

Food For Thought

13th October 2009

RECOMMENDED BUYS THIS WEEK

Broccoli, Broccolini, Tomatoes, Roma Tomatoes, Zucchini



ASPARAGUS - Purple Asparagus has now started, however supply is limited.

BEANS - There is an extremely limited supply of **Regular Green Beans** and prices are very high. **Broad beans** remain well supplied. There is a limited supply of other gourmet lines including **Baby, Butter, Borlotti, Flat & Flat Italian Beans**.

BRUSSEL SPROUTS - Supplies from QLD are limited at the moment and prices are high.

BROCCOLI - Broccoli and Broccolini are two of the best valued green vegetables this week. Good quality stock is coming from Victoria.

BLACK GARLIC - Aged Black or fermented garlic originated in South Korea. The original goal was to market it as a super food due to its high level of antioxidants. Interest soon generated in America and the United Kingdom and now Australians are all eager to incorporate this unique garlic variation. The fermentation process takes a month; the garlic is placed in fermenting cellars and subjected to high heat for a month, changing the texture of the garlic so it resembles roasted garlic, giving it an almost caramelized quality. The cloves of the garlic are jet black and soft and lack the pungent odour of regular garlic. This product will be sold in 450gm bags or by the clove. This is a speciality line, for more information regarding availability and price, please contact your sales representative.



CUCUMBERS - A shortage in the supply of **Regular Cucumbers** has meant that we will be substituting them with **Lebanese Cucumbers** to meet demand. This situation is expected to continue for the next week.

PUMPKIN - Halloween season is approaching. If you require Pumpkins for carving please order now as they are only available for a couple of weeks. Available in small, medium or large sizes and sold by the each.

POTATOES - We are currently experiencing a shortage in the availability of **Washed White Cocktails** due to winter crops finishing and summer crops starting slowly. We strongly recommend using **Desiree Chats**; quality is excellent and much better value. Unless specified when ordering that **White Cocktails** are required, we will be substituting with **Red Desiree Chats**. This situation is expected to continue for another week or two.



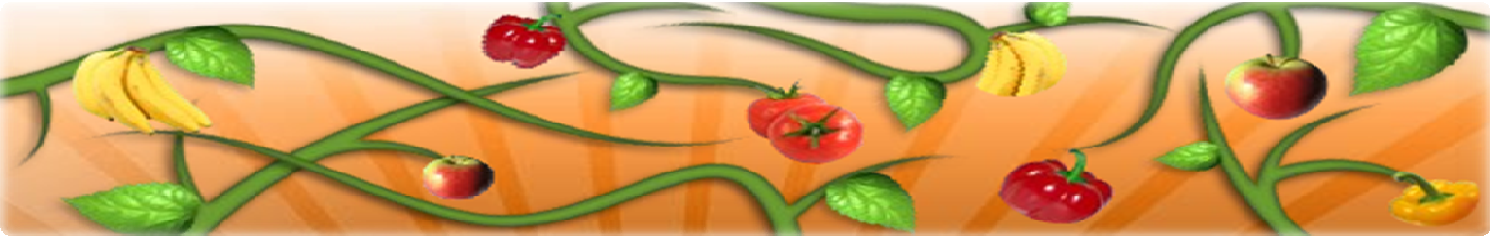
SQUASH - There is an improved supply of **Gold Squash** from Bundaberg of both small & medium to large varieties, however prices remain high.

TOMATOES - There is a tremendous supply of **Regular** and **Roma** coming out of QLD. Quality is good and they are well worth buying this week. **Yellow Teardrops** and **Gold Cherry** tomatoes remain difficult to source and the only alternative available is **Orange Grape Tomatoes**. **Heirlooms** and **Ox Heart** are available but supply is limited. **Tomato Medley** is available and prior order is preferred to ensure supply. Excellent quality **Truss** and **Cherry Truss** are available.



ZUCCHINI - Excellent supply of **Zucchini's** this week. They are of great quality and are a good valued vegetable this week. **Yellow Zucchini** is not recommended buying as there is a limited supply. Quality is only average and prices are high.

your connection to freshness



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Red Delicious Apples, Rockmelons, Regular & Seedless Watermelon



APPLES – Our stock line, **Red Delicious**, are excellent quality this week. Supplies are great and we recommend buying this week.

BANANAS – There is a very limited supply of **Bananas** at the moment as the summer crop is off to a slow start. Prices remain high. Banana Leaves continue to be limited again this week.

BLUEBERRIES – **Blueberries** are excellent quality and much better value than **Raspberries**.

HONEYDEW – Supplies of **Honeydew** are only moderate this week.

KIWIFRUIT – There is an excellent supply of **Regular Green Kiwifruit** from New Zealand. They are great quality and good value this week. **Yellow Kiwifruit** is also available.

MULBERRIES – **Mulberries** are available in punnets this week.

NECTARINES & PEACHES – Fruit is eating reasonably well, however fruit is on the smaller size.

PAWPAW & PAPAYA – Great supplies and excellent eating.

PEARS – **Packham, Josephine, Beurre Bosc, Honey, Corella & Chinese Nashi pears** are all available.

POMELO – Fruit continues to be available.

POMMEGRANITE – **USA** fruit is available.

ROCKMELON – Good supply of Queensland **Rockmelons** this week. Fruit is eating well and is Excellent value.

WATERMELON – **Regular** and **Seedless Watermelon** are well supplied this week. Quality is great and we recommend buying.

RASPBERRIES – **Raspberries** are available, however supply is very limited and prices remain high.

EXOTIC FRUIT

Please note that Exotic Fruits may not be available daily.

Pomegranate, Longans, Loquats, Starfruit, Star Apple, Figs, Mangoes, Dry Muscatel



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