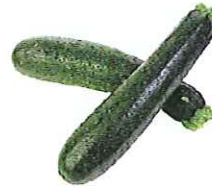




Food For Thought

26th May, 2009

RECOMMENDED VEGETABLES EGGPLANT, CHINESE CABBAGE, ZUCCHINI



ARTICHOKES – Baby Artichokes have now commenced. Supply is mainly on Monday & Thursday. If you plan to include Baby Artichokes on the menu, it is probably best to give prior notice to ensure supply. **Regular Globe & Jerusalem Artichokes** are available. **Victorian Globe** Artichokes have just started & supply is inconsistent. **Local Globe** Artichokes are still good quality.

BEANS – Moderate supply of beans coming out of Queensland. The quality and price are improving. **Baby, Butter, French Flat & Snake Beans** are fairly well supplied. **Broad, Borlotti & Flat Italian Beans** are available, however supply is only reasonable.

BROCCOLINI – Good supplies of **Broccolini** and quality is good.

CABBAGES – Local new season **Chinese Cabbage** is tremendous value. Quality is good & it is one of the best buys this week. **Baby Savoy** cabbages are available & sold in case lots only.



CELERY – **Victorian Celery & Celeriac** are both excellent quality. Heads of Celeriac are nice and large.

EGGPLANT – Great supplies coming out of Queensland this week. Prices are back & it continues to be a good valued vegetable.

FENNEL – Excellent **Large & Baby fennel** is available & quality is good. **Finger Fennel** is available on Monday, Wednesday and Friday only.

LEAF LINES – **Baby rocket & Wild Rocket** are available, however supply levels are very low. Meeting demands may be difficult.



MUSHROOMS – **Oyster Mushrooms** are available, however supply is irregular. **Buttons & Flats** are reasonably well supplied; however specific sized mushrooms may be a problem. If you require large quantities of sized mushrooms, please order ahead so that every effort can be made to meet your demands. **Shemeji** mushrooms are also proving difficult to source.

SQUASH – Inconsistent supply is keeping prices up.

TOMATOES – **Regular** tomatoes are well supplied & quality is reasonably good. There is a continued improvement in the supply and quality of **Roma Tomatoes**. **Gold Teardrops** are limited & if needed we may need to substitute with **Orange/Gold Grape**. **Cherry, Cherry Truss, Grape, Truss, Ox Heart & Heirloom** tomatoes are all available in reasonable quantities.



ZUCCHINI – Much improved supply and great value this week. **Yellow zucchini** are available. **Zucchini Flowers** are available however cooler weather has dropped supply levels.



Food For Thought

26th May, 2009

RECOMMENDED FRUIT BUYS THIS WEEK NAVEL ORANGES, MANDARINS, HONEYDEW



APPLES – Our VIP apple is **Pink Lady**, as this is the best eating apple. We have excellent VIP Pink Lady fruit in trays for that extra special occasion.



BERRIES – Wet weather has affected some of the fruit coming in from Queensland & prices are still high. Our stock is a mixture of Victorian & Queensland, however VIP XXL will be from Queensland. Victorian strawberries are showing white on the fruit, however the fruit is eating well. **Blueberries & Raspberries** are both available, however fruit is quite expensive at this time of year.

CITRUS – A great time to enjoy the great Australian Citrus Season. **Mandarins & Navels** are at their peak & are eating really well. **Limes, Lemons, White & Ruby Grapefruit** are all good. **Cumquats, Pomelo & Finger Limes** continue. **Blood Oranges** are yet to start.



CHERRIES – USA **Cherries** are available. Please check the price when ordering as they are expensive.

DRAGON FRUIT – Very inconsistent supply now.

FIGS – Mainly black variety; fair quality but still available if required.

FUJI FRUIT – An excellent vibrant coloured fruit to add to any platter. When fruit is cut, it holds its colour very well.

Fuji fruit are eaten hard, unlike **Persimmon** which needs to be eaten soft.

GUAVA – Supply is reasonably consistent at the moment.

KIWIFRUIT – Excellent supplies of **Victorian Kiwifruit**. They are great value & excellent eating. No **Baby Kiwifruit** has started yet, but may be available in a week or two.



LYCHEES – Imported fruit from Thailand is available; however it is not a very consistent supply.

LONGANS – Fruit is available

MANGO – Mexican variety only.

MANGOSTEEN – Supply is inconsistent.

MELONS – **Honeydew** is the better option in the melon line this week & is recommended buying.

Rockmelon supply is very light forcing prices up

PINEAPPLES – **Bethonga Pineapples** are the best eating Pineapple & the only one to buy with confidence.

POMEGRANATE – Excellent local **Pomegranate**. Quality is superb.

QUINCE – Good winter fruit available.

RAMBUTAN – great quality fruit is available.

STARFRUIT – Consistent supply available.

TAMARILLO – Very inconsistent at the moment and we cannot guarantee supply.



EXOTICS & TROPICAL DELIGHTS

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

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

