



# Food For Thought

30th June, 2009

## RECOMMENDED VEGETABLES BUYS

### *BEANS, CAULIFLOWER, EGGPLANT, SNOW PEAS*



**ARTICHOKES** – Still only limited amounts of **Baby Globe Artichokes** coming into the market on Monday & Thursday. Prior Orders are preferred to ensure supply. Excellent **Globe & Jerusalem Artichokes** are still available.



**BEANS** – **Bowen beans** have now started. Supply, quality & price are excellent & it is a recommended buy this week.

The following gourmet lines are all available: **Baby, Butter, Borlotti, Flat Italian, French Flat & Snake**. Local **Broad beans** are now very well supplied & now is the time to include on the menu.

**BABY VEGETABLES** – Suggested Uses: **Baby Beetroot, Baby Golden Beetroot, Baby Turnips, Snow & Snap Peas, Baby Corn, Baby Squash & Zucchini Flowers**.



**CELERY** – Good supplies of **Celery** & is of tremendous value his week. Large bulbs of **Celeriac** are available & now is a good time to buy.

**CAPSICUMS** – **Red, Green & Yellow capsicums** are all very well supplied. Quality is good & prices are reasonable. Excellent **Baby Vine Sweet capsicums** are available in tray lots only.



**CAULIFLOWERS** – Excellent supply continues. A good buy this week with large, snow white heads.

**CUCUMBER** – Regular Cucumbers continue to be the best value of the cucumber line this week, as **Telegraph & Lebanese cucumbers** remain expensive.

**EGGPLANTS** – Are out of central & northern Queensland this week; a suggested vegetable. **Baby Eggplant, Thai & limited Thai Cherry Eggplant** are available.

**LETTUCE** – **Iceberg & Cos Lettuce** are very well supplied. Hydroponic lettuce are a little on the smaller size. Best value is the **Green & Red Oak** which are slightly larger than the other varieties.

**LEAF LINES** – **Baby Rocket** is currently unavailable & no supply is expected for another week or so. Rocket bunches are the only alternative that comes close to **Baby Rocket leaf**. **Wild Rocket** is available, however supply is limited.



**LEEKS** – Nice supply of **Leeks** coming out of Victoria & the local areas. Quality is good. **Baby Leeks** are limited, however **Pencil leeks** are very well supplied.

**MUSHROOMS** – Supply of **Oyster Mushrooms** has improved slightly however large orders may be a problem.

**PEAS** – Excellent Queensland **Snow Peas** are tremendous value this week.

**POTATO** – Large **Desiree's** continue to be in short supply & are on the expensive side.

**TOMATOES** – There is an improvement in supply of **Roma tomatoes** now that **Bowen fruit** has started. **Regular & Roma tomatoes** are both well priced. All gourmet lines including **Cherry, Cherry truss, Vine ripe, Gold Grape/Teardrop** are all currently available

**ZUCCHINI** – Regular Zucchini's including **Large, Medium & Baby** are all available & quality is good. **Yellow Zucchini** is not available & we suggest using **Yellow Squash**. **Zucchini flowers** continue.



30th June, 2009

## RECOMMENDED FRUIT BUYS

### *STRAWBERRIES, HONEYDEW, NAVELS, PEARS*



**BANANAS** – Good supplies continue & prices remain reasonable for **Large Bananas**. **Extra large Bananas** continue to be expensive.

**BERRIES** – Nice supplies of **Strawberries** out of Queensland. Quality is good & prices are reasonable, making **Strawberries** an excellent buy this week. **Blueberries** are fairly well supplied, however **Raspberries** are very limited & prices are very high.

**BLOOD ORANGES** – Fruit is expected to start in the first week in July.

**CHERRIES** – USA – Prices are much more reasonable this week & fruit is excellent quality.

**CUMQUATS** – Fruit continues & quality is good.

**CHESTNUTS** – Season is now coming to an end & quality is average.

**DRAGON FRUIT** – Season is now over.

**FEIJOA** – Season is now over.

**FIGS** – The odd tray of **Figs** is coming out of Queensland. Supply is inconsistent & prices are very high.

**FUJI FRUIT** – Fruit continues.



**GRAPES** – The best of the grapes is the **Red Emperor** for regular stock & **Crimson Seedless** for a VIP seedless grape. **White Grapes** are **Calmera** & are only average quality. **White Seedless** grapes are not recommended.

**GUAVA** – Excellent local **Guavas** available at the moment.

**KIWIFRUIT** – Fruit is now coming out of New Zealand. Prices are reasonable & quality is good.

**LONGANS** – Imported fruit only & supply remains reasonable.

**MANGOSTEEN** – Reasonable supply of **Mangosteen**.

**MELONS** – **Honeydew's** are well supplied & great buying this week. Fruit is a medium size. **Rockmelons** are well supplied, however fruit is smaller than usual. **Watermelon** & **Seedless Watermelon** are out of North Queensland & Northern Territory. Quality is good.



**ORANGES** – Excellent **Aussie Navels** are great buying this week. Fruit is sweet & juicy. All sizes are available: stock, contract & large size.

**PASSIONFRUIT** – Our stock is the **Panama** variety & quality is good.

**PEARS** – **Packham, Beurre Bosc, Nashi, Corella** & **Honey Pears** are all available. Stock pears are a combination of **Packham** & **Josephine**. Pears are recommended buying this week.

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

**PINEAPPLES** – **Bethonga** Pineapples continue to be the best eating & better value, while regular pineapples remain limited & quality is only fair.

**POMEGRANATE** – Local **Pomegranate** season is just about over. Please note that the fruit is on the larger size & thus has increased the price per unit.

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

**QUINCE** – Good fruit is available.

**RAMBUTAN** – Season is now over, please take off the menu.

**STARFRUIT** – Fruit is available.

**TAMARILLO** – Good fruit is available.



## **EXOTICS & TROPICAL DELIGHTS**

**AVAILABLE** – USA Dates, Dry Muscatel Grapes, Pomegranates, Starfruit, Longans, Guava, Quince, Fuji Fruit, Feijoas, Cherries (USA), Tamarillo (Red Only), Tangelo, Mangosteen

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