

31st March, 2009

## RECOMMENDED VEGETABLES CORN, EGGPLANT & ZUCCHINI



**ARTICHOKES** – prices are coming back & quality is excellent. Supplies are “steady”. Jerusalem artichokes are also available.

**ASPARAGUS** - local supplies are now finished & the best value is coming out of Peru, spears are medium in size. Baby & white asparagus continue.

**BEANS** - Good supplies, however crops are still variable in quality. Baby beans, French Flat, Italian Flat, Butter, Snake & Borlotti beans are all available.

**BEETROOT** – baby golden beetroot expected to start sometime this week. Regular beetroot remains expensive with all local supply finished & most coming in from QLD.



**BROCCOLI** – Much better supplies available & prices have eased. Quality is much improved.

**CABBAGES** – Regular & Chinese Cabbage remains the best, Red & Savoy continues to be expensive & supply is limited.

**CARROTS** – Dutch carrots remain limited in supply & prices are up, quality is good.



**CAULIFLOWER** – Much better supplies are available & quality is excellent. Prices have dropped right back & now represents good value again.



**CELERY** – A tightening up of supply due to losses experienced due to the Victorian heat waves, have firmed prices this week. This trend is expected to continue for the next couple of weeks.



**CHINESE VEGETABLES** – excellent selection of Chinese vegetables available at the present time, Bunch vegetables continue to be excellent quality - Bitter melon, Jicama, Hairy Melon, Bitter Melon, Thai Eggplant,

Thai Cherry Eggplant (inconsistent) Thai Basil, Viet Mint, Betal Leaf, Lime Leaves, Curry Leaves.

**CORN** – continues to be local product, cobs are large, sweet & great quality.

**EGGPLANT** – Good supplies from both local & Victorian regions has resulted in excellent quality & availability this week. Baby Eggplant is also available & quality is excellent. Thai Cherry & Thai Eggplant is also available.

**FENNEL** – Excellent quality, new season Victoria Fennel has started this week. “Worth a look”.

**HERBS** – Chervil – after quite a few weeks of inconsistent supply, Chervil has now started again. Quality is good. There is still no Micro Garnet available. Shiso is now available.



**LETTUCE/LEAF LINES/EXOTIC HERBS**– all leaf lines – Mesclun, Baby English, Baby wild rocket, Tatsoi, Cress Mix, Chard, Snow Pea Leaf, Mizuna, Finesse & Gold Mix are all available now. Iceberg, Cos & Hydroponic lines of lettuce are all quite well supplied & quality is good.

**MUSHROOMS** – excellent Pine Mushrooms are available due to favourable weather conditions. Do not last long so please don't leave too late.

**PEAS** – Snow & Sugar Snaps continue to be great value this week. Regular Peas remain expensive.

**SQUASH** – large yellow squash is excellent quality & represents great value. Well including on any menu.



worth



**TOMATOES** – Roma tomatoes are well supplied & quality is excellent.

All other lines of tomatoes are well supplied. These include: Salad Tomatoes, Truss Tomatoes, Cherry Tomato, Cherry Truss Tomato, Vine ripe, Teardrop/Yellow grape, Grape Tomato, Ox Heart & Heirloom.

**ZUCCHINI** – Recommended buying this week, quality is excellent & great value. Yellow Zucchini is available, however supply is not available every day. Zucchini Flowers, both male & female are also available upon request.

31st March, 2009

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



**APPLES** – All new season, best eating are Royal Gala & Red Dels. Pink Lady's have still not started yet.

**AVOCADOES** – Green skin "Sheppards" varieties from QLD are well supplied & well priced this week.



**BANANAS** – Good supplies of bananas this week, representing good value & good eating.

**BERRIES** – Victorian Strawberry supply has improved slightly this week. Raspberry & Blueberry supplies are reasonable. However Blackberries are not available this week.

**CITRUS** - Valencia Oranges are limited in supply & quality is only average. USA Navels are available until the local season starts in another month or so. Lemons, Limes & Grapefruit (Ruby & White) are all well supplied. First of the Cumquots & Mandarins have started this week, however quality & supply is inconsistent. Not recommended buying for this week.

**FIGS** – Supplies are now slowing, however quality is still good, but for a short time only.

**FUJI FRUIT** – New season QLD fruit is well supplied this week.

**GRAPES** – White grapes "Thompson Seedless" are well supplied & great value. Red grapes are currently "Red Globes" for stock orders. "Red Seedless" & "Muscatels" are available for VIP orders. No Currant grapes available this week.

**GUAVA** – new season Guavas have started.

**KIWIFRUIT** – New season Qld fruit represents good quality & value.

**NECTARINES, PEACHES & PLUMS** - continue to be plentiful, good value & good eating. Apricots, of course, are now out of season.

**MANGO** – season is just about over, current variety is Keats. Quality is only average.

**MELONS** – Rockmelon, Honeydew, Watermelon (normal & seedless) – represent great eating with good supplies of full flavour fruit.

**OLIVES** – fruit has now started.

**PAW PAW & PAPAYA** – Paw Paw supply has greatly improved & prices are back. Papaya however remains expensive.

**PASSIONFRUIT** – our stock line of Passionfruit at the present time is the Panama variety. Quality is good & fruit is full of pulp. Regular passionfruit are limited in supply & commanding premium prices.

**PEARS** – excellent supply & quality. Current stock variety is a mixture of Packhams &/or Josephines. Other varieties include Corella, Nashi, Beurre Bosc & Paradise Pears.

**PINEAPPLE** – regular & Bethonga both available, however supplies are somewhat limited this week. Bethonga is by far the sweeter fruit to eat.

**POMEGRANATE** – local pomegranate have now started, flavour is excellent.

**QUINCE** – new season quince have now started.

**RAMBUTAN** – good fruit is available & makes an excellent "platter fruit".



## EXOTICS & TROPICAL DELIGHTS

**AVAILABLE** – USA Dates, Dry Muscatel Grapes, Rambutan, Aussie Pomegranates, Starfruit, Figs, Olives, Dragonfruit, Longans, Guava, & Quince.

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

