

6th January, 2009

RECOMMENDED VEGETABLE BUYS BROCCOLI, CAULIFLOWER, CORN, EGGPLANT



ASPARAGUS – best value asparagus is the small/medium spears. Medium/Large asparagus is commanding much higher prices so value for money we are stocking the small/medium size. If you require larger spears please specify when placing your order. White asparagus is still available.

BEANS - Victorian supply of green beans now; prices are reasonable and quality is good. Other varieties available are **Butter, Borlotti, Flat Beans, Flat Italian, Baby and Snake beans**. No **Broad Beans** are available.

BROCCOLI – a good value for money green vegetable this week; supply is out of Victoria. Broccolini supplies are very good.

BRUSSEL SPROUTS – Queensland season is now over and there is currently no supply coming from Victoria or South Australia which will be the next regions to commence.

CAPSICUMS – **Green Capsicums** are all local supply and quality is good. **Red Capsicums** are primarily glasshouse varieties out of South Australia. Also available are Yellow and Orange capsicums. **Jalapeno, Birdseye, Long and Red Green Chillies and Small green chillies** are all available. Limited supply of **Bella Rosso** and **Sweet Vine Ripen Capsicums**; both sold by the tray only.



CAULIFLOWER – excellent supply and quality and a recommended buy this week.

CARROTS – local supplies have now finished and with supplies only just starting from Victorian and Tasmania this week it will be a week or so before supply stabilises; prices are up.

CELERIAC – Queensland supply has now started; bulbs are now much better in size however prices remain high. Quality is good.



CORN – local supply corn cobs have started and this week make for a good buy. Cobs of corn can be cleaned for ease of preparation or why not order a case of cobettes, 150 pieces or ready to eat corn pieces. Baby corn in punnets is also available.

EGGPLANT – all local supply now, quality is good and great value this week. Baby eggplants are also good quality. Thai and Thai Cherry Eggplant are also available.



GINGER – currently between seasons and prices will remain high for the next few weeks.



LETTUCE – **Iceberg** – Increased demand during the warmer weather combined with the local supplies dropping off and being more reliant on Interstate supplies has increased the price of Iceberg lettuce this week. Reasonable supplies of Cos lettuce are available. All Hydroponic lines are still reasonable and as long as this current hot weather does not continue for too long we do not expect any problems.

PEAS – Snow and Snap Peas are back in price from the Xmas highs and quality is excellent. Regular Garden peas are also readily available and pods are sweet and full.

SQUASH – god supply out of Victoria now; quality is good and prices are excellent; recommended buying this week. Both small and large squash are reasonably priced and quality is good.

POTATOES – Washed, Brushed, Pontiac, Desiree, Desiree Chats, Chats, Nicola, Binge, Kipfler, Royal Blue and Dutch Cream Potatoes are all available.



TOMATOES – Teardrop supply is very patchy and no guarantee of supply on any day. We may have to substitute with yellow grape tomatoes if they are available. Regular tomato prices have eased from pre Xmas highs and quality is good. Egg Tomatoes remain slightly higher. **Vine ripe, Truss, Cherry truss, Grape, Teardrop, Heirlooms, Ox Heart, Egg Truss** are all available

ZUCCHINI – Yellow and Green zucchini are all local supplies; quality is good and prices are reasonable. Zucchini flowers are available, however if the hot weather continues, supply may drop off.



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RECOMMENDED FRUIT BUYS THIS WEEK STRAWBERRIES, PEACHES, NECTARINES, PLUMS



APPLES – Delicious, **Granny Smith** and **Pink Lady** are the only varieties of apples available now but as fruit is strongly recommended to go with stone fruit – Peaches, Nectarines and Plums are excellent alternatives at this time of the year. Fruit is at its peak and flavour is superb.



APRICOTS – season expected to finish in the next few weeks.



AVOCADO – less fruit coming out of New Zealand and Western Australia now. Prices are up and variety is a mixture of Hass and Reid.

BANANAS - the all time favourite Banana is excellent quality at the present time and always worth including on the menu.



BERRIES – **Strawberries** are reasonably cheap this week and recommended buying. All sizes are available. Raspberry, Blueberry, Blackberry and Boysenberries are also available. No Red Currants are available.

CHERRIES – fruit now coming out of South Australia and Tasmania; quality is good however prices are higher.

FIGS – local figs are excellent quality and great flavour.

GRAPES – Minindee seedless (green), Red Globe and VIP Black Midnight Beauty are the current varieties of grapes we are stocking. Quality and flavour are excellent.



LEMONS – all average quality and if you require a VIP lemon probably best to go into the USA variety until new season fruit starts.

KIWI FRUIT – all fruit is now Italian; quality is excellent however prices are dearer. Yellow Kiwi fruit have now finished.



LYCHEES – season expected to finish in January this year.



MANGO – another all time favourite; excellent flavoured Mangoes continue.

MELON – **Rockmelon** and **Honeydews** are coming out of Griffith and South Australia; prices are reasonable and quality is good. **Watermelon** and **Seedless** – warm weather has increased demand and forced prices up; fruit coming mainly out of Chinchilla, quality is good.

PAW PAW & PAPAYA – prices are back and quality is excellent. Paw Paw in particular is very good value.



PEACHES, NECTARINES & PLUMS – highly recommended stone fruit this week. All varieties are excellent quality and flavour. Peaches and Nectarines are available in trays or volume pack if a more economical fruit is preferred. White Peaches and Nectarines are available by the tray only but prior notice would be preferred to ensure fruit is ripe. Truly the best time is now to enjoy our excellent Stone fruit season.

PINEAPPLE – a drop in supply due to farmers not picking much over the Xmas/New Year period. Prices are up this week but we expect supply and prices to be back to normal in a week or so. Quality remains excellent.

PEARS – Ya Pears and old season Packham are the only pears available apart from the very small Paradise Pear which have just started. Paradise Pears make an excellent addition to any cheese or fruit platter



EXOTICS AND TROPICAL DELIGHTS

AVAILABLE – USA Dates, Dry Muscatel Grapes, Rambutans (average quality), Lychees (finishing), USA Pomegranate, Star fruit, Figs, Dragon fruit, Pomegranate, Paradise Pears



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