quality. **Finger fennel** is available on Monday, Wednesday & Friday only.

**LETTUCE & LEAF LINES** – All leaf lines are fairly well supplied this week.



**MUSHROOMS** – All lines have improved this week except for **Chestnut & Wood Blewitt**. Please note that **King Brown & King Oyster Mushrooms** are sold in kilo lots only.

**PEAS** – **Snow, Snap & Garden peas** are all very well supplied & excellent quality.

**POTATO** – **Large Desiree** remains limited.

**SILVERBEET** – Great local supplies & good value this week. **Swiss Chard** is also now available.

**SQUASH** – **Large Yellow Squash** is excellent value this week & definitely a recommended buy.

**TOMATOES** – **Regular, Roma, Cherry, Cherry Truss, Vine ripe, Truss, Teardrop (orange), Johnny Love Bites & Heirloom Tomatoes** are all available & well supplied. Orders are preferred for **Johnny Love Bites & Heirloom tomatoes** to avoid disappointment. Don't forget to try a punnet of **Tomato Medley**, which is an excellent selection of coloured tomatoes. **Ox Heart Tomatoes** have now started. Please check the price when ordering, as they are an expensive line of tomatoes.



**ZUCCHINI** – **Yellow Zucchini** remains very inconsistent, however **Regular Green Zucchini** are very well supplied. **Zucchini flowers** are available in tray lots or by the punnet. Punnets have 8 zucchini flowers & are available most days. Prior order would be preferred.

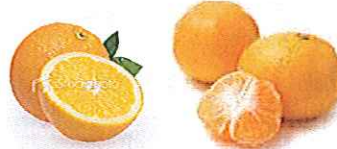


# Food For Thought

25th August, 2009

## RECOMMENDED FRUIT BUYS

### BLUEBERRIES, STRAWBERRIES, NAVELS, MANDARINS



**BANANAS** – There is an improvement in supply this week & a slight ease in price.

**BERRIES** – **Strawberries** are a great buy yet again; fruit is sweet & quality is good. **Blueberries** are excellent quality & also recommended buying. **Raspberries** remain expensive. **Mulberries** have now started.

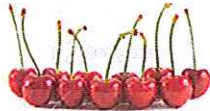
**BLOOD ORANGES** – Tremendous fruit this year & only a few weeks of the season left, so enjoy a **Blood Orange** now.

**CHERRIES** – Fruit will finish this week.

**CHESTNUTS** – Season is now over.

**CUMQUATS** – Fruit continues for a few weeks.

**DRAGON FRUIT** – Very little fruit available.



**FIGS** – Limited supply of fruit out of the Northern Territory & fruit remains expensive. Some **American Figs** are available; this fruit is sold in punnets & the fruit is quite small, almost the size of a strawberry. It is also quite expensive.

**FUJI FRUIT** – Season is now over.

**GUAVA** – Limited supply only.



**KIWIFRUIT** – **Regular & Yellow Kiwifruit** out of New Zealand are both excellent quality.

**MANGOES** – Fruit is from the Northern Territory. Quality is reasonable & will improve as the season continues.

**MANDARINS** – Great eating **Murcott Honey** Mandarins are now available; excellent flavour & great value again this week.

**MANGOSTEIN** – Some excellent fruit is available & is now in stock.

**MELONS** – **Honeydew & Rockmelons** – limited fruit & average quality; most fruit still on the smaller size.

This situation is expected to continue for another few weeks. **Regular & Seedless Watermelon** – excellent fruit is out of the Northern Territory.



**ORANGES** – An excellent season continues & recommended buying again. **Sweet Aussie Navels** are full of flavour & very juicy. **Ruby & Seville** Oranges are also available.

**PASSIONFRUIT** – Stock is the **Hawaiian** variety & quality is good.

**PEARS** – **Packham, Corella, Nashi, Beurre Bosc & Honey pears** are available. **Honey pears** have only been average this year.

**POMELO** – Fruit is still available.

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

**QUINCE** – Fruit continues for a few weeks.

**TAMARILLO** – Fruit out of Western Australia is available this week, however, please check the price when ordering as fruit is expensive.



## EXOTICS & TROPICAL DELIGHTS

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

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

