

29th September, 2009

RECOMMENDED VEGETABLES BUYS

Broccoli, Cabbage, Cauliflower



ARTICHOKE – Good quality **Globe Artichokes** out of Victoria are available. Good quality **Jerusalem Artichokes** from South Australia are also available. There is a limited supply of local **Baby Globe Artichokes**.

ASPARAGUS – Cold weather in Victoria has caused a drop in the supply of **Asparagus** & prices are up.

BEANS – Moderate supplies of **Regular Beans**. Most gourmet lines are available. The best value is still in **Broad Beans**.

BROCCOLI – Stock from Victoria is well supplied & is of tremendous value.

BROCCOLINI – Continues to be excellent quality & is well supplied.

BRUSSEL SPROUTS – A limited supply from W.A. is forcing prices up.

CABBAGES – **Regular Cabbage** is well priced & a good supply is available this week. All of the following varieties are well supplied: **Chinese cabbage, Red & Savoys**.

CAULIFLOWER – Continues to be well supplied & good quality.

CAPSICUMS – Good supplies of **Red & Green Capsicums** are available. They are of good quality. **Yellow Capsicums** are available, however quality is only average.



CELERY – Good supplies from Victoria are available.

CELERIAC – Supplies continue to be good quality.

CORN – Nice supplies from North QLD continue this week. **Baby corn** is also available.

CUCUMBERS – All varieties are very well supplied.

EGGPLANTS – Excellent supply of fruit out of Nth QLD; quality is great & tremendous value this week.

FENNEL – Regular Victorian **fennel** is excellent quality this week & is well supplied. **Baby & Finger Fennel** are both available, however **Baby Fennel** is only average quality. **Finger fennel** is available on Monday, Wednesday & Friday only & prior order is preferred to avoid disappointment.

LEEKS – Good supply of local **Leeks**. **Baby Leeks** are inconsistent. **Pencil Leeks** are average.

LETTUCE – **Iceberg & Cos** lettuces are well supplied. They are well priced & are good quality. **Mesculin, English Spinach, Rocket & Wild Rocket** are all well supplied.

ONIONS – There is a moderate supply of new season Northern Territory **Spanish Onions**. Regular **Brown Onions** are well supplied.

PEAS – Good supplies of **Snow & Snap Peas**. Snow Peas in particular are of tremendous value this week. Supplies of **Regular Peas** are limited.

POTATOES – Very nice supply of QLD **Kipfler Potatoes** at the moment. **Large Desiree's** continue to be on the expensive side.

SQUASH – Supplies of **Yellow Squash** are limited & prices remain high.

TOMATOES – There is a very limited supply of **Ox Heart Tomatoes** as the Season is ending. **Regular & Roma Tomatoes** are well supplied & prices continue to be reasonable. **Vineripe Tomatoes** are very scarce at the moment & we recommend using **Truss Tomatoes** as a substitute.

TURNIPS – **Baby Turnips** have started, however they are very small. **Regular turnips** are available

ZUCCHINI – Moderate supplies of **Green Zucchini**s are available. **Yellow Zucchini**s are very limited. **Zucchini Flowers** are available.



29th September, 2009

RECOMMENDED FRUIT BUYS

Blueberries, Rockmelon, Kiwifruit, Navel Oranges



ALMONDS – Fresh **Almonds** from South Australia are available.

APPLES – Quality is exceptional. **Red Delicious** apples out of Batlow are super crisp. They are also being used for our stock line. **VIP Pink Lady's** are great quality.

BANANAS – A drop in supply has caused an increase in price this week. Fruit is dull in appearance; however this should change in the coming weeks as growers start to cut new season fruit.

BANANA LEAVES – Very limited supply.

BERRIES – **Blueberries** from Coffs Harbour are very well supplied & are of great value. Supplies of **Raspberries & Mulberries** are limited. As the QLD **Strawberry** season comes to an end, fruit is still remarkably good quality & prices remain reasonable.

BLOOD ORANGES – Continue for a short time only.

CUMQUATS – Season is over.

CHERRIES – **USA cherries** have finished; no Austrian supply for at least eight weeks or so.

CITRUS – Good supplies of **Lemons** this week. There is still a moderate supply of **Limes**. **Navel Oranges** continue to be well supplied & great quality continues. **Murcott Honey Mandarins** continue to be sweet & juicy.

DRAGON FRUIT – Very limited fruit has been available.

DRIED MUSCATELS – South Australian **Dried Muscatels** are available.

FIGS – American supply mainly, with limited supply coming out of Nth QLD. American figs are currently the better eating of the two varieties.

GRAPES – **Red & White Seedless Grapes** from the U.S. are still available & they continue to be good quality. New Season QLD fruit has now commenced, however we will not see any Seedless grapes for a few weeks or so.

KIWIFRUIT – New Zealand **Kiwi Fruit** is still of good quality. **Gold Kiwi's** are also still available.

MANGOES – Supplies from the N.T. are now available. Fruit is eating beautifully.

MANGOSTEIN – Not available at the present time.

MELONS – **Rockmelons** from Nth QLD are very well supplied, well priced & are full of flavour. There is an improvement in the supply of **Honeydews** & they are now more reasonably priced. Great supplies of **Watermelon & Seedless Watermelon** from QLD & the Northern Territory. They are also excellent quality.

PEARS – There is a nice supply of our stock line, **Packhams**. Chinese **Nashi Pears** are available & fruit has a VIP appearance.

Corella, Beurre Bosc & Honey Pears are all available.

PINEAPPLE – **Regular Pineapples** make for good eating & are well priced. **Bethonga Pineapples** are of excellent quality, good supply & reasonable price.

POMELO – Fruit continues to be available.

POMMEGRANITE – **USA** fruit is available.

STARAPPLE – New season fruit has started.

STONE FRUIT – **Peaches & Nectarines** from Northern NSW are available, however most fruit is still on the smaller side.

TANGELO – Season is almost over & quality is poor.

QUINCE – Season is almost over & quality is poor.

TAMARILLO – Available, but supply is inconsistent.



EXOTICS & TROPICAL DELIGHTS

AVAILABLE – Star Fruit, US Pomegranates, Loquats, Longans, Star Apples

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