

10th October, 2009

RECOMMENDED VEGETABLES BUYS

Broccolini, Celery, Dutch Carrots, Zucchini



ARTICHOKE – Regular & Baby Globe Artichokes are both available; local supplies have improved & Victorian supplies are also available. Season will continue until the temperatures start to rise. South Australian **Jerusalem Artichokes** continue.

ASPARAGUS – Limited supplies continue out of Victoria as the weather remains cool; however quality is very good. **White Asparagus** continues.



BEANS – Very limited supply of **Regular Beans** as Bowen is nearly finished & Southern Queensland is yet to commence. Prices are up. **Broad beans** are of excellent value & readily available. There is a limited supply of other gourmet lines including **Baby, Butter, Borlotti, Flat & Flat Italian Beans**.

BETROOT – **Baby golden beetroot** has been limited & quality has been inconsistent. **Baby & regular beetroot** are excellent value.

BROCCOLINI – Very well supplied & excellent value; recommended buying this week.

BRUSSEL SPROUTS – Limited supply only.

CABBAGES – Limited supply of **Chinese Cabbage** has forced prices up; all other lines including **Regular, Red & Savoys** are well supplied.

CAULIFLOWER – Good supplies continue. **Brocco-flower** (green) is available in limited quantities & prior order is preferred.



CAPSICUMS – **VIP Yellow Capsicums** have arrived on the market; fruit is from New Zealand – quality is excellent, however prices are much dearer than local supplies.

CARROTS – There is an oversupply in the marketplace of **Dutch carrots** out of Victoria. Quality is good, prices are down & an excellent time to include on the menu & they are recommended buying this week.

CELERY – Good supply & great quality make **Celery** an excellent buy this week.

CUCUMBERS – **Regular Cucumbers** are in short supply, however **Telegraph & Lebanese** are well supplied & by far the best value.

FENNEL – Regular **Fennel** remains very well supplied & **Baby Fennel** is excellent quality.

PEAS – Very limited supply of **Snow & Snap Peas** as Queensland supplies slow down. Local supply is limited & the Victorian season is yet to start; prices are up.

POTATOES – We are currently between the winter/summer seasons for **Cocktails**, thus making it difficult to meet demands. We are having to substitute with **Desiree Chats**; these potatoes are very good quality. Please specify at the time of ordering if you do not want a **red skin cocktail**; we will do our best to get regular Cocktails, but cannot guarantee supply at this stage.



SQUASH – Improved supply of **Gold Squash** from Bundaberg of both small & med/large varieties, however prices remain high.

TOMATOES – **Regular, Roma & Cherry Tomatoes** are very well supplied & quality is good. **Vineripe tomatoes** remain limited. **Ox Hearts** continue to be difficult to source. Some **Heirlooms** are available. **Truss tomatoes** are excellent quality & flavour & a good alternative to **Vineripe's**.

ZUCCHINI – There has been an improvement in the supply of **Medium & Large Zucchini**. It is excellent value this week. **Yellow zucchini** remain limited. **Zucchini Flowers** continue.



11th October, 2009

RECOMMENDED FRUIT BUYS

Blueberries, Navels, Pears



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

AVOCADO – Queensland supply is starting to slow down; prices up slightly this week.

BANANAS – Limited supply only as we are currently between the old & new seasons. Prices are slightly up.

BANANA LEAVES – Very limited supply only.

BERRIES – **Blueberries** – A strong supply of Coffs Harbour **Blueberries** continue & are recommended buying again this week. Queensland **Strawberries** are all but finished; fruit is now coming mostly from Western Australia. There is a limited supply from local areas & Victoria; prices are up substantially. **Raspberries & Mulberries** are limited.



BLOOD ORANGES – Good fruit is still available.

CITRUS – **Navel oranges & Lemons** are very well supplied & quality is good. **Navels** are recommended buying this week – fruit continues to be very sweet & juicy. **Limes** have a moderate supply only; quality is good. **Murcott Honey Mandarins** are coming to an end & quality is only fair now.

DRAGON FRUIT – Current season is over.

FIGS – North Queensland **Figs, Green & Black**, are limited at best. No more American fruit now.

GRAPES – **White grapes – Menindee Seedless** are new season grapes from Queensland & are sold in 5kg cases. Our regular **Red Grapes** are seedless from America; quality is good. **Black Seedless Grapes** are new season Maroo seedless out of North Queensland.

KIWIFRUIT – New Zealand fruit continues, both **green & yellow kiwifruit's** are available.

LONGANS – Fruit is imported & we are currently waiting for a new shipment.

MANGOES – **Kensington Pride** mangoes out of Northern Territory are full of flavour & well worth including now,

MELONS – **Rockmelons** – Continue to be well supplied out of Queensland. **Honeydews** – supplies are still limited. **Watermelon & Seedless** melons continues to be excellent quality,

PEARS – **Packham, Josephine, Beurre Bosc, Honey, Corella & Chinese Nashi pears** are all available. Our stock pears, **Packham's**, are recommended buying this week.

POMELO – Fruit continues to be available.

POMMEGRANITE – **USA** fruit is available.

STARAPPLE – Fruit is available.

STARFRUIT – Fruit is limited.

PEACHES & NECTARINES – Fruit is available.

TANGELLO – Average quality only as season comes to an end.

QUINCE – Season is over.

TAMARILLO – Western Australian supply has now finished.



EXOTICS & TROPICAL DELIGHTS

AVAILABLE – Mangoes, Peaches, Nectarines, Grapes, Pomegranate, Berries, Figs

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