

24<sup>th</sup> February, 2009

## RECOMMENDED VEGETABLES BABY BOK CHOY, CORN, SNAKE BEANS



**ASPARAGUS** - local thin spears of asparagus remains better value this week. If you require a medium or large spear please specify at the time of ordering. White asparagus continues.

**BEANS** – prices remain quite high and quality is only average as crops are still recovering from the recent heat. Beans are irregular in size; this situation is expected to continue for another week or two. Local snake beans are excellent quality and recommended buying. Butter beans are very inconsistent in supply and quality and are not recommended buying. Baby and French flat beans in the same boat as regular beans.

**BROCCOLI** – a little more Broccoli around this week but prices are still up. This situation should improve in the next week or so; quality is reasonable. Brocolini has started again but supply is expected to be very inconsistent for the next couple of weeks. Prices are up.



**CABBAGES** – all lines of cabbages are up with fewer local supplies available.



**CORN** – still one of the best buys in vegetables; quality is excellent with cobs quite large and very sweet tasting.

**EGGPLANT** –Local supplies are quite light this week and very little coming in from Victoria. Prices are up however quality is excellent. Baby eggplant and Thai Cherry Eggplant are available.

**HERBS** – Chervil remains out of stock, Coriander and Dill remain up in price. Australian Curly parsley is expected to be very limited for the next four to six weeks as crops are now feeling the effects of the recent bad weather. With Victoria in a similar position, we are faced with major shortages and have had to substitute with Continental parsley. If you do not want to receive Continental Parsley please specify at the time of ordering.



**LETTUCE/LEAF LINES/EXOTIC HERBS**– Cos Lettuce is on the smaller size at the moment as growers are picking early to avoid tip burn. Quality however is good. Mesclun is also limited and prices have gone up this week. So far we have been meeting demands but this may not always be the case. Regular rocket is a little inconsistent and we are substituting with Wild rocket to meet demands. Baby English spinach has fallen way back and there is no guarantee of supply on any day. There is no substitute at the moment as local bunches of English spinach remain very limited and expensive and not much value. Wild rocket remains the most available of all the leaf lines. A little Snow Pea Leaf, Mizuna, Cress Mix and Chard has started again from Victoria but supplies remain very limited and no certainty of supply. This situation will continue for another couple of weeks at least.

**MUSHROOMS** – Shimeji and Oyster mushrooms are available again but still in limited quantities only. No pine mushrooms have been available.

**ONIONS** – prices up on Brown and Spanish Onions as supplies out of Griffith are now poor quality; new supplies out of Tasmania and South Australia; quality is good.



**PEAS** – snow and snap peas remain quite expensive with virtually no local product and supply coming in from China. Quality is good.

**SPINACH** – Silverbeet and English Spinach still remain up in price; Silver beet is by far the better value of the two.

**TOMATOES** – reasonable supplies of Tomato and Roma out of Victoria; quality is good and prices are reasonable. Good supplies of local Cherry tomato and Grape Tomatoes. Teardrops have been inconsistent and we have been substituting with Yellow grape tomatoes to meet demands. Ox Heart tomatoes were badly affected by the recent hot weather and no consistent supply is expected for another two weeks. Heirloom tomatoes may be available next week. Vine ripe, Truss tomatoes and Cherry Truss tomatoes are available.



**ZUCCHINI** – prices remain up as supply is moderate. Some yellow zucchini is available, however supply only arrived twice a week in the market so no guarantee of supply. Zucchini flowers continue are and always subject to weather conditions.

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RECOMMENDED FRUIT BUYS THIS WEEK BANANAS, WHITE GRAPES, ROCKMELON, HONEYDEW



**APRICOTS** – Tasmanian fruit continues; eating well.

**AVOCADO** – some new season Sheppard avocados are filtering through from Queensland. Quality is good and we are hoping to maintain the stock with Sheppard as some the Hass avocados have been average quality only

**BANANAS** – remarkably good supplies considering the weather conditions; quality is good and prices are back. Bananas are a recommended buy this week.



**BERRIES – Strawberries** – quality still remains an issue with strawberries and while every endeavour will be made to buy the best quality available, this is still below what we would normally prefer to buy. Please only buy strawberries as required for the day as shelf life has been compromised. Reasonable supplies of Raspberry, Blackberry and Blueberries; quality is good.

**CITRUS** - the persistent and heavy rains in Queensland has dramatically halted the supply of new season Lemons; prices are up dramatically and limes are by far the better option. Valencia oranges are still eating well despite the green tinge on the skin. Navel Oranges from California are available for a VIP presentation orange; fruit is expensive.



**DRAGON FRUIT** – excellent fruit continues and presentation is superb.

**FIGS** – excellent local Figs continue, majority are Black, however some Green are available. Quite a few figs available that have the skin split due to rain damage and although the fruit does not present well flavour is excellent and much cheaper if you are looking to make a jam.

**GRAPES** – Flame Seedless and Thompson Seedless – White grapes are the better value at the present time; Black grapes require cooler weather to enhance the colour of the fruit and the warmer weather has reduced supplied. Quality of both lines is very good. Excellent Muscatel grapes are available as a VIP line.

**KIWIFRUIT** – Gold and regular Kiwifruit; still imported from Italy.

**LYCHEES** – fruit continues but not for long.

**PEARS** – Ya Pear have now finished. New Season Nashi Pears are now available. Paradise pears continue. Stock pears are William Pears. Some Sensation pears are available and sold in tray lots only.

**MANGOSTEEN** – excellent supplies of Mangosteen; imported from China.

**MANGO** – supplies continue out of Queensland and fruit is eating well.

**MELON – Rockmelon and Honeydew** – supply of both lines is mainly out of the Griffith area and eating well and this combined with good prices makes them both good buying this week.

**PAW PAW & PAPAYA** – both lines are available however quality is only average due to weather conditions in Queensland.

**PEACHES, NECTARINES & PLUMS – Peaches** – all lines are reasonably well supplied and prices are reasonable. VIP Nectarines and Peaches are the White variety; quality and flavour are excellent

**PINEAPPLE** – regular pineapples are of excellent quality and flavour is superb. Bethonga pineapples are also available.



EXOTICS AND TROPICAL DELIGHTS

**AVAILABLE** – USA Dates, Dry Muscatel Grapes, Rambutan, Lychees, USA Pomegranate, Star fruit (average quality), Figs, Dragon fruit, Pomegranate, Paradise Pears, Longans, Mangosteen.

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

