

28th April, 2009

RECOMMENDED VEGETABLES BEANS, CARROTS, SNOW PEAS, ZUCCHINI



ARTICHOKES – nice globe artichokes are available; globes are large quality is good. Baby artichokes are yet to commence. **Jerusalem** artichokes are in good supply.

ASPARAGUS – supply is from Peru and Thailand, stock is predominantly from Thailand as this is the best value. Spears are more small/medium in size with larger spears being harder to source. Baby and White asparagus is available.

BEANS – regular green bean from Victoria and Queensland; great value and a recommended buy this week. **Broad beans** have started but not yet in full swing. The skin may be slightly marked but the pods are good quality. All other varieties are well supplied – **Baby, Flat Italian, French Flat, Bortolli** and **Snake**.

BROCCOLI – supply of **Broccolini** is still limited. Limited supply of **Broccoli** now as Victorian supply slows down in winter and new season Broccoli out of Queensland has yet to reach capacity. This situation is expected to continue for the next 7 to 10 days.



CAPSICUMS – reasonable supply of **Green** and **Red** capsicums, quality is reasonable. **Yellow** Capsicums remain very limited and quality is only average.

CABBAGES – **Regular, Savoy, Red** and **Chinese** cabbage are all well supplied; best value is regular.

CAULIFLOWER – drop off in supply now due to the cooler weather. Quality is good but prices are up slightly.



CELERY – very well supplied and excellent buying this week. Celeriac is great quality and now is the time to start using.

CORN – continues to be very well supplied, cobs are large and sweet. Baby corn is back to normal.

EGGPLANT – local supplies are just about at an end and Queensland is just starting. **Baby eggplant** is well supplied.



FENNEL – Victorian supplies are excellent with the cooler weather and well worth including on the menu.

GARLIC – excellent **Garlic Braids** are available for a short time; please buy now to avoid missing out.

HORSERADISH – new season Victorian Horseradish is available now; this variety has more flesh available than the local variety which is not very “meaty”.

MUSHROOMS – limited supplies of **Wood Blewits** Mushrooms are available. These mushrooms are very expensive and supply cannot be guaranteed. If you wish to try them please check the price with the order department and give as much notice as possible to enable us to ensure supply.



PEAS – **Snow Peas** are excellent quality and great value. Recommended buying again this week. **Snap** and **regular garden peas** are both available.

PEPPERCORN – fresh peppercorns are available for a very short time so buy now if you don't want to miss out.

SALSIFY – new season Salsify has now started; never a cheap line but for those that wish stock is available. Supply of this product is not consistent so recommend buying ahead.

SQUASH – supply is limited due to rain in the major growing areas; prices are up and not good value this week.

TOMATOES – **Roma** tomatoes remain limited and prices are up. Regular tomatoes are in good supply and quality is reasonably good. **Johnny Love Bite** tomatoes have started again and prior order is preferred. **Cherry Truss, Grape tomatoes, Truss Tomatoes** and **Teardrop/Gold Grape tomatoes** are all available in reasonable quantities.



ZUCCHINI – great value and recommended buying again this week. **Yellow** and **Zucchini flowers** continue.



28th April, 2009

RECOMMENDED FRUIT BUYS THIS WEEK CORELLA PEARS, GRAPES RED & WHITE, BANANAS



APPLES – VIP apples are now **Pink Lady**; fruit is crisp and eating very well.

BANANAS – supplies continue to be good and great value; recommended buying once again.

BERRIES – supply of Victorian strawberries is still good. **Raspberries** supplies are good however **Blueberries** are very limited, expensive and not good value. No **Blackberries** now that the season is over.

CITRUS – **Imperial Mandarins** – now is the time to include Mandarins; prices are back, fruit is eating well and quality is excellent. **Lemons** – prices remain high as supply is still limited. **Limes** – good fruit available and much better value than lemons. **Oranges** – fruit is now mainly **Navels**; fruit is still limited and prices are high as is normal for the beginning of the season; fruit is reasonable eating. **USA Navels** continue however fruit is expensive. **Cumquat** – stock is available however supply is inconsistent. **Grapefruit** – White and Ruby varieties both available and excellent quality. **Pomelo** – fruit is now available. **FINGER LIMES** – some fruit continues.



CHESTNUT – season in full swing now and a good time to include on the menu.

FUJI FRUIT – excellent supplies of new season fruit now. Fuji fruit is eaten firm and has a good shelf life. Local **Persimmons** are also available and this is the oval shaped fruit that must be eaten ripe. Prior order will be required if you require persimmons and these would need to be purchased in tray lots only.

FEIJOAS – New Zealand fruit has now started.

FIGS – very limited; predominately the black variety only. No guarantee in supply.

GRAPES – excellent supplies of Red and White Grapes. Our red grapes are Red Globe and Red Emperors; both varieties have seeds. If you require seedless please specify at the time of placing your order; these grapes are dearer. White grapes are Thompson Seedless; quality is good.

GUAVA – fruit is available, however supply is very limited; no guarantee of supply.

KIWIFRUIT – Victorian and Queensland fruit; new season and excellent quality. A few **Yellow Kiwifruit** are still available however they are not recommended as they are old season and quality is poor.

NECTARINES – season is now over for another year.

PEACHES – limited fruit continues; quality is reasonable and no fruit is suitable for VIP. No White peaches are available now.

PLUMS – fruit continues however season is coming to an end. Quality is reasonable. No VIP or Blood plums are available now.

MANGO – all fruit is now the Mexican variety; the Australian season is now over. No Green Mangoes are available and if you require for cooking the alternative may be green papaya.

MELONS – **Rockmelon** and **Honeydews** – still limited as we wait for Queensland to reach capacity. Quality is reasonable.

OLIVES – for those interested; excellent Green and Black Olives are available; sold only in 10kg case lots – please specify if you require small, medium or large sizes.

PEARS – excellent Corella pears now available; a good time to include on the menu.

Packham, Beurre Bosc and Nashi pear are now in season. Paradise pears are just about over; some fruit remains but quality is not good.

PINEAPPLES – In winter regular Pineapples are not as sweet as they have been; best to go for Bethonga or topless pineapples for a sweet eating fruit.

POMEGRANATE – local pomegranate have started, flavour is excellent and colour is good.

QUINCE – fruit is available if you want to include on the menu.

RAMBUTAN – good fruit is available & makes an excellent “platter fruit”.

TAMARILLO – new season fruit is now available however supply may be inconsistent.



EXOTICS & TROPICAL DELIGHTS

AVAILABLE – USA Dates, Dry Muscatel Grapes, Rambutan, Aussie Pomegranates, Starfruit, Figs, Olives, Dragonfruit, Longans, Guava, Quince, Tamarillo, Fuji Fruit, Feijoas,

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